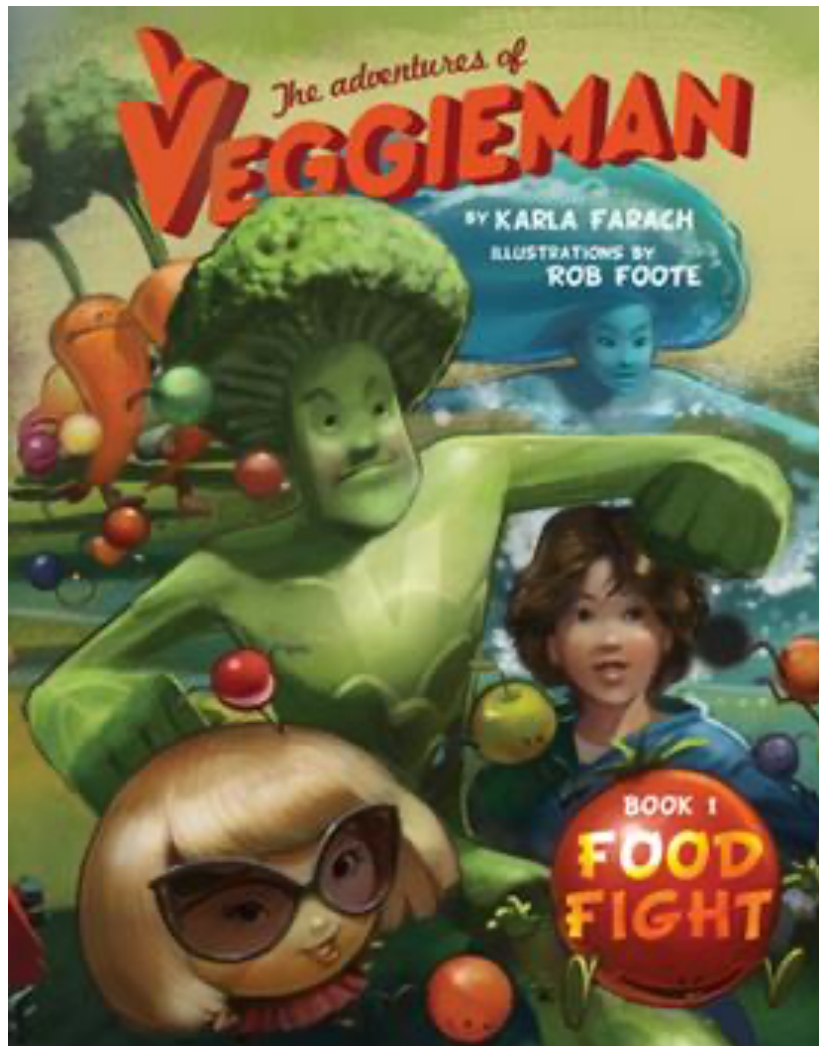


The Adventures of Veggieman

Book 1: Food Fight

A teacher's guide created by Marcie Colleen
based upon the picture book by Karla Farach, illustrated by Rob Foote



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Mascot Books



Karla Farach

Author, *The Adventures of Veggieman*

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Rob Foote

Illustrator, *The Adventures of Veggieman*

Rob Foote is an award-winning illustrator who uses both pixels and pencils to create artwork for a wide range of projects. He has worked in film and television, created apps, and illustrated several books. He lives in New Zealand. Rob's favorite vegetables (at the moment) are brussels sprouts and peppers roasted with pineapple. You can find him on the web at www.robfoote.net.

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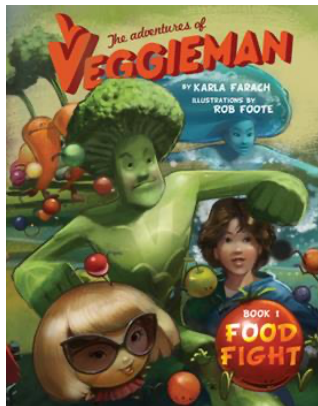
This guide was created by Marcie Colleen, a former teacher with a BA in English Education from Oswego State and an MA in Educational Theater from NYU. In addition to creating curriculum guides for children's books, Marcie can often be found writing books of her own at home in San Diego, California. Visit her at www.thisismarciecolleen.com.

