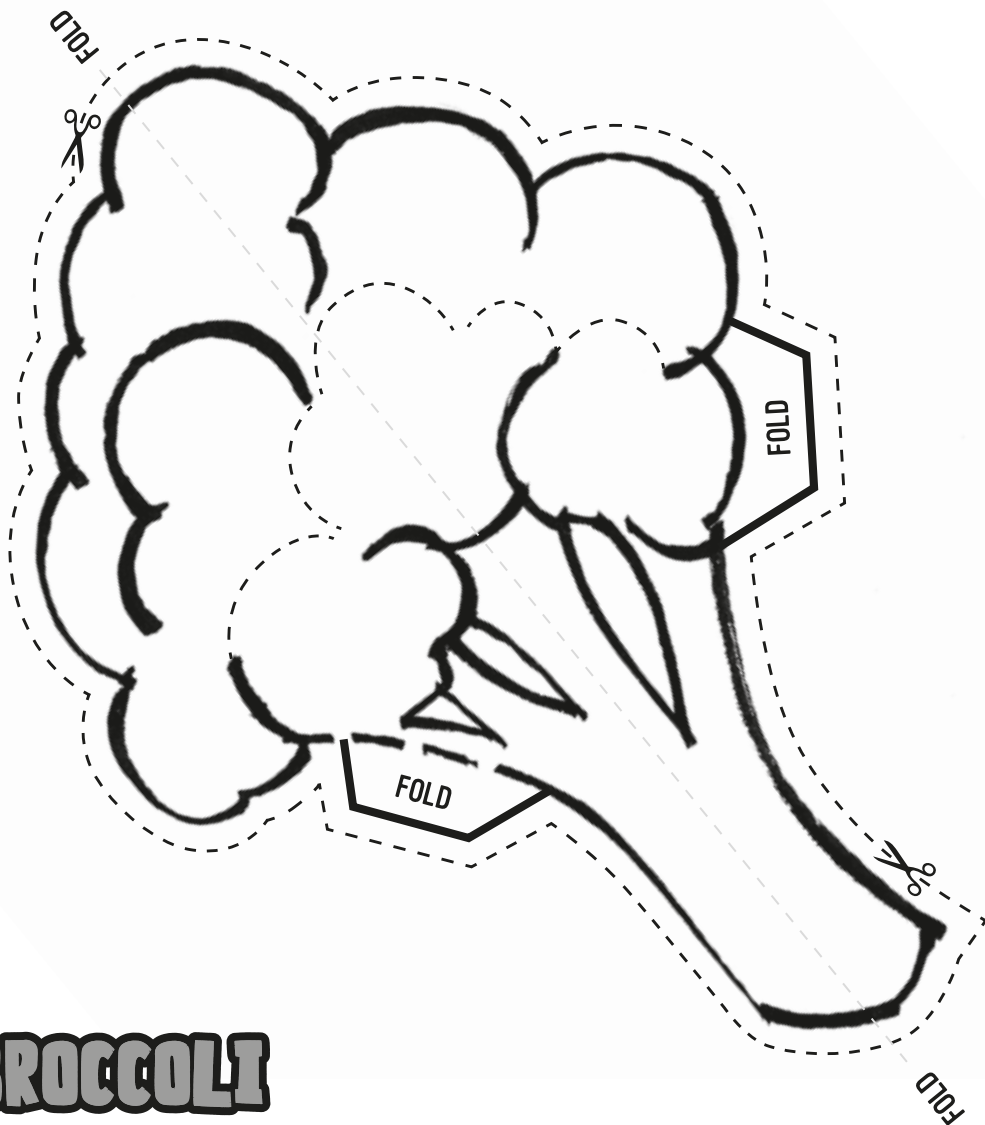


**EAT THEM  
TO DEFEAT THEM**

TastEd



# BROCCOLI

The word broccoli means 'little arms' or 'little sprouts' in Italian. Why do you think this is? Clue: look at the florets.

**TASTE:** Use your sense of TASTE to see how the different parts of broccoli taste. How does a slice of broccoli stalk taste compared to a broccoli floret? Is it sweeter or less sweet? How do the different pieces feel in your mouth? (If you don't want to eat the broccoli, you can try smelling, touching or licking it instead).

TastEd is short for Taste Education. It is a fun programme of food literacy designed to help children learn to love vegetables and fruits. For more information go to [www.tasteeducation.com](http://www.tasteeducation.com)

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