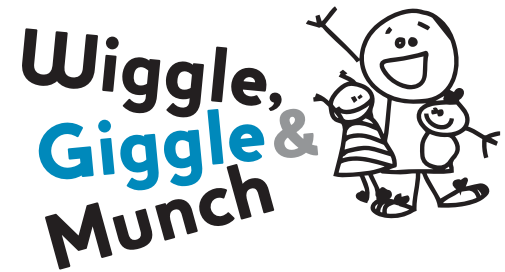


Munch Minute

EASY INFORMATION FOR PARENTS




BROCCOLI

Broccoli is full of vitamin C, vitamin A, and fibre. These are great for our skin, eyes, bones, teeth and our heart.

Did you know?

Broccoli can be eaten raw, in salads, with pasta, and is great for dipping. It can be steamed, stir fried and baked. What is your favourite way to eat broccoli?



Broccoli originally comes from Italy and its name means "the flowering top of a cabbage".