How to Use This Guide

This classroom guide for *The Adventures of Veggieman: Food Fight* is designed for students in kindergarten through third grade. It is assumed that teachers will adapt each activity to fit the needs and abilities of their own students.

It offers activities to help teachers integrate *The Adventures of Veggieman: Food Fight* into English language arts (ELA), mathematics, science, and social studies curricula. Art and drama are used as a teaching tool throughout the guide.

All activities were created in conjunction with relevant content standards in ELA, math, science, social studies, art, and drama.



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Illustrator: Rob Foote
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Brief Synopsis:

When Niko starts a new school, he has no idea that he's going to find himself in the middle of an epic battle between the forces of good and evil. Good, nourishing food and evil junk food, that is.

Things are looking chaotic until Niko gets help from Veggieman, a super-cool superhero. Together with his awesome army of fruits and veggies, he helps save the school and all the kids in it. But the most important thing he does is show kids that they each have their own superpower one we all have and can all use.



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English Language Arts

Reading Comprehension

Before reading *The Adventures of Veggieman: Food Fight*, help students identify the basic parts of a picture book: front cover, back cover, title page, spine, and end papers.

Look closely at the Front Cover ~

- Describe what you see.
- Who are the characters? What are the characters doing?
- Imagine you are each one of the characters on the cover. Stand up and mimic what each character is doing. How do you think each of them feels?
- Can you guess what the story might be about? What are some clues that tell you what is inside?
- What are five questions you have about this book and what it might or might not be about?

Now look at the Back Cover ~

- Describe what you see.
- Who are the characters? What do the characters appear to be doing?
- Imagine you are one of the hot dogs. Stand up and mimic what they are doing. How do you think they feel?
- Read the text. What do you learn?
- Did you get the answers to any of your questions? What are five additional questions you have about this book? Look for these answers as you read.

Now read or listen to the book.

Help students summarize in their own words what the book was about and define the events in terms of a plot arc by using the following chart.



Beginning	Middle	End
<p>"Something is very wrong here, thought Niko..."</p> <p>Introduce character(s):</p> <p>Enter the conflict:</p> <p>"Kids were tossing candy wrappers at each other, jumping on tables, and sleeping at their desks."</p>	<p>Working to solve the conflict.</p> <p>Describe how Niko and Veggieman work to solve the problem:</p> <p>The Climax, when everything changes or becomes out of control/heightened...</p>	<p>Resolution. How are things solved?</p> <p>The ending (How has the school changed?)...</p>

- BONUS: Using the basic plot structure above, students can create an original story about Veggieman. Students can work individually or as a class.
- Art center ~ Provide a variety of art materials including crayons, pencils, markers, paint, scissors, colored paper, old magazines, and glue for students to illustrate the scenes in *The Adventures of Veggieman: Food Fight* or their stories.
- Drama center ~ Provide puppets, costumes, and props so students can recreate *The Adventures of Veggieman: Food Fight* or their new stories.

Let's talk about who made *The Adventures of Veggieman: Food Fight*.

- Who is the author of *The Adventures of Veggieman: Food Fight*? What does an author do?
- Who is the illustrator of *The Adventures of Veggieman: Food Fight*? What does an illustrator do?

Now, let's look closely at the illustrations. How did Rob Foote make junk food, fruits, and vegetables come to life? What did he add to the following to give them personality?

- Hot dogs
- Carrots
- Soda cans
- Lentils

Make a list of all the healthy foods (friends) and all the unhealthy junk foods (enemies) that appear in the book.

You can create your own Veggieman Army.

- Draw your favorite foods as characters.
- Use *The Adventures of Veggieman: Food Fight* as a mentor text.
- Then research your food to discover its nutritional value and list that information next to the drawing of your food character as its superpower.
- Share and display the finished pieces for the class.

