

## 05 - Broccoli

Who Smarted? episode BROCCOLI is available wherever you listen to podcasts:

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3 facts from today's episode:

Broccoli means "little arms" in Italian!

Broccoli was invented around 800 BC near Tuscany, by humans re-engineering a wild mustard plant!

Cooking broccoli in water releases a ton of sulfur, which is why steamed or boiled broccoli smells like...something that rhymes with smarts? Roasting broccoli or eating it raw will cut down on the stench and is a smarter move!

Additional facts we left out, for YOU to share with the kids before or after the episode.

92% of America's broccoli is grown in California.

The world record holder for fastest eating of broccoli is Tom "Mr. Broccoli" Landers who ate 1 pound of it in 92 seconds.

Followup questions for the kids after the episode:

How would you like to try eating broccoli - in mac and cheese, on pizza, or some other way?  
Were you surprised to learn that Broccoli has more vitamin C pound-for-pound than oranges?  
If you could create a new vegetable what would it be and why?

Fun home exercise:

Broccoli gets a bad rap! But although it stinks when you boil or steam it, it's actually pretty delicious and is super nutritious!

Ask the kids : if you were in charge of selling broccoli, how would you advertise it? What would broccoli's new slogan be? What would the ad campaign poster look like? And then have them draw the posters! This will get them thinking about what's GOOD about broccoli!

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<sup>1</sup> This activity guide is for the Who Smarted? podcast [www.WhoSmarted.com](http://www.WhoSmarted.com)