

# Readers' Guide

## Sneaky Spinach



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# Comprehension Questions

## Before Reading:

- ★ What do you think this book will be about? Why do you think that?
- ★ What characters do you think might be in this story?
- ★ What questions would you like to ask the author before you read this book?
- ★ What are you wondering about as you look at the cover and back of your book?

## During Reading:

- ★ What do you think will happen next? Why?
- ★ What must have happened here that the author didn't tell us?
- ★ What emotions is Nick feeling? How do you know?
- ★ Has anything like this ever happened to you? Does it remind you of something?
- ★ How would you feel if that happened to you?
- ★ How are you like/different than Nick?

## After Reading:

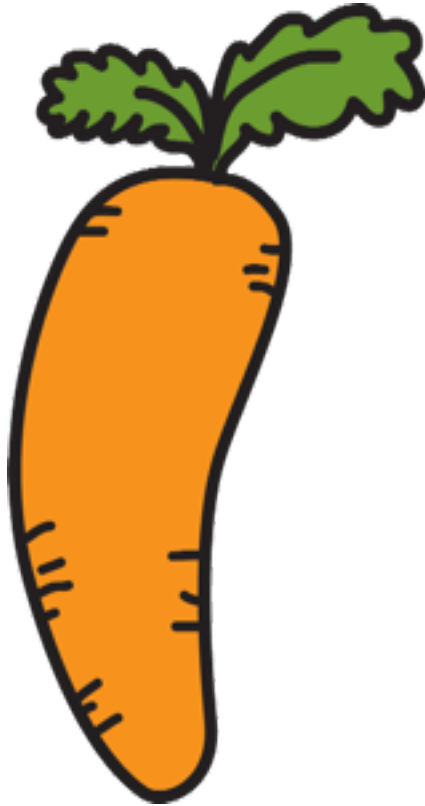
- ★ If this story had a sequel, what do you think it would be about?
- ★ What is the main message of this book? What does the author want you to think about? What was the big idea?
- ★ What questions would you like to ask the author?
- ★ If you could talk to Nick, what would you say to him? What questions would you ask him?
- ★ How do you think Nick felt when he found out that the spinach was sneaking into his smoothie?
- ★ If you haven't already, would you be willing to try spinach or another vegetable in your breakfast in the morning?

# Vegetables

\*Tip: Try to eat fewer starchy vegetables & more green ones!



**Broccoli**



**Carrot**



**Eggplant**



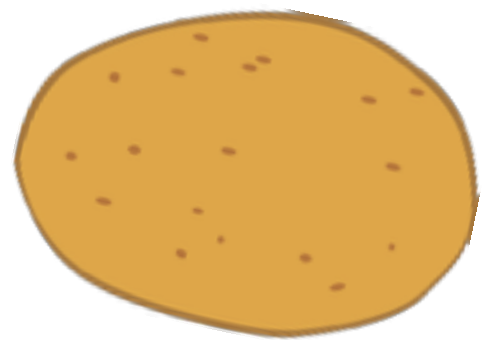
**Cabbage**



**Corn**



**Cucumber**



**Potato**

SNEAKY SPINACH

# Let's Learn about Vegetables!

The more vegetables, the better!

Vegetables are divided into five groups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.

Vegetables are great because most vegetables are naturally low in fat and calories. They also are full of nutrients, such as fiber, vitamin A, and vitamin C.

-Benefits of fiber: Keeps you feeling fuller longer.

-Benefits of vitamin A: Keeps your eyes and skin healthy and protects against infections.

-Benefits of vitamin C: Helps heal wounds and keeps your mouth healthy.

Recommended amount is 1 1/2-2 cups per day for a child.

