

# Monsters Don't Eat Broccoli

## About the book:

*Monsters Don't Eat Broccoli*  
by Barbara Jean Hicks

Publisher: Random House  
ISBN#: 978-0-375-85686-0

## Nutrition Objectives

- Identify foods that contribute to good health.

## Physical Education Objectives

- Perform exercise that raises heart rate.
- Practice locomotor movements.

## Activities

- Nutrition Activity #1: Ways to Eat Broccoli
- Nutrition Activity #2: Playdough Play
- Physical Activity #1: Scarf Play—Over, Under, Around & Through
- Physical Activity #2: Pizza Tag

## Lesson Handouts

- What Monsters Eat

## Parent Newsletter

- New Foods

## Intent of Lesson

Children are encouraged to be open to tasting new foods.

## Previewing (5 minutes)

- Show children the cover of the book.
- Read the title and point to the words as you say them.
- Ask the children to predict what will happen in the book. Encourage answers from most children.

## Active Reading (10 minutes)

While reading the book, pause after pages that say, “Fum, foe, fie, fee, monsters don’t eat broccoli” and ask, “What will come next?”. Read *Monsters Don’t Eat Broccoli* by Barabara Jean Hicks.

## Summarizing (10 minutes)

**Q: Did you predict correctly?**

**Q: Did you think the monsters would taste broccoli? Why? Why not? Q: What did you think the monsters would eat?**

**Q: Have you ever refused to taste something and then found that you really liked it when you finally did taste it?**

**Q: What is something that you would not like to taste? Do you think you ever will? Why? Why not?**

**A:** Answers will vary.

Conclude by stating, “Food adventures can be fun. You don’t need to eat a lot of something new and you don’t have to taste it again if you don’t want to. If you don’t ever try it, you could miss out on something you might like.”



**15 minutes**

**Equipment:**


- Color copies of broccoli dishes
- Column Board
- Green sticky notes or squares
- Glue/tape
- Marker
- Broccoli
- Hummus dip or humus recipe ingredients <http://www.extension.iastate.edu/foodsavings/recipes/after-school-hummus>

## Vote for Broccoli

**Directions:**

- Ask students if they like to eat broccoli.
- Discuss with students the different ways to eat broccoli. Show color pictures of the broccoli dishes and identify them.
- Point out that sometimes we like a food one way but not another.
- Display a chart with 4 columns, each showing a different way to eating broccoli. Give the children a chance to look at the different options. See sample display board.
- Each child places a green sticky note with their name on it onto the board matching the column that describes their favorite way to eat broccoli. Optional: Have students raise hands and the leader writes the number of responses on the chart.
- Make a tally of how many students choose each column. Keep the board posted in the classroom. Encourage them to try broccoli in new ways.
- Prepare some raw broccoli with a bit of hummus dip to taste. You may purchase hummus in the dairy case or prepare your own.

## What's Your Favorite Way To Eat Broccoli?

<p><b>4</b></p> <p>Suzy</p> <p>Jim</p> <p>Andrea</p> <p>Bryan</p>	<p><b>1</b></p> <p>Rachel</p>	<p><b>0</b></p>	<p><b>1</b></p> <p>Jose</p>
Raw Broccoli	Broccoli Salad	Cooked Broccoli	Broccoli with Pasta or Rice
			







**20 minutes**

**Equipment:**

- Play-dough
- Handout of illustrations

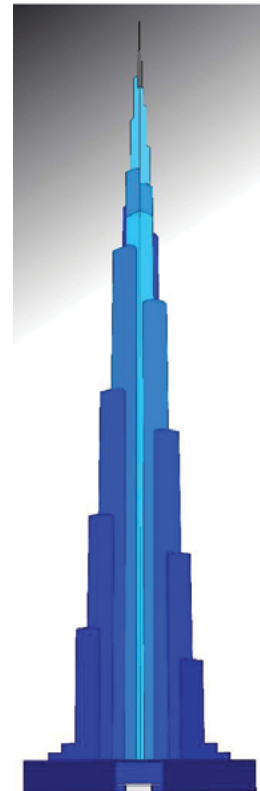
## Play-Dough Play

**Directions:**

- Introduce this activity by showing some of the illustrations of buildings and vehicles that are shown in the book.
- Hand out the page of pictures for reference.
- Give children play dough and instruct them to make one of the buildings or vehicle shapes.
- Show everyone's creation.
- Now change the shape into a favorite vegetable shape.
- Show everyone's creation.
- Discuss why the vegetable is a favorite.



## What the Monsters Ate







**15 minutes**

**Connection:**

The Monsters travelled all over the city moving over, under, around, and through the buildings and machines. The activity will copy their movements.

**Equipment:**

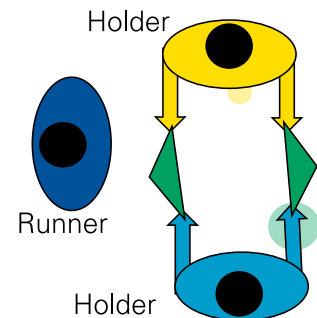
- Lightweight scarves/ towels or plastic garbage bags, two for each team
- Demonstration: <http://www.youtube.com/watch?v=ygRTVgkElrk>

## Over, Under, Around and Through

**Directions:**

Tell the children: "We will copy the moves of the monsters as they moved over, under, around, and through the city and vehicles."

Arrange children into groups of 3. Give each team two scarves. Two are "holders" who grasp an end of each scarf stretched between them like bars. The 3rd person is the "runner" who does the moves as quickly as possible.



