

Session 1 – B



# Taste Testing Activity

## Cooked Broccoli with Cheese Sauce

Date needed: \_\_\_\_\_

School: \_\_\_\_\_

Teacher: \_\_\_\_\_ Room # \_\_\_\_\_

### Ingredients/Supplies

The Food Service will prepare a HIGH 5 Taste Testing Box which will include:

Items	Amounts
Cooked broccoli with cheese sauce	Pan of 34 – 1 broccoli spear/serving
Serving spoons	2
Small paper boats	34
Plastic forks	34
Napkins	34
Small garbage bag	1



Give this return slip to your Food Service Supervisor the day before you need the broccoli with cheese sauce taste testing box:

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Food Service Supervisor: \_\_\_\_\_

FYI: I will pick up the cooked broccoli with cheese sauce  
for my class at \_\_\_\_\_ a.m. on \_\_\_\_\_

Teacher: \_\_\_\_\_ Room # \_\_\_\_\_

## Broccoli with Cheese Sauce

### Ingredients:

1 large bunch of broccoli

Cheese sauce:

2 Tbsp. margarine

2 Tbsp. flour

1 cup milk

1 cup shredded cheese



Wash broccoli and cut into 1-2 inch flowerettes. Steam broccoli in microwave or on the cook top of the range.

Prepare cheese sauce, stir together margarine and flour over heat. Add milk slowly, stirring constantly. Add shredded cheese to thickened mixture. Add pepper to taste and pour over the top of the broccoli.