## Some Examples of Vegetables:

Dark-Green: broccoli, bok choy, dark lettuce, kale, spinach

Starchy: corn, potatoes, green peas, water chestnuts

Red and Orange: squash, carrots, pumpkin, bell peppers, sweet potatoes, tomatoes

Beans and Peas: black beans, garbanzo beans (chickpeas), kidney beans, lentils

Other Vegetables: artichokes, asparagus, avocado, beets, sweet potatoes, brussels sprouts, cabbage, cauliflower, celery, cucumbers

\*Tip: Try to eat fewer starchy vegetables & more green ones!

Name: \_\_\_\_\_

# SNEAKY SPINACH

## Connecting

Directions: Using the vegetable list given on the previous page, list some vegetables you like, dislike, and some you would like to try!

Vegetables I like: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Vegetables I dislike: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Vegetables I would like to try: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Very Veggie

Name: \_\_\_\_\_

SNEAKY SPINACH

# Vegetable Taste Test

Directions: With an adult, try out a few new vegetables that you've never tried before.

New Vegetable I tried: \_\_\_\_\_

Describe the taste: \_\_\_\_\_

Describe the texture: \_\_\_\_\_

Would you eat it again?: \_\_\_\_\_

New Vegetable I tried: \_\_\_\_\_

Describe the taste: \_\_\_\_\_

Describe the texture: \_\_\_\_\_

Would you eat it again?: \_\_\_\_\_



Name: \_\_\_\_\_

# SNEAKY SPINACH

## Summarizing

Directions: Summarize the story by telling the characters, setting, problem, and solution.

Characters:

Setting:

Problem:

Solution:





Name: \_\_\_\_\_

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# Match the Vegetable

Directions: Draw a line to match the vegetable picture to the correct name of the vegetable.



Cauliflower



Cabbage



Egg Plant



Tomato



Bell Pepper



Pumpkin



Cucumber

# Parent Guide: Top 15 Tips to Encourage your Kids to Eat Fruit & Vegetables

Source: [pagingfunmums.com](http://pagingfunmums.com)

1. Make healthy food look FUN – turn something that can be a little boring into something the kids are enticed to eat! You can use cookies cutters to make shapes too. Fill their Lunchbox with FUN food!
2. Lead by example and eat a variety of fresh fruit & veggies. Perhaps incorporate a 'healthy snack time' with your kids that you can all eat together.
3. Variety is the spice of life. Add different colors to their plates. This encourages them to eat a variety of vitamins too!
4. Get the kids involved in the food shopping. Take them to your local Fruit & Veg Shop and speak to the grocer about how to tell when fruit/veg is fresh or not etc. Make it an educational experience.
5. Take your kids fruit picking. We often visit our local Strawberry Farm! This gives them an opportunity to learn where the fruit comes from and how it grows i.e: on a vine, in the ground, on a tree etc.
6. Start your own fruit & vegetable garden. This gives kids a hands on understanding and gives them a sense of pride eating their finished product.
7. Get them involved in chopping and preparing the fruit & veggies (if they are old enough and supervised).
8. Try to buy fruit & veg that is in season – they are the freshest and tastiest. If you are unsure of this, ask your local Fruit Grocer.
9. Make Fruit & Veg easily accessible. Have a bowl of fruit on your counter top & have freshly cut fruit & veg in the fridge ready to go.
10. Freeze grapes or bananas for a special frozen treat!
11. Be sure to praise your child with positive reinforcement whilst they are eating healthy food.
12. Explain to your children the health benefits of eating fruit & veg. (Ex: you'll grow big and strong, it will help you run faster, it will help your brain grow etc.)
13. Establish a 'fruit break' routine. (Ex: Morning fruit break & afternoon fruit break.) If the kids are used to this then they will come to expect it. This will also help you to reach the daily recommended intake of fruit and veg.
14. Make yummy fruit smoothies.
15. Kids love to 'dip' so make up yummy & healthy dips such as hummus recipe.

Name: \_\_\_\_\_

SNEAKY SPINACH

# Vocabulary

Directions: There are some new words in this book. Read the sentences below and try to use clues to determine the meaning of the word.

nutrients

"But everyone knows that kids need all the good nutrients vegetables give. And nobody knows that better than vegetables themselves!"

