

Broccoli

BROCCOLI FOREST

Makes approximately 2 broccoli forest snacks

INGREDIENTS

- 1/2 cup broccoli florets
- 1/3 cup thick dip (such as French onion)

SUPPLIES

- serving spoon
- small plates
- small custard cups
- napkins



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NOTE TO GROWN-UPS

This simple activity can encourage children to eat broccoli by engaging their imagination; they can create their own little "forest" by placing some dip in a cup and standing the broccoli up in the dip. Have your child make one for you as well. Then you can both enjoy a "Broccoli Forest"!

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DIRECTIONS



1. Invite your child to wash their hands and come to the table for a cooking activity.
2. Give your child a small plate or napkin, and a custard cup or a small bowl.
3. Have your child spoon some dip into the custard cup and serve themselves some broccoli buds.
4. Invite your child to make a miniature forest by standing the broccoli up in the dip they put in the custard cup.
5. Eat and enjoy!

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