



WORD ORIGIN

The word "broccoli," from the Italian word *broccolo*, refers to "the flowering top of a cabbage."



WARNING!
Ask an adult's permission before using the stove.

Whip up a warm and toasty broccoli cheese melt

Ingredients

- 1 tablespoon olive oil
- ½ head broccoli, finely chopped into very small florets (about 2 cups)
- Salt and pepper, to taste
- ¼ cup grated Parmesan
- ¼ cup grated Manchego cheese
- ¼ cup mayonnaise
- 4 slices sourdough bread
- 6 slices provolone cheese

Instructions

1. Warm the olive oil in a saucepan over medium-high heat and add the broccoli. Season with salt and pepper and cook, stirring often, until the broccoli is bright green and starting to soften, about 3 minutes. Remove broccoli from heat and stir in the Parmesan and Manchego cheeses.
2. Spread mayonnaise on one side of each of the 4 slices of bread. Arrange 2 slices in a large skillet, with the mayonnaise side down. Layer the bread with half of the provolone, tearing the cheese slices to fit on the bread.
3. Divide the broccoli-cheese mixture between the 2 pieces of bread, then layer the remaining provolone on top. Top the sandwiches with the remaining bread slices, mayonnaise side up.
4. Set the skillet over low heat and cook slowly until the bread is golden on the bottom, 3 to 5 minutes. Carefully flip the sandwiches and cook until the other side is golden brown and the cheese is melted, about 3 minutes more.
5. Slice the sandwiches in half and serve them immediately. Makes 2 sandwiches.



LIFE HACK

PRACTICE GOOD SPORTSMANSHIP

An important part of participating in competitive activities is being a good sport. One way to achieve that is by playing fair. Competitions have rules so they can be done in an organized way, and everyone needs to follow them. It's also important to cheer on others. Events are most successful when everyone feels supported. If you get taken out of a game, try not to get upset. Instead, channel your feelings into motivation to practice harder. Finally, accept the outcome no matter what happens. If you win, you deserve to celebrate! But don't go overboard in front of opponents. If you lose, avoid getting angry or making excuses. Congratulate the winners on a job well done.

