

The Super Veggie Four



Golden Plains Shire Council 2019 (self-publishing)

Health and Wellbeing Team

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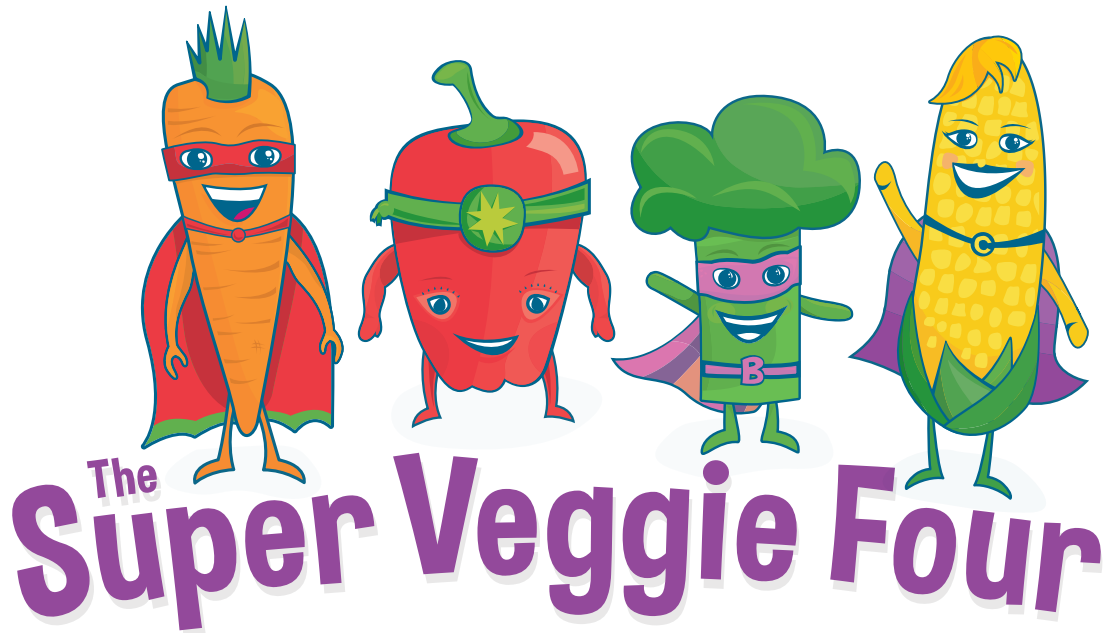
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Acknowledgement to Jean Flynn

Design and Illustration by Paul Mah

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Target audience: 3–9 years



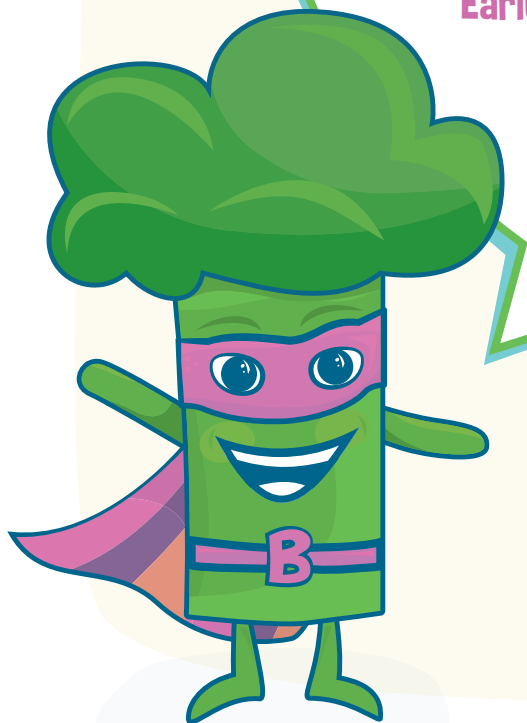
GOLDEN PLAINS SHIRE

Acknowledgements

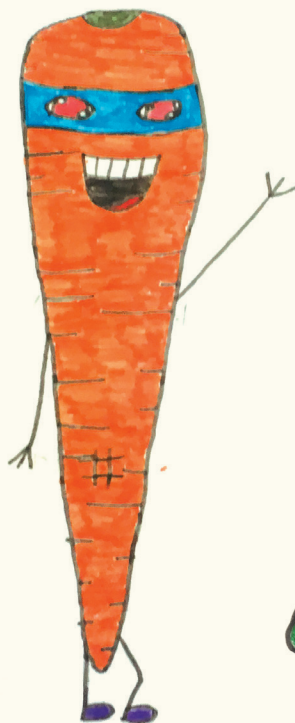
Thank you to the many families and children across Golden Plains who contributed to this storybook, as well as Council's Child and Family Services staff for their valuable input.

