

TIME TO TRY

Raw broccoli and steamed broccoli smell and taste different.
Or do they? Give it a try and find out.

Try both kinds, then vote. Use a thumbs up or thumbs down to tell whether you like it or not.



CHEF SCIENCE

Did you know... that when broccoli, cauliflower, cabbage and Brussels sprouts (all part of the cabbage and cruciferous [kroo-sif-er-us] family) are cut and cooked, they kick start a chemical reaction that changes the way they smell. To lessen the smell, just cut them less and cook them less.



BROCCOLI	Raw	Cooked
SMELL	👍 or 👎	👍 or 👎
TASTE	👍 or 👎	👍 or 👎

LET'S EXPERIMENT: USE YOUR SENSE-O-METER

Write down two fruits or veggies you've been curious about and put them through your sense-o-meter. Then circle thumbs up or down for each of the senses.

Which fruits or veggies do you want to put through your sense-o-meter?

1. _____

LOOK



SMELL



TOUCH



TASTE



2. _____

LOOK



SMELL



TOUCH



TASTE