BONUS: We are having an art competition! Create a piece of artwork inspired by your favorite part of the book, or of your favorite healthy food and send it to us at www.veggie.com. Any art medium is allowed.

Who is Everyone? ~ Character Study

How each character acts and what a character says can tell us a lot about who they are.

Read *The Adventures of Veggieman: Food Fight*, paying close attention to all the characters. Record your thoughts, as in the chart below.

Who?	What they do	What they say	How would you describe them?
Niko			
Mr.Gumambo			



Chickpea			
Veggieman			
Aqualady			

There are students and teachers in the book who do not say anything. Look closely at the illustrations in which they appear. What are they doing? Can you imagine what they might say?

Writing Activities

Writing Technical Instructions: How to Make Ants on a Log

First, do a demonstration for the class in which they observe you making the snack.

- 1) Gather the ingredients: a jar of seed or nut butter (depending on classroom allergies), celery, raisins.
- 2) Get your tools: butter knife, sharp knife, , plate, etc.
- 3) Cut a stick of celery from the stalk. Wash it and dry it.
- 4) Place the stick of celery on the plate.
- 5) Open the jar of nut/seed butter.
- 6) Spread and smooth the butter on the stick of celery with the knife.
- 7) Wipe the butter from the knife with a napkin and put aside.
- 8) Add five raisins on top of the butter along the rib of celery.
- 9) Eat.
- 10) Clean up and put all ingredients away.

Then, after the demonstration, students should use their memories to write the instructions on how to make a Ants on a Log. Students can create their own recipe cards for this favorite treat, complete with illustrations.

BONUS: Create a class cookbook to include everyone's favorite healthy snacks.

For some extra fun, bring in all the tools necessary to complete a recipe and have the students walk you through step by step. If they miss a step, hilarity might ensue!

The Battle of Veggies vs. Junk Food

Niko discovers some pretty imaginative battles as Veggieman and his army rids his school of junk food.

Let's take a trip into the world of YOUR own imagination and write your own battle story.

Write a creative story about a vegetable or fruit in battle with junk food. Be sure it has a beginning, middle, and end.

Optional: Create the story together as a class.

Speaking and Listening Activities

Picture books are written to be read aloud. Here are some other ways to bring *The Adventures of Veggieman: Food Fight* to life in your classroom and have fun with speaking and listening skills!

Choral Reading

- Turn *The Adventure of Veggieman: Food Fight* into a script. Read the script out loud together. Emphasize memorization of the students' parts as well as good vocal expression.

Mime

- While the teacher reads the book aloud, students can act out the events in the book. Emphasize body motion and facial expressions, as well as listening skills.

Drama

- Brainstorm a list healthy foods. Without making noise, students act out food from the list in front of the class. Ask the rest of the class to guess what they are.
- Create a TV commercial to encourage people to read *The Adventures of Veggieman: Food Fight*.



Language Activities

Verb Adventures

The Adventures of Veggieman: Food Fight is a story of doing and action. Words that describe doing and action are verbs.

There are so many fun verbs throughout *The Adventures of Veggieman: Food Fight*, and readers will have fun trying to find them all.

Re-read *The Adventures of Veggieman: Food Fight* aloud and ask students to listen carefully for verbs.

- As soon as they hear a verb, they should raise their hand.
- Repeat the phrase using the verb. What might it mean, based on context?
- Look up the verb in the dictionary. (Depending on the level of your students, a student volunteer can do this or the teacher can.) Read the definition.
- Get up on your feet and act out the verb! Using Total Physical Response, students can create an action that symbolizes the word and helps them remember it.
- Create a list of the verbs and hang it on the wall. Revisit it again and again.

New Vocabulary: Choice

Veggieman reminds all the students at Niko's school that "Choice is a superpower." What is choice?

Look up 'choice' in the dictionary. (Depending on the level of your students, a student volunteer can do this or the teacher can.)

- Read the definition.
- Then, define 'choice' in your own words.