We would also like to thank the Primary School and Early Learning Centre children whose art inspired our superhero vegetable characters.

Please note: we are pleased to say that there were many vegetables involved in the development of this storybook. We cut, sliced, diced, smelled and tasted; not a single vegetable went untouched.



Here are some of our locally drawn superhero vegetables!



The gym
bottom
and hot and
spicy

Night-o-carrot



Captain
Carrot!

Blue the
Broccoli



Sooper
Patrick



It had been raining
all week in Rokewood.

Tommy was bored.

He was sick of being
cooped up inside.

'Where are you, sun?'
he said.





The sun came out.

'At last!'

said Tommy.

A rainbow stretched itself
across the sky. It was beautiful.

**'Red, orange, yellow,
green and purple,'**
he said.

**'I wish all the colours
of the rainbow
would come
to life!'**





**A ray of sunshine lit up the veggie patch.
Tommy thought he saw something move.**

**Was it a possum? A magpie?
A mouse?**





Four vegetables leapt
out of the veggie patch.

‘Who are you?’ Tommy asked.

‘I’m Cobba!’ said the corn.

‘You can call me Cap,’ said the capsicum.

‘Brocco’s my name,’ said the broccoli.

‘I’m Carrie,’ said the carrot.





**'We're the Super Veggie Four,
And we want you to know
How tasty life can be
When you eat the rainbow!'**

Tommy laughed. 'But how can I eat a rainbow?'
'You'll see,' said Cap, then the four superheroes disappeared.



As soon as he got to school the next day,
Tommy told his friends Ava and Charlie about the
Super Veggie Four.

‘Are you telling the truth?’ asked Ava.
‘Maybe it was just a dream,’ said Charlie.



That night, as Tommy helped his mum cook the dinner,
he kept thinking about the creatures he'd seen in the garden.

Maybe Charlie was right.
Maybe it had just been a dream.

**'Mum,' Tommy said,
'I love your fried rice,
but it's not very
colourful, is it?'**

**Suddenly, the room lit up
and the veggie
superheroes appeared.**





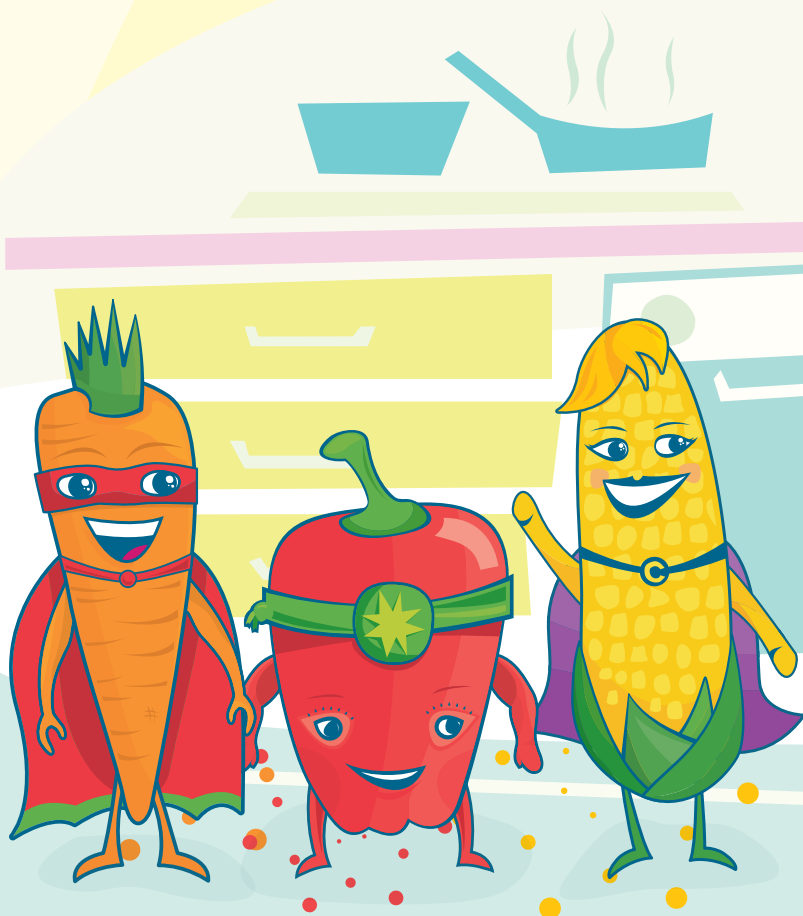
**‘It’s easy to make your dinner into a rainbow!’ said Brocco.
‘Just add more veggies!’**

