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## ***Super Baby Abigail's Lunch Time Adventure***

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Pre-K and Kindergarten Activity Read & Learn Activity

Super Baby Abigail's Lunch Time Adventure is a great book to teach preschool to grade 1 children about healthy eating, nutrition and gardening. Here is a brief guide on how to use this book in the classroom or at home.

This book provides nutrition information in a subtle, kid-friendly context that doesn't feel like 'lessons'. At the end of the book there are fun, practical suggestions for teachers or parents to continue promoting good eating habits in kid-appropriate ways.

### **While reading the book:**

- On page 3, *We'll be back in an hour. Abigail is sound asleep...* Ask the students, **"Do you see any one hiding."** Give hints, such as do you see pig tails peaking out anywhere?
- On pages 4 and 5, *Aha! Now I'm Super Baby Abigail.* Ask the students, **"What images of fruit and vegetables can you find?"** Hints: the chandelier has a pineapple and apples, the curtains and the picture frames have hidden fruits.
- On page 6, *Looks like the coast is clear....* Ask, **"Who is enjoying the apple?"** (the worm in the tree)
- On page 7, *Roll in the fruit and Veggie Growing Machine!* Ask, **"The Super Crew Kids are carrying soil, seeds and a shovel. What do you think they are going to do?"**
- On page 11, *It's working! Our garden is growing....* Ask, **"Can you name what kind of fruits and veggies are growing?"**
- On page 12, *Hey look, there is a butterfly on your head!* Ask as printed in the book, **Do you think butterflies like fruits and veggies?**
- On page 13, *Hurry Up! Let's finish picking the eggplant...* Ask the students, **"What are you favorite fruits and vegetables you see growing?"**
- On page 14, *Wow! Look at all this fantastic food!* Ask the students, **Do you see a healthy food in the refrigerator that you eat at home?**
- On page 18, *Opps. This is the biggest mess ever!* **Say to the students, Oh-Know how will they ever clean up the mess?** (this gets a good reaction)

- On pages 22 and 23, *I wish cleaning up was always this fun...* Ask the students, **What are the characters doing?** Hint –surfing, playing and moving their bodies while cleaning up.
- On page 24, *All right, a sandwich....* Ask the students, **“Where are the Super Crew kids hiding?** Hint, dog and kids on and around the fridge, boy peaking near sandwich.

**After reading the book:**

- Ask your students or child what type of fruit and vegetables they would grow with a Fruit and Veggie Growing Machine.
- Watercolor or color some of the coloring pages that accompany the book.
- Come up with 3 new meal or snack ideas using the fruits and veggies they like best from the book for your next class party.
- Start a home or school garden with a few pots, old wood whisky barrel or a small plot of land.
  - Teach the children what helps plants grow their best, explain to them how eating the right foods grows their body best.
  - Explain how growing their own foods can help contribute to a healthy diet, and a healthy planet.
- Have fun together in class or at home by visiting [www.superkidsnutrition.com](http://www.superkidsnutrition.com) . Visit tools and resources under *Kids Learning Activities* and *Read to Your Kids* and also visit the *Super Crew Kids* section, *Nutrition Adventures* for fun adventures and experiments.
- Want more free nutrition curriculum for your class, email us at [Contact@superkidsnutrition.com](mailto:Contact@superkidsnutrition.com) with your ideas.