After better understanding choice, pick one from each of the following pairs and explain your choice:

- Dog or cat?
- Apple or orange?

- Playground slide or swings?
- Skiing or water park?
- Dance or sing?
- Hide n' Seek or Dodgeball?
- Wizard or superhero?
- Group work or work alone?
- Summer or winter?

Then, sharpen your nutritional knowledge by choosing the healthy food from the following choices:

- Apple or doughnut?
- Orange or ice cream?
- Potato chips or carrot sticks?
- Ranch dressing or hummus?
- Watermelon or popsicle?
- Hot Dogs or Lentils ?
- Colas (sodas) or Water ?
- Avocado or Pizza ?
- Gummy Candy or Beans ?

Discuss:

- Can you think of a time when you had a choice to make?
- Did Niko make an important choice? How so? Explain.
- How can you make healthy choices when you eat? Explain.
- What do you think Veggieman means when he says, "choice is a superpower?"



Math

Word Problems

For younger students, the use of pictures or props might be needed to figure out word problems. Note to teachers: Use the word problems below as inspiration to write your own, based on *The Adventures of Veggieman: Food Fight* or any other book of study.

- 1) The blueberries join hands to form a net.

On a piece of paper, draw 5 blueberries holding hands.

Draw 2 more blueberries.

How many blueberries are there now?

Write the equation: $\underline{\quad} + \underline{\quad} = \underline{\quad}$

What if three blueberries were squashed in the battle? How many blueberries would be left?

Write the equation: $\underline{\quad} - \underline{\quad} = \underline{\quad}$

- 2) An army of carrots attacked the chips and nachos.

On a piece of paper, draw 4 carrots.

Draw 3 more carrots.

How many carrots do you have?

Write the equation: $\underline{\quad} + \underline{\quad} = \underline{\quad}$

What if 5 carrots were defeated? How many carrots would be left?

Write the equation: $\underline{\quad} - \underline{\quad} = \underline{\quad}$

The Healthy Choices Scavenger Hunt

This scavenger hunt will help students sharpen observational and counting skills.

Create several copies of the paper cut-outs of different shapes that represent different healthy foods.

- Tomatoes
 - Broccoli
 - Carrots
 - Pears
- Number each different shape set from 1-5.
 - Hide these cut-outs around the room.
 - Assign students a certain healthy food.
 - Ask students to find their set of healthy food numbered 1-5. If a student sees a food they are NOT collecting, he/she must leave it for another student to find.
 - The first student to find a healthy foods 1-5 sequence, wins.
 - EXTRA CHALLENGE: Hide cut-outs of junk foods, too, and if a student find a junk food they must start all over again with finding their healthy foods. The teacher can re-hide them.

A Fruity Pie Chart

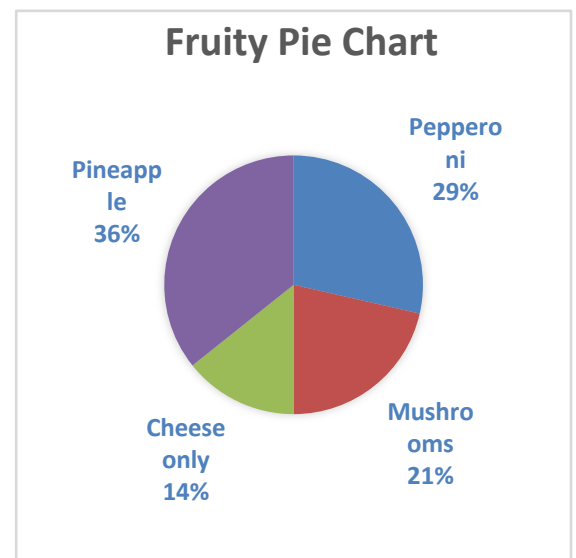
Conduct a survey of favorite fruits in the classroom or across a grade level or the entire school.

Create a pie chart to present the results of the survey.

- Which fruit is most liked?
- Which fruit was least liked?

Display the pie chart and its gathered data in a bulletin board display.

For additional pie chart fun, survey favorite vegetables.





