

Vegetable Brainstorm

❑ What vegetables and meals with vegetables do you eat at home?

❑ What is healthy about a vegetable you eat at home?

1. Choose a vegetable that you will eat in your food story.

In my story, I will eat...

2. What is healthy about this vegetable? How does it help your body? (If you don't know, write what you think or your best guess!)

This vegetable is healthy because...

It helps the body by...

Vegetable Brainstorm

3. In your story, what kind of meal is the vegetable in? (For example, is it in a soup, a salad, pasta, or with meat?) What other foods do you eat your vegetable with?

5. Where are you eating the vegetable? Is there anyone eating with you? Who?

I eat the vegetable with...

Superpower Brainstorm

6. What are two hard or unfair things in your life or other kids' lives?

1.	2.
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7. What are two problems or unfair things in your community or the world?

1.	2.
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8. What two superpowers could make life in your community or the world a better place?

1.
2.

9. In the potato pierogi story, pierogis helped the narrator light up the world so she could help people with missing pets. What superpower will your vegetable give you?

Superpower Brainstorm

How will this super power make your life better or other people's lives better?