

# Munch'n Crunch'n Broc Talk

## Family Message

Munch'n Crunch'n Broc Talk!  
Fun to Dip and Munch  
And Crunch!

# B



## Family CHALLENGE-

Try at least one raw veggie a week with a tasty dip. Decide as a family what veggie to munch and crunch next week!

## Family Time Activity Ideas!

Talk about the number "four", color green, square shape, and letter "B".



# 4

### Veggie Place Mats

Cut a large square shape from a piece of cardboard (back of a cereal box). Paste a piece of white paper on each side of the cardboard. Color 4 large green broccoli friends on one side, and color other favorite veggies on the other side. Do one for each family member and allow your child to help set the table using veggie place mats

Cut veggie pictures from magazines, and hide around the room. Play find the "green" veggie, or other colors and give your child clues as to how "hot" or "cold" they are while seeking the veggie. Save veggie pictures for other fun family games.

## Broc Talk Tasty Idea!

### Broccoli Pizza

1 pizza crust, baked  
2 cups broccoli,  
chopped and cooked  
8 oz pizza sauce  
1 cup shredded Mozzarella  
cheese

Spread pizza sauce on the crust. Layer Mozzarella cheese and broccoli over pizza. Bake in oven at 375 degrees until cheese is melted.

Suggestions: Add mushrooms, pepperoni, olives, onions or anything!

# Munch'n Crunch'n Broc Talk

## Family Message

Munch'n Crunch'n Broc Talk!  
Fun to Dip and Munch  
And Crunch!

# B



## Family CHALLENGE-

Try at least one raw veggie a week with a tasty dip. Decide as a family what veggie to munch and crunch next week!

## Family Time Activity Ideas!

Talk about the number "four", color green, square shape, and letter "B".



# 4

### Veggie Place Mats

Cut a large square shape from a piece of cardboard (back of a cereal box). Paste a piece of white paper on each side of the cardboard. Color 4 large green broccoli friends on one side, and color other favorite veggies on the other side. Do one for each family member and allow your child to help set the table using veggie place mats

Cut veggie pictures from magazines, and hide around the room. Play find the "green" veggie, or other colors and give your child clues as to how "hot" or "cold" they are while seeking the veggie. Save veggie pictures for other fun family games.

## Broc Talk Tasty Idea!

### Broccoli Pizza

1 pizza crust, baked  
2 cups broccoli,  
chopped and cooked  
8 oz pizza sauce  
1 cup shredded Mozzarella  
cheese

Spread pizza sauce on the crust. Layer Mozzarella cheese and broccoli over pizza. Bake in oven at 375 degrees until cheese is melted.

Suggestions: Add mushrooms, pepperoni, olives, onions or anything!