**Tommy looked
in the fridge.**

**‘How about these?’
he said.**

**‘Broccoli, carrot and
mushrooms! They look
yummy!’**

**‘Great idea, Tommy!
Keep up the good work!’
said Cap.**



Turn to the end of the book to find the recipe for Rainbow Chicken Fried Rice!





Meanwhile, on a farm near Cape Clear ...
Ava was helping her dad make dinner. 'Dad,' she said,
'Your quiche is nice, but I wish it was more colourful.'



Suddenly, the room lit up and the veggie superheroes appeared.



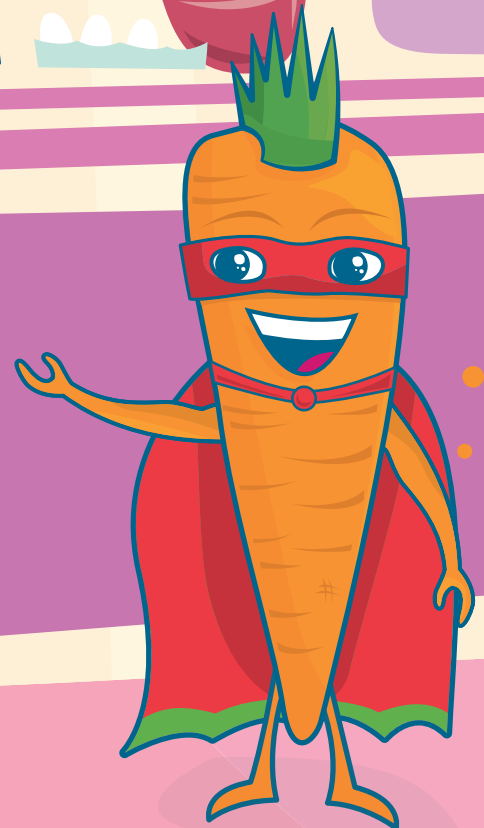
'We're the Super Veggie Four,

**And we want you to know
How tasty life can be
When you eat the rainbow!'**

Ava gasped. 'So Tommy was telling the truth!'



'It's easy to make your dinner
into a rainbow!' said Carrie.

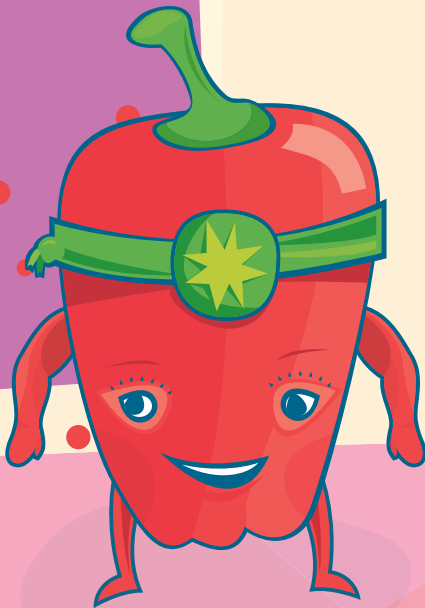


'Just add more veggies!'

Ava pointed to the veggies she picked earlier.

'How about corn, zucchini and potato? They look yummy!'