- Move "over" by stepping over both scarves as their teammates bend down.
- Move "under" both scarves as the team raises them at shoulder height.
- Move "around" the outside of the team.
- Move "through" by going over one scarf and under the other.
- Switch places so that each child gets to be the "runner".

**Closure:**

Show me an example of—over, under, around, and through.





**10 minutes**

**Connection:**

Pizza is one fun way to eat broccoli. This game will help children think about ways to make a pizza healthy while they move vigorously.

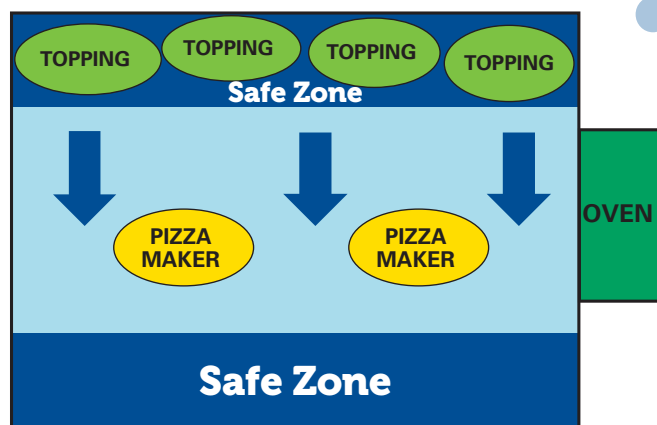
**Equipment:**

"P.E. Games--Pizza Tag"  
Demonstration Video:  
[https://www.youtube.com/watch?v=qjBgHP\\_2HPc](https://www.youtube.com/watch?v=qjBgHP_2HPc)

## Pizza Tag

**Directions:**

- The object of the game is to get from one end of the playing area to the other without being tagged by the "pizza makers".
- Depending on the size of your group, one or two "pizza makers" are named and the rest of the group are "toppings".
- Name 3 or more healthy ingredients (crust, sauce, cheese, broccoli, peppers, pineapple, etc.) and assign each runner a topping.
- The "pizza makers" stand in the middle of the play area blocking the route to the safe end. "Pizza makers" call out an ingredient which must then run past them to the safe zone without getting tagged.
- If they get tagged they go to the "oven" on the sideline. When a majority of the group are captured call out "Open the oven", to get everyone back into play again. Switch "pizza makers".



**Closure:**

What moves did you make to avoid being tagged?

### Family Fun

For a family activity check out the book, *Monsters Don't Eat Broccoli* from your local library. Read together and then discuss ways of trying new foods to maintain overall health.

## Try New Foods

### Valuable Variety

Purchasing and offering new foods is a good way for your child to try them. When children learn to enjoy different foods, they have a greater chance of developing healthful eating habits later in life. The reason



for this is that different foods give different health benefits. Therefore, the more variety your child has the healthier he or she will be!

Food variety is fun for the child too, as it makes eating more interesting. Variety will only fuel your child's curiosity, which will encourage him or her to try more foods! Remember that seeing, trying, comparing, and talking about all kinds of food is an important part of your child's nutrition learning experience.

### Taste Test

Some children are picky about food and may need extra help when it comes to trying new foods. Here are some ways to encourage them:

- Offer a new food at the beginning of a meal.
- Let your child choose a new food while you shop.
- Ask your child to describe a new food after tasting it.
- Aim for at least one bite.
- Try new foods yourself to set a good example.
- Prepare new foods in new and fun ways.
- Try, try again. Don't stop asking your kids to try new foods.
- Relax, your kids don't have to like every food they try.

## Rewards For Trying

Kids love knowing that they have earned your praise. Give yours some credit for trying new foods! Here's how:

- Keep an "I Tried It" chart on your refrigerator (below).
- Write the name of each food your kids try.
- Have your kids add a star each time they try the food.

Also, use creative words to describe foods you try with your kids. Describe what the new food:

- Looks like? Color, shape, size
- Feels like? Temperature, texture, firmness, softness
- Tastes like? Sweet, bitter, salty, sour, spicy, bland
- Sounds like? Crunchy, smooth, chewy

### I TRIED IT!

New Foods	Tasting Stars
1.	
2.	
3.	
4.	
5.	



## Broccoli and Cheese Custard

**Servings:** 10

**Ingredients:**

- 2 cups broccoli, chopped and cooked
- 1/4 cup cheddar cheese, grated
- 3 eggs, slightly beaten
- 1 1/2 cups fat-free milk
- Salt and pepper to taste

**Instructions:**

1. Preheat oven to 350 degrees F.
2. Line the bottom of a greased 8 x 8 x 2-inch baking dish with the broccoli.
3. Sprinkle evenly with cheese.

4. In a bowl, mix the eggs, milk, salt, and pepper.
5. Pour over the broccoli and cheese mixture.



6. Set the baking dish in a cake pan with enough water to come halfway up the sides of the dish.
7. Bake until custard is set in the middle, approximately 50 minutes.

**Nutrition Facts:** Calories 76 Total Fat 2.5g, Sodium 214mg, Total Carbohydrate 6.5g, Dietary Fiber 0.5g, Protein 6.7g.

**Sources:** Adapted from Nibbles for Health, Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service

**Recipe:** <https://health.mo.gov/living/families/wic/families/resources/recipes/>; Photo: [http://www.flickr.com/photos/tanya\\_dawn/](http://www.flickr.com/photos/tanya_dawn/)