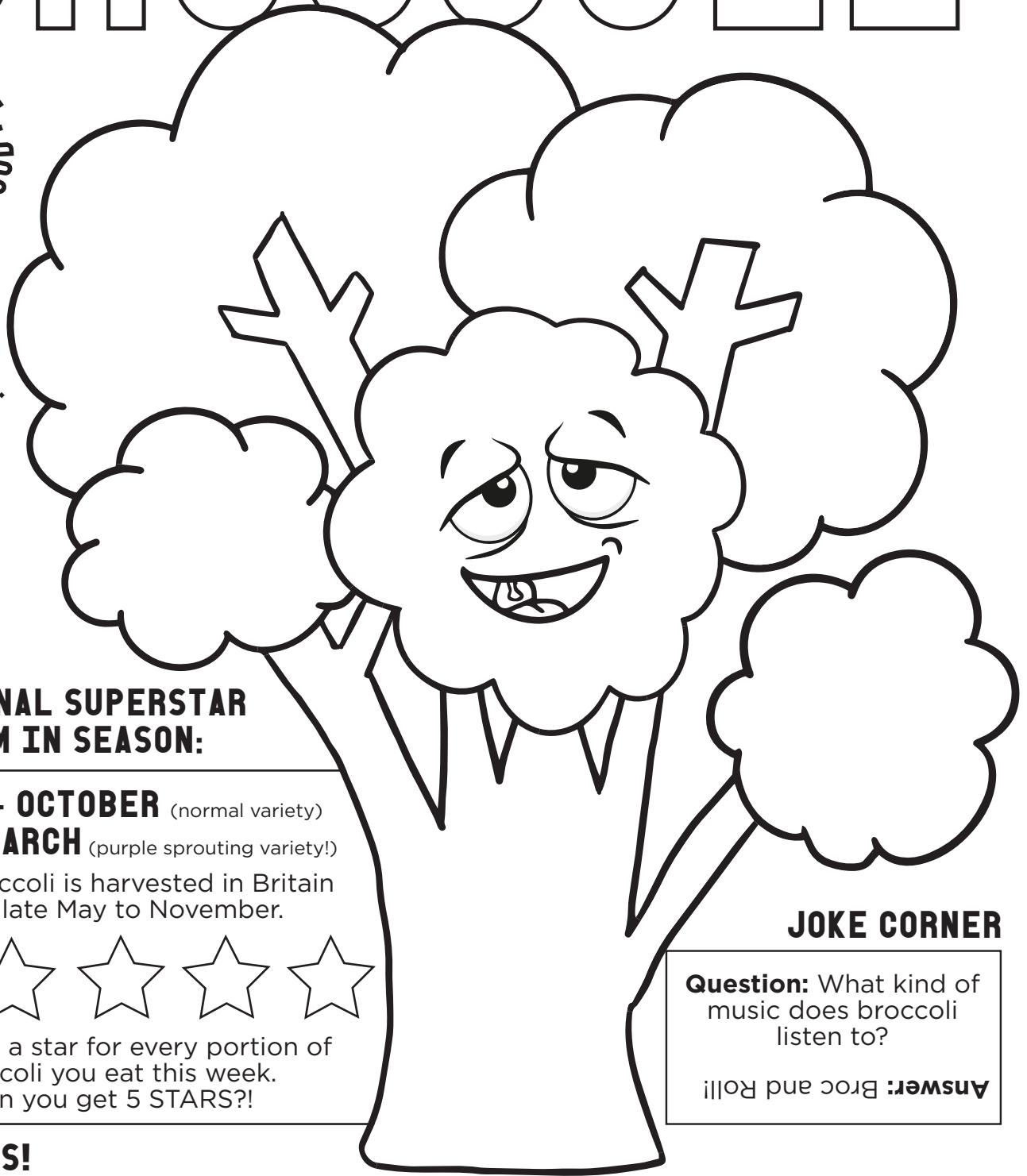


# BROCCOLI



Colour me!



## SEASONAL SUPERSTAR - I'M IN SEASON:

**JUNE - OCTOBER** (normal variety)

**FEB - MARCH** (purple sprouting variety!)

Most Broccoli is harvested in Britain from late May to November.



Colour in a star for every portion of broccoli you eat this week.  
Can you get 5 STARS?!

## JOKE CORNER

**Question:** What kind of music does broccoli listen to?

**Answer:** Broc and Roll!

## FUN FACTS!

Broccoli is a **SUPERFOOD!**  
Its full of vitamins and minerals to help you grow and stay healthy. 1 cup of broccoli has more Vitamin C than an orange!

The head of the Broccoli is made of tiny unopened flowers. Its name comes from the Italian word broccolo which means 'the flowering crest of a cabbage'.

Broccoli can be eaten raw or cooked and can be used in anything from stir fries to smoothies. The stalk and leaves can be eaten too (!) & great added to soups.

The Italians have been eating broccoli since at least 600BC when it was loved by ancient Romans.



We'd love to see your finished artwork!



Mellors Catering Services



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