'Great idea, Ava! Keep up the good work!' said Cobba.



Turn to the end of the book to find the recipe for **Rainbow Vegetable Slice!**



Meanwhile, at the supermarket in Smythesdale ...
Charlie was helping his grandpa do the grocery shopping.
‘Can we make pizza tonight?’ he asked.
‘Sounds good to me,’ said Grandpa. ‘Hawaiian as usual?’
‘How about something more colourful?’ Charlie said.



Suddenly, the shop lit up and the veggie superheroes appeared.

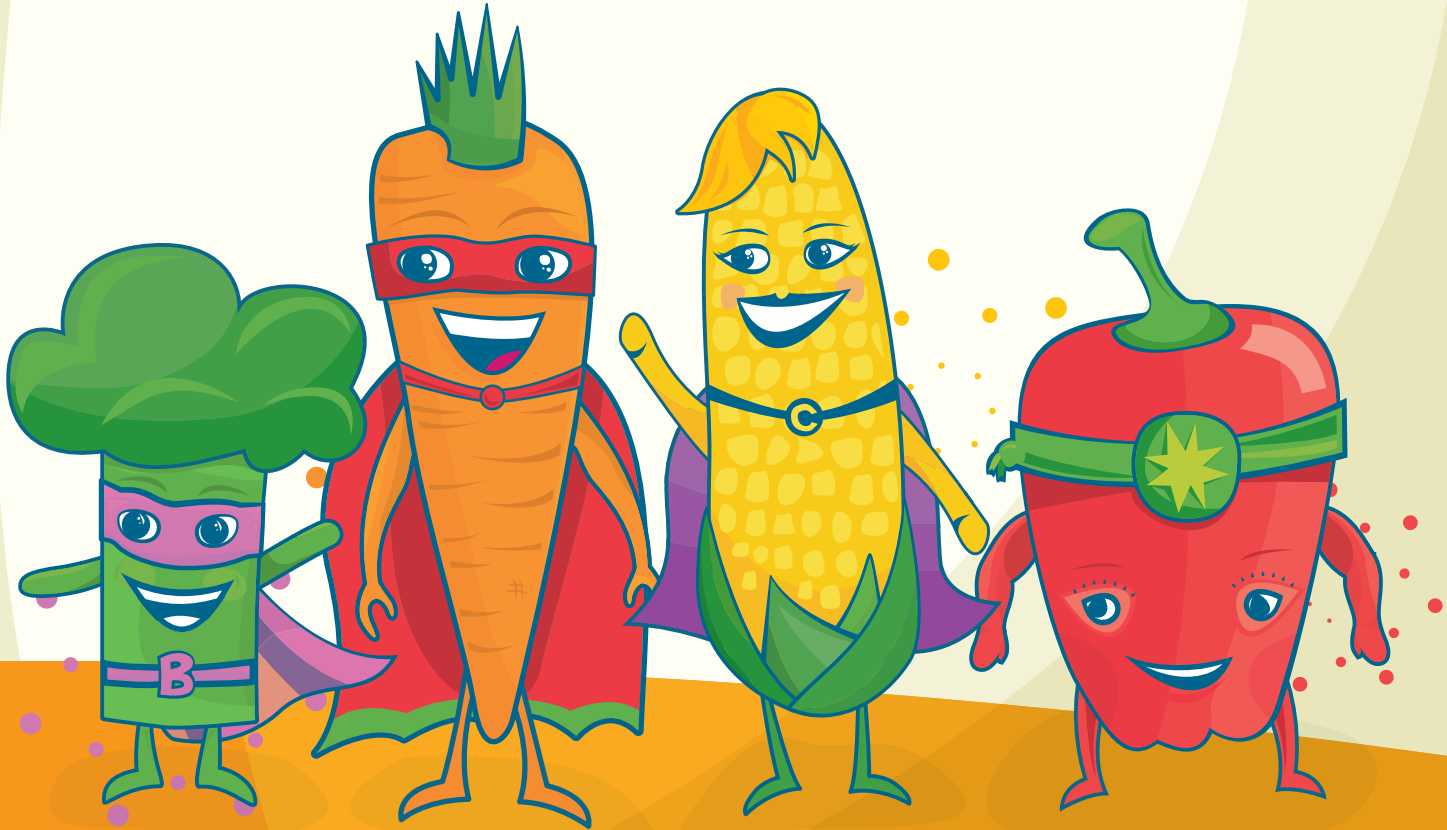


‘We’re the Super Veggie Four,

**And we want you to know
How tasty life can be
When you eat the rainbow!’**

‘Wow!’ said Charlie.

