

## how about a taste test for lunch today?

*Kids love to make their own choices!*

Talk about the different flavors and textures while you eat together. Ask your child to pick their favorite.

- 1. raw broccoli with dip**
- 2. steamed broccoli in the microwave**  
Place bite size pieces and 1 tablespoon water in a microwave safe bowl. Cover with a paper towel. Cook for 1 to 1.5 minutes.
- 3. roasted broccoli**  
Toss bite size pieces of broccoli with a little olive oil and salt on a metal pan. Roast in a 450° oven for 10-15 minutes.

oven roasted broccoli

steamed broccoli

raw broccoli with dip



© Nutrition Matters, Inc.  
All Rights Reserved.  
This tipsheet can be reproduced for educational purposes.

## how about a taste test for lunch today?

*Kids love to make their own choices!*

Talk about the different flavors and textures while you eat together. Ask your child to pick their favorite.

- 1. raw broccoli with dip**
- 2. steamed broccoli in the microwave**  
Place bite size pieces and 1 tablespoon water in a microwave safe bowl. Cover with a paper towel. Cook for 1 to 1.5 minutes.
- 3. roasted broccoli**  
Toss bite size pieces of broccoli with a little olive oil and salt on a metal pan. Roast in a 450° oven for 10-15 minutes.

oven roasted broccoli

steamed broccoli

raw broccoli with dip



© Nutrition Matters, Inc.  
All Rights Reserved.  
This tipsheet can be reproduced for educational purposes.