

Session 4 – B



Taste Testing Activity

Raw Broccoli & Cauliflower with Dip

Date needed: _____

School: _____

Teacher: _____ Room # _____

Ingredients/Supplies

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

Items	Amounts
Raw broccoli	34 pieces in serving container
Raw cauliflower	34 pieces in serving container
Dip	16 oz. in squeeze bottle
Serving tongs	2
Small paper plates	34
Napkins	34
Small garbage bag	1



HIGH 5 teachers should arrange a time with their school's Food Service Supervisor to pick up and return their own boxes to the kitchen.

Raw Broccoli and Cauliflower with Dip

Ingredients:

1 bunch of broccoli

1 head of cauliflower

Low-fat ranch-style dressing

or

Low-fat dip:

1 cup plain low-fat yogurt

1 tsp. dill weed

1 tsp. garlic powder

Wash broccoli and cauliflower and break into 1-2 inch flowerette pieces. Serve with low-fat ranch style dressing or your favorite dressing, or try the low-fat dip..