‘So Tommy wasn’t dreaming after all!’



‘It’s easy to make your dinner into a rainbow!’ said Cap.

‘Just add more veggies!’

Charlie went over to the veggie section.

‘What about tomato, capsicum and spinach? They look yummy!’

‘Great idea, Charlie! Keep up the good work!’ said Brocco.



Turn to the end of the book to find the recipe for Rainbow Homemade Mini Pizzas!







**The next day at school, Ava and Charlie told Tommy
how the Super Veggie Four had come to visit them.**

**‘They made my quiche mega delicious!’ said Ava.
‘And they made my pizza taste awesome!’ said Charlie.**

‘Guess what I have for lunch today?’

said Tommy, opening his lunchbox.





'A rainbow!'

'Me too!'
said Ava.

'And me!'
said Charlie.

RAINBOW CHICKEN FRIED RICE

Serves 4

Cooking utensil: large saucepan or frying pan or wok

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients:

- 1 cup (200 g) uncooked rice
- 1 tablespoon (20 mL) canola oil
- 2 eggs, beaten
- 200 g skinless chicken breast, chopped
- 1 onion, chopped
- 1 clove garlic, crushed
- 1 carrot, diced
- 1 cup broccoli florets, diced
- ½ cup sliced mushrooms
- 1 tablespoon (20 mL) soy sauce
- 2 spring onions, chopped
- 3 shakes pepper

Method:

1. Cook rice in 500 mL (2 cups) of water until soft. Set aside.
2. Heat half of the oil in frying pan and fry egg until set.
3. Remove egg from frying pan and cut into small pieces.
4. Add remaining oil and fry onion and garlic until onion is transparent.
5. Add the chicken and cook for 3 minutes, or until outside is golden brown.
6. Add carrot, broccoli and mushroom and continue to cook for 3 minutes.
7. Add rice, spring onion, soy sauce and egg pieces. Stir gently. Cook for 1 minute.
8. Serve and garnish with additional spring onions (optional).

COOKING TIP

Feel free to swap any vegetable and replace it with a household favourite, such as capsicum, peas or corn.



RAINBOW HOMEMADE MINI PIZZAS

Makes 6

Cooking utensil: oven tray

Preparation time: 15 minutes

Cooking time: 7-10 minutes

Ingredients

Pizza base

- 2 cups (300 g) self-raising flour
- ¼ teaspoon salt
- 1 cup (250 mL) milk
- 1 ½ (20 mL) tablespoon canola oil

Toppings:

- ½ cup (125 g) tomato paste
- 1 ½ cup (180 g) shredded ham
- 2 cups diced ingredients (capsicum, spinach, mushroom, pineapple, tomato, olives)
- 1 ½ cup (180 g) grated cheese

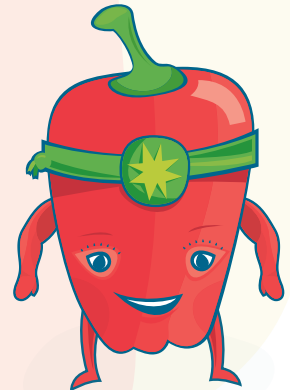
Method:

1. Preheat oven to 180°C.
Brush or spray oven tray with oil.
2. Combine flour, salt and oil in large bowl.
3. Gradually add milk, stirring to form a soft dough.
4. Place mixture on a lightly floured board and knead until smooth.

COOKING TIP:

Encourage children to create their own rainbow pizza and add vegetables of their choice!

It's normal for children to start with a 'traditional ham and cheese', however remember your pledge to role model and be patient.



