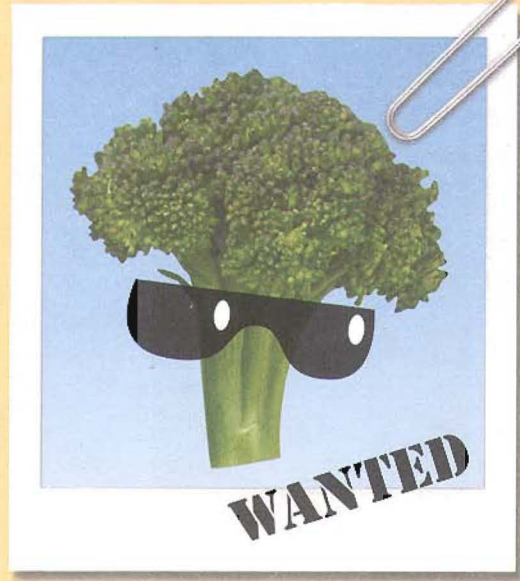


SNACK FACTS

BROCCOLI



Don't forget to wash your hands before you eat!
Handwashing is one of the simplest and best ways to stay healthy and prevent spreading germs.

BROCCOLI Is broccoli grown in Ontario?

- YES!
- Ontario's most popular variety is Paragon

The broccoli sent to your school was grown in Simcoe, Ontario

When is broccoli grown?

- Availability peaks from July to October

How is broccoli used?

- In soups and salads
- As a nutritious snack eaten raw with dip
- Cooked as a side dish or in a main course like a stir-fry or casserole

Did you know?

- Broccoli is packed full of many nutrients including Vitamin C, folate, Vitamin K, Vitamin A, fibre, Vitamin B6, potassium, magnesium and manganese.
- *Eating Well with Canada's Food Guide* recommends you eat at least one dark green vegetable such as broccoli every day.
- Broccoli was produced mostly in Italy until the 16th century.

Vegetables and fruit contain vitamins, minerals, fibre and belong to five different colour groups: red, yellow-orange, green, blue-purple, and white-tan-brown.

Broccoli belongs to the green colour group:

- Green vegetables and fruit contain special compounds called *phytochemicals* such as *lutein* which may help maintain vision and *indoles* that may help lower the risk of some cancers.

Reference: *Paint Your Plate! Create a Masterpiece; Vegetable and Fruit Action Guide for Schools.* Northern Healthy Eating Project. 2006.



Students:

- Do you know where Simcoe, Ontario is? Can you find it on a map? (Answer on back)

Parents:

- When cooking broccoli try steaming until tender crisp – it's a good way to keep the nutrients!

Teachers:

- For ideas on how to make vegetables and fruit come alive in your school/class, refer to **Paint Your Plate! Create a Masterpiece;** Vegetable and Fruit Action Guide for Schools.



SNACK FACTS

Want to know more about the benefits of vegetables and fruit?

Vegetables and fruit make up the biggest arch of Canada's Food Guide rainbow. This means that most of your food throughout the day should come from this food group.

What do vegetables and fruit contain that make them a great choice?

- Fibre – makes you feel full, keeps you regular and may contribute to a healthy body weight
- Phytochemicals – disease fighting substances
- Antioxidants – compounds that protect the cells in your body
- Water - one of the most neglected but most important nutrients!
- Vitamins and Minerals – support your immune system and growth, and help cells and organs do their jobs

Reference: *Paint Your Plate! Create a Masterpiece; Vegetable and Fruit Action Guide for Schools*. Northern Healthy Eating Project. 2006.

Need to eat more veggies & fruit? Try one or two of these tips today!

- Bring a piece of fruit or some raw vegetables to school or work everyday
- Fill your sandwiches with tomatoes, cucumbers and fresh or roasted red peppers
- Add 1/2 cup of diced peaches or berries to your morning cereal
- At a restaurant choose a dish with lots of vegetables like pasta primavera, a stir-fry or vegetarian pizza

Cheesy Broccoli and Mushroom Frittata

Italian in origin, the frittata is similar to quiche but without the crust, which means fewer calories and less trans fat.

Preparation Time: 10 minutes

Cooking Time: about 25 minutes

Serves 4

3 cups (750 mL) Ontario broccoli florets

6 eggs (or cholesterol-free egg substitute)

1/3 cup (75 mL) low-fat milk

Salt and pepper to taste

2 tbsp (30 mL) vegetable oil

1/2 cup (125 mL) Ontario Mushrooms, sliced

1/2 cup (125 mL) shredded low-fat Cheddar cheese

1/4 cup (60 mL) Parmesan cheese

Boil broccoli for 2 minutes. Run under cold water; drain and pat dry.

Whisk together eggs, milk and salt and pepper to taste. Set aside.

In a 10-inch (25 cm) nonstick skillet, heat oil over medium-high heat. Sauté mushrooms for 3 minutes. Arrange broccoli over mushrooms; reduce heat to low. Pour egg mixture over broccoli. Sprinkle Cheddar and Parmesan cheeses on top; cook, covered for 20 to 25 minutes or until set. Cut into wedges.

Source: Foodland Ontario, 2007



Where is... Simcoe, Ontario?

Simcoe is a community of approx. 16,000 people in southwestern Ontario, near Lake Erie.



Remember:

Try to make healthy eating and physical activity a part of your daily routine.



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