



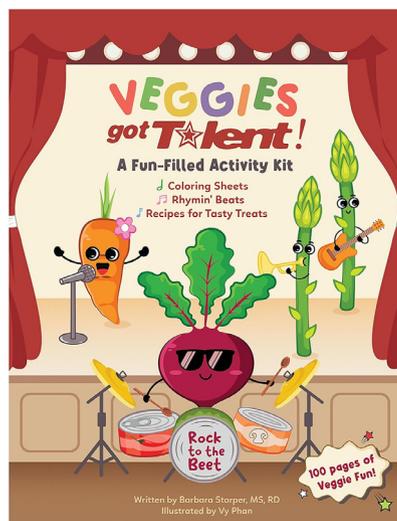
TOOLKIT

Storper B, Phan V. *Veggies Got Talent! A Fun-Filled Activity Kit With Coloring Sheets, Rhymin' Beats, and Recipes for Tasty Treats!*. 1 Sunset Ave, Hatfield, MA: FoodPlay Productions; 2024 01038. Activity kit (spiral-bound): 99 pp; activity kit (PDF download for individual, classroom, or family): \$19.95; activity kit (PDF download per school): \$39.95, ISBN 9780946285880.

This 100 page kit features printables with 30 vegetables, each with their own coloring sheet, playful rhymes, name in 6 languages, nutritional value, growing season, fun facts, and easy, kid-friendly recipes for tasty ways to prepare them. Plus, a host of fun, hands-on activities to integrate nutrition into core subject areas, and a way for kids to put on their own "Veggies Got Talent Show!"—Developer

Current dietary trends indicate that about half of children in the US do not consume a single serving of vegetables daily. This concerning statistic is compounded by the fact that children are exposed to thousands of food advertisements each year, most of which promote highly processed, nutrient-poor products. In response to this nutritional gap, Barbara Storper, MS, RD, of FoodPlay Productions developed the *Veggies Got Talent!* activity kit, a creative and educational resource designed to promote vegetable consumption among children in kindergarten through sixth grade.

The kit is thoughtfully structured to accommodate a range of users, including caregivers, school foodservice teams, nutrition educators, and health professionals. The introductory section provides tailored guidance based on the user's role, followed by a key to each vegetable's



Toolkit cover.

2-page spread, simple preparation methods, a vegetable tracker, and basic nutritional information. The kit's central character, MC Spuds, introduces children to 30 vegetables—from asparagus to zucchini—through engaging illustrations by Vy Phan. Each vegetable is presented with a coloring page, multilingual vocabulary (in 6 languages), child-friendly recipes, and fun facts, making the learning experience both accessible and enjoyable.

The kit's design supports cross-curricular learning by integrating elements of art, language, mathematics, and health education. In addition to individual vegetable features, the kit includes Group Act recipes that incorporate multiple vegetables, as well as interactive worksheets like Create Your Own Recipe, Eat a Rainbow, and Find Us Growing. Children can explore the vegetables sequentially or select them based on personal interest, fostering autonomy and curiosity. The My Veggie Tracker allows each child to monitor their

progress throughout the school year or program based on what they have tried. As an added incentive, children who try at least 10 vegetables can e-mail their tracker to the creator for a small prize.

Research in child development and nutrition education underscores the importance of repeated, positive exposure to new foods in a variety of contexts. The *Veggies Got Talent!* kit illustrates this approach by incorporating multisensory and multidisciplinary activities that go beyond simple tasting. By engaging children in cooking, coloring, language learning, and storytelling, the kit helps normalize vegetables as part of everyday life. These diverse activities not only make vegetables more familiar and less intimidating but also allow children to form positive associations with healthy foods through play and creativity.

The *Veggies Got Talent!* activity kit is a well-conceived, versatile educational tool that promotes vegetable consumption through creativity, engagement, and evidence-based strategies. Its adaptability makes it suitable for a wide range of settings, including homes, schools, after-school programs, clubs, and community gardens. For those seeking to extend the experience, the FoodPlay Productions website offers a free downloadable guide to hosting a *Veggies Got Talent!* show, further reinforcing the kit's message in a fun and memorable way.

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<https://doi.org/10.1016/j.jneb.2025.08.005>

Cite this article as Taylor JS. Veggies Got Talent! A Fun-Filled Activity Kit With Coloring Sheets, Rhyming Beats, and Recipes for Tasty Treats! [New Resources for Nutrition Educators]. J Nutr Educ Behav. 2025;57:1190–1191.

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