RAINBOW VEGETABLE SLICE

Serves 6

Cooking utensil: 22cm cake pan or quiche pan

Preparation time: 20 minutes

Cooking time: 25-40 minutes

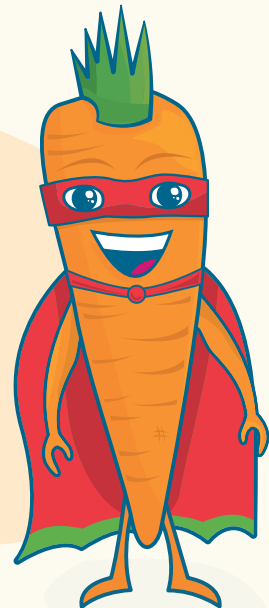
Ingredients:

- 4 eggs, beaten
- $\frac{3}{4}$ cup (185 mL) milk
- $\frac{3}{4}$ cup (185 g) ricotta cheese
- $\frac{1}{2}$ cup (75 g) self-raising flour
- 1 tablespoon canola oil
- 1 cup (250 g) canned corn kernels
- 1 zucchini, grated
- 1 onion, diced
- 1 potato, grated
- 1 carrot, grated
- 1 tablespoon chopped parsley
- 1 cup (120 g) grated tasty cheese
- 3 shakes pepper

Method:

1. Set oven at 180°C (fan-forced) or 200°C (conventional) and brush or spray pan with oil.
2. Combine all ingredients except half of the cheese.
3. Pour mixture into quiche pan and sprinkle remaining cheese on top.
4. Bake for 15 minutes at 180°C, then reduce temperature to 160°C and bake for 20–25 minutes until set.

COOKING TIP:
Adding grated vegetables is an excellent way to boost the veggies in a range of meals (pasta, casseroles, slices).



2

When kids see, smell and taste vegetables regularly they tend to eat more vegetables! So involve kids in the process of preparing and cooking.

1

Different coloured vegetables have different nutrients and benefits. Try to mix things up by eating a variety of colours every day.

3

Over-cooking vegetables destroys their taste and nutrients. Try steaming vegetables instead of boiling them.

VEGGIE FUN FACTS

4

Vegetables are an excellent source of fibre, which helps with digestion and prevents constipation.

5

Orange and yellow vegetables are so vibrant because they're rich in CAROTenoids!

6

Vegetables are full of antioxidants that boost your immune system, lower blood pressure, reduce 'bad' LDL cholesterol and protect against diseases such as cancer, heart disease and diabetes.

7

Leafy vegetables are particularly rich in calcium, iron and vitamins A and C.



The Golden Plains approach

Golden Plains Shire Council is doing things differently. We are encouraging our young people and families to view vegetables as positive, fun, exciting and easy!

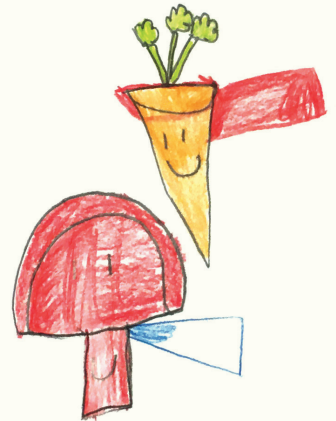
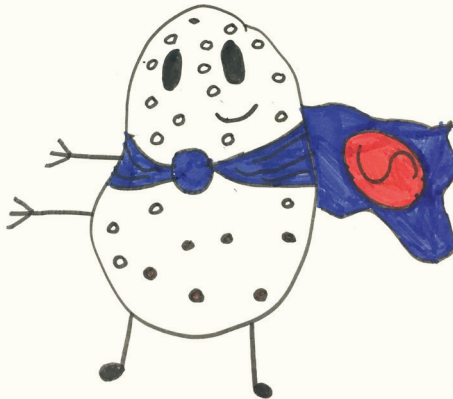
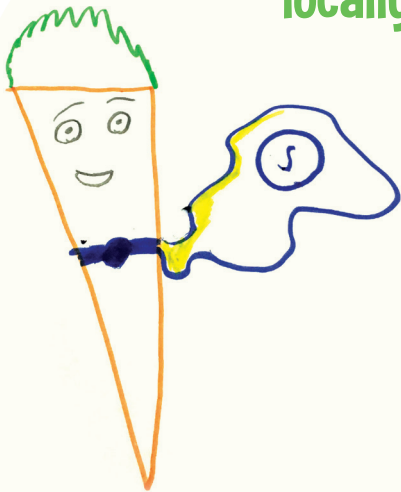
Join us and take the pledge today!

