

How to Use this Book

Veggies Got Talent! is filled with a host of fun ways for children to get to know their vegetables. You can use the activities to integrate food and nutrition into core subject areas and connect your classroom with what's served in the cafeteria. For food, nutrition, farm, gardening, and cooking programs, we hope these activities will help you promote your initiatives and get the whole community on board to celebrate healthy food!

There's a lot you can do using this book with your children!

Children can:

- Color the illustrations (Art)
- Recite the rhymes aloud (Language Arts)
- Discover fun facts about vegetables (Science, Nutrition Education, Health)
- Learn the names for vegetables in 5 different languages (Language Arts, ESL)
- Prepare the kid-friendly recipes with your help! (Math, Nutrition Education, Health)

And, do the fun activities:

- My Veggie Tracker (Health and Nutrition)
- Eat a Veggie Rainbow (Art and Nutrition)
- The Veggies Have Lost Their Vowels (Language Arts)
- Find Us Growing in the Garden! (Science)

And, for a totally fun extension, kids can put on their own **Veggies Got Talent! Show** for an exciting class or school assembly, family night, community event, or even a fundraiser! **To learn how, see p. 108.**

Especially for Parents, Grandparents, and Caregivers

Share the activities and recipes to make good eating...great fun for the whole family!

1. Read the book together with your children and encourage them to read the poems out loud and color in the veggie illustrations.
2. Have your children choose a vegetable to try and a recipe to make, and have them help you in the kitchen. The more kids are involved in the prep, the more likely they will want to eat their creation!
3. If you're planning to serve one of the veggies, let your child know and encourage them to color the illustration and put it up as you serve the meal.
4. Bring along some coloring sheets and crayons for kids to color when they're waiting at a restaurant or for quiet time.
5. Put the Veggie Tracker up on the fridge, and see if your kids can try at least 10 veggies on the chart. Email us a copy of their chart for a free prize.
6. Check out the "Top 10 Tips to Eat More Veggies" (p. 6) for ideas on how to get your whole family on board to eat more healthfully.

Especially for Teachers and Food, Farm, Garden, and Cooking Programs:

Use the materials to celebrate Mother Nature, promote your programs, and help kids and families learn more about vegetables. Integrate food and nutrition into core subject areas such as Language Arts, Science, and Health.

1. Distribute the veggie coloring sheets on a rainy day or for a fun de-stressing activity.
2. Connect classroom learning with what kids will be eating at school lunch. Have students color the illustrations and recite the poems of the veggies. Served and give the sheets to the food service staff to decorate the cafeteria.
3. Have students say the names of the veggies served each day in different languages, especially if you have students from other countries.
4. Give students the coloring sheets and recipe pages to take home or include them in your school newsletter to help bring healthy eating back to their families.
5. For an exciting group activity that can help improve public speaking skills, have kids put on their own **Veggies Got Talent! Show** to present to other classes or for a fun family night! **Learn how on p. 108.**

Especially for School Food Service:

Put the spotlight on School Nutrition and connect with your students in a fun way. Share these coloring sheets, poems, and recipes to get kids excited about eating the veggies you're serving!

1. Start out the year by giving students **My Veggie Tracker** and encourage them to try each vegetable you're serving and track their progress.
2. Give your teachers, copies of the **Fun Activities** to integrate nutrition into their core subject areas. And, share the veggie coloring sheets to distribute to their students when you're featuring one of the vegetables for lunch.
3. For Vegetable Tastings, have students color the sheets and read the poems as part of daily morning announcements.
4. Create a Kid' Art Gallery with students' colored-in sheets, and put up on the serving line the pictures of the vegetable you're serving that day.
5. If you give out rewards for healthy choices or prizes where one tray has a sticker, let students choose a coloring sheet for their favorite vegetable.
6. Have a VGT Cooking Club after school where you can use the recipes. Or, have older students or staff create short videos for a VGT Cooking Show and post on your school's social media.
7. Let parents know the great things you're doing and the healthy meals you're serving. Cook up some of these recipes, and then send home the recipe sheets or include them in your school newsletters.
8. For special events, family nights, or health fairs, have a booth where students can color the illustrations, and parents can take home the recipes.
9. Put the spotlight on your school nutrition programs by working with teachers and students to create a **Veggies Got Talent! Show** to present to parents or the whole school. **Learn how here on p. 108.**