Journey to the Green Forest Math Board Game

Math can be a struggle or an adventure!

Create your own path-style (like Candy Land or Chutes and Ladders) board game to sharpen math skills and help Niko find Veggieman.

How?

- Create your board. The “start” will be Niko’s school. The “finish” is the Green Forest.
Be imaginative and include as many details of the journey as possible.
- Create the rules of the game.
The game must include elements of addition, subtraction, multiplication, or division.
- Add obstacles such as swamps, mountains, waterfalls.
- Label all game pieces or add things to make them look pretty. People don't want to play games that are just plain pieces of paper.
- Place the game in a box or large envelope. If you have small pieces, place them in a bag. Label your box with the name of the game, who made the game, and a picture in the background to decorate.
- Present the game to the class, along with the playing instructions, and enjoy!

Science

How Does Your Garden Grow?

Students can learn a lot from tending to a garden, and it is highly recommended that a classroom garden is created. However, a space on the school property for a garden can be difficult to come by.

But students can grow romaine lettuce in the classroom with just a small container, a little water, and a windowsill.

Place a bottom stump of romaine lettuce in a plastic or glass container with a half inch of water and watch it grow.

Students can measure the growth daily. For extra experimentation, place a second stump of romaine in soil and place it next to the stump in water. See which grows faster.

Once enough lettuce is grown, host a garden party! Encourage students to bring in their favorite salad toppings to add to the romaine and enjoy a healthy salad feast.

The Salty Potato Experiment

Often we are told to stay away from sugary foods, but many kids do not know that too much salt can be a bad thing, too. This experiment will help illustrate why.

Fill two small bowls with water and mix salt into one of the bowls.

Label both bowls so you know which one has the salty water.

Cut a potato in half and place each half into a bowl with the cut side down.

Leave for about 30 minutes and watch what happens – the salt water draws water out of the potato, causing it to shrivel.

Explain that just like the potato loses water when put in a salty solution, salty food and drinks make people thirsty, and that these items should only be eaten occasionally.

The Bean Project

You will need a plastic cup.

Take a cotton ball and soak it in water. Then place the cotton ball in the bottom of the cup.

Place 2-3 dry beans of any kind on top of the cotton inside the plastic cup.

Check on your bean every day to see how it is growing. Sketch or record your daily findings.

Make sure the cotton ball is always wet with water. If it dries out, re-wet it and replace the beans.

One of These Things is Not Like the Other

This game will help identify healthy and junk foods.

Say a series of four words including three healthy foods and one junk food, for example, "Carrot, apple, potato chips, blueberries". Ask children to identify the junk food.



Social Studies

Ask the Nutritionist

A Nutritionist is a person who has studied and is an expert in the field of nutrition and wellness.

Invite someone who works in health and wellness to your class.

Have students draft questions that they have about nutrition and provide them to the guest speaker ahead of time.

- What is your nutrition-centered job?
- What is your favorite thing about your job?
- What made you want to work with nutrition?
- What is the most difficult part of your job?
- What is the funniest thing that ever happened on your job?
- What are your favorite healthy foods?
- What is the best advice you can give those who want to be healthy and eat nutritious foods?

During the visit, students should practice taking notes and creating follow up questions.

After the visit, students should present what they learned.

“Choice is a Superpower” Public Mural

Throughout history, art has been used to transform public spaces into places of beauty and reflection. Most importantly, these pieces of public art are used to bring about tighter community.

Look up examples of public art on the Internet: examples in subways, under bridges and in parks. Be sure to find examples of traditional murals painted on walls, but also sculptures and knit-bombing.

How can art be used to foster community?

- Bring people together to create it
- Reflect all people in the community in the artwork

- Create a space that people will want to visit and hang out in

Students can make their own piece of public art for the school community!

1. Choose a space within the school that could use some brightening or some inspiration.
2. Brainstorm a mural or other piece of temporary art called "Choice is a Superpower" that can be created in this space.
3. Brainstorm how this mural can build community.
4. Involve as many people as possible in the creation.