I _____ (parent/carer name) take the pledge to:

- Add colour to meals and snacks by simply including vegetables.
- Make vegetables a fun choice, rather than using rules like 'if you don't eat your vegetables ...').
- Practise being a positive role model in my family around 'all things vegetables'.
- Encourage my children to be curious about vegetables.
- Describe vegetables based on their taste, texture and colour (eg. crunchy, sweet, bright and tangy).
- Avoid labelling vegetables as 'healthy', 'good for you' or 'bad if you don't eat them'. Remember that vegetables are just that: VEGETABLES.
- Try, try, try and then try again. Remember that tastebuds are constantly changing and it can take up to 8–10 tries before a food is positively received.
- Stay patient and don't give up!

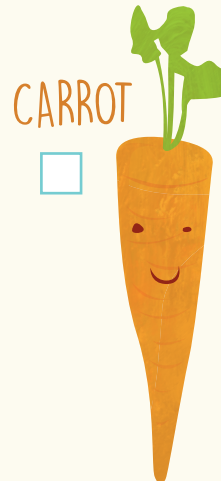
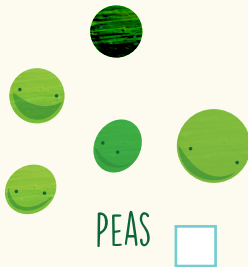
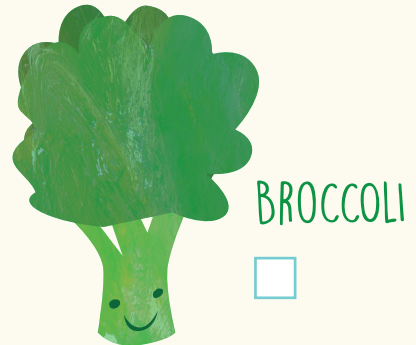
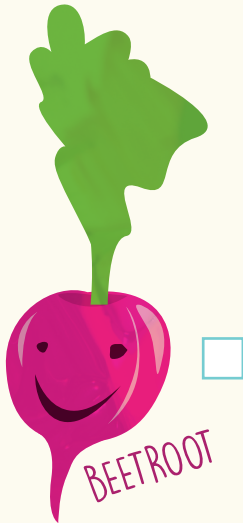
Signed: _____

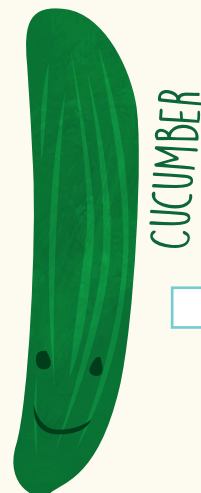
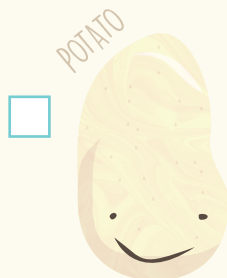
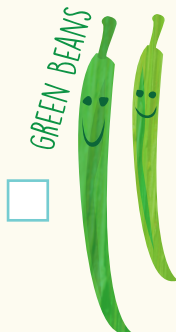
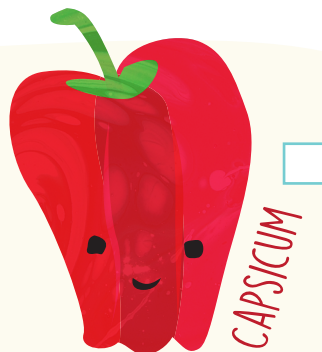
Here are some more of our
locally drawn superhero vegetables!



VEGGIE HUNT ☒

There are lots of veggies hiding in this book! See if you can find them all!





**Take a photo of your colourful 'veggie' mealtime creation
to go into the draw to win a prize!**

You may like to follow one of the recipes provided or to follow your own recipe.
Send your photo to enquiries@gplains.vic.gov.au

