

# “In the Human Body”

EXPLORE IT

## Module 15, Invent a Veggie

### Prompt:

Our bodies are fueled by the food we eat, and the nutrients in vegetables (and fruits) are really important for strong, healthy brains and bodies.

Invent your own vegetable! It can be based off of a real vegetable or it can be completely from your imagination. Use recycled materials to make a model of your vegetable.

Things to think about as you create your veggie:

- What shape is your vegetable? Or is it really a fruit?
- What colors is it?
- Where does it grow-- in the ground, on a vine, in a tree?
- What does it taste like?
- What does it have inside it to help your body stay healthy and strong?

### Materials:

- Plain paper
- Recycled materials (yogurt cups, paper towel rolls, newspapers, magazines, cardboard, tissue boxes, egg cartons, etc.)
- Scissors
- Glue stick
- Tape
- Markers
- Optional detail materials: yarn/string, pipe cleaners, popsicle sticks, glitter, stickers, shiny paper, etc.

### Instructions:

1. Read the prompt with your child to get them thinking about their design.
2. Give your child paper and markers, and encourage them to sketch their ideas for their veggie before they construct it. Some young children may want to skip the design part

and just start building. If this is the case, that's okay! It's always good to think about their designs first, but no need to force this part if it's not working.

3. Show your child the materials they have to work with. Go over any household rules about using scissors, glue, etc. Give them some ideas about how to stick things together (glue, tape) or cut things apart (scissors, ripping).
4. Some children will jump right in. Some children may need a little more prompting to give them ideas of what to do. Here are a few suggestions to get your child started:
  - a. What does your veggie taste like-- bubblegum, pizza, or something else entirely?
  - b. What kinds of people or animals eat your veggie?
  - c. How big does your veggie get? Is it enormous, teeny tiny, or in between?
  - d. What does your veggie smell like? Is it stinky or lovely smelling?
  - e. How does your veggie grow? In the ground? On a vine? On a tree? In the water?
5. Invite your child to keep making more veggies (and maybe add some fruits). Name each one and make a fancy new salad!

### **Resources:**

This video from Boston Children's Museum's YouTube page gives a great explanation, for parents and kids, of how to create something new from recycled materials: [Arts and Crafts: Silly Sculptures](#).

This video from Boston Children's Museum's YouTube page gives a great explanation and demonstration, for parents and kids, of this activity. [Healthy Habits: Design Your Own Vegetable](#)

### **Extensions:**

If your child needs more challenges to go along with this activity:

- Challenge your child to invent a recipe using their imaginary veggie. They can recreate the meal using recycled materials or draw a picture of it.
- Encourage your child to think more about where their veggie grows. Invite them to make a garden, orchard, or farm to show where their veggie comes from.
- Invite your child to make a different veggie for each person who lives in your home with flavors to match their personalities and preferences.

Together with your child, go to the "In the Human Body" topic on Flipgrid and share their new vegetable invention.