I think the word means...

---

---

grunted

"He crossed his arms and grunted. "I am not going to eat any spinach, and you can't make me!"

I think the word means...

---

---

crept

"When they went to the fridge to get the almond milk, three of the spinach leaves crept across the counter and up onto the blender."

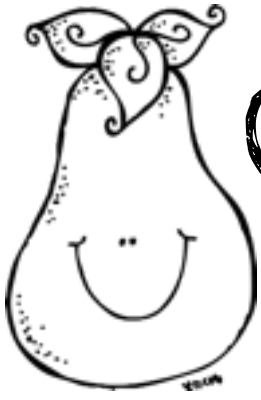
I think the word means...

---

---

Name: \_\_\_\_\_

SNEAKY SPINACH



# Character Change

Directions: Think about how Nick changed throughout the story.

Nick at the beginning of the story:

Nick changing throughout the story:

Nick at the end of the story:

Name: \_\_\_\_\_

SNEAKY SPINACH

# Cause & Effect

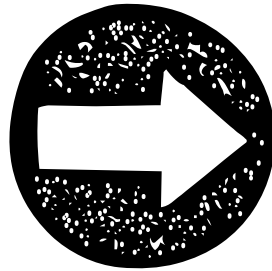
Directions: Write a cause and effect of Nick's choices in the story.

Nick...

Then...

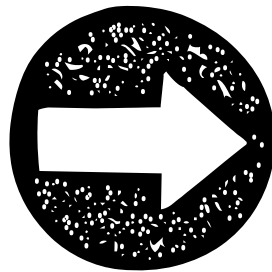
Cause:

Effect:



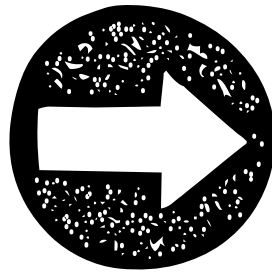
Cause:

Effect:



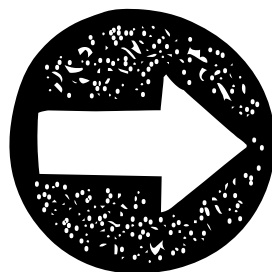
Cause:

Effect:



Cause:

Effect:

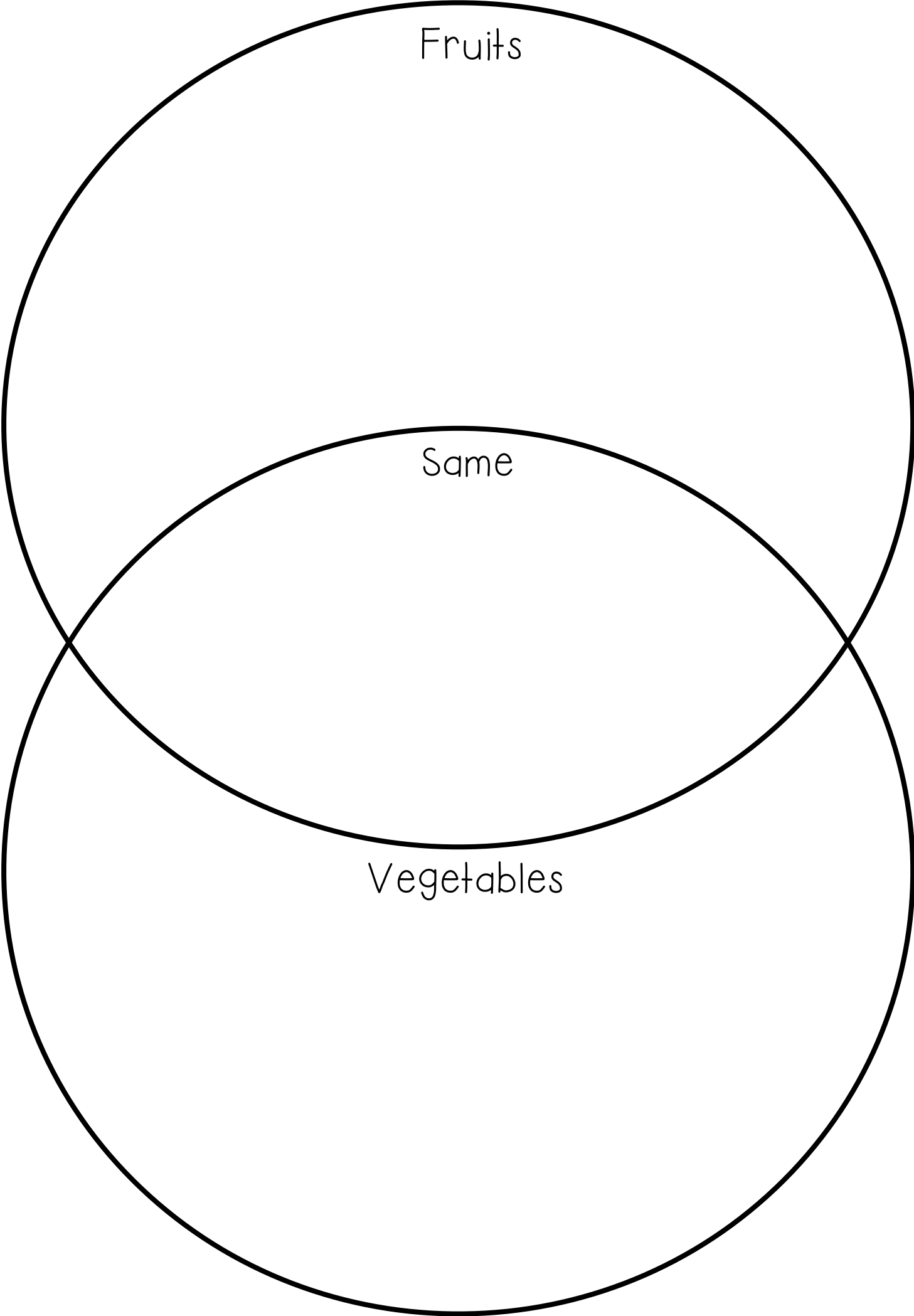


Name: \_\_\_\_\_

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# Compare & Contrast

Directions: Compare and contrast fruits to vegetables.



# SNEAKY SPINACH

## Adjective, Noun, Verb Sort

Directions: Cut and sort the words under the correct category.

eat

crunchy

healthy

chopping

vegetables

steamed

cook

green

broccoli

tasty

cold

red

cooked

raw

green bean

buy

cut

green

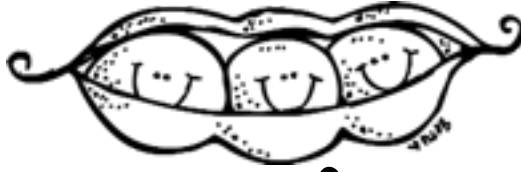
delicious

slimy

SNEAKY SPINACH

# Adjective, Noun, Verb Sort

Directions: Cut out the categories and sort the words beneath each category.



adjectives



verbs

nouns





Name: \_\_\_\_\_

SNEAKY SPINACH

# Author's Purpose

Directions: Think about the purpose of this story and why the author wrote it. What did the author want the readers to take away from the story?

Why did the author write this story?

- To inform the reader.
- To entertain the reader.
- To persuade the reader.
- Or, a combination of these three!

The author's purpose of this story was to:

---

---

---

How do you know?

---

---

---



# VEGETABLE ADDITION BUMP

Roll two dice and add one more



Directions: 2 dice and 8 counters per player- each player a different color counter. The first player rolls 2 dice and adds one more and puts a counter on that number. If another player's counter is on that number BUMP it off. If your counter is on that number, stack two counters on top of one another and it freezes that spot. The winner is the player that uses all of his/her counters first!



Name: \_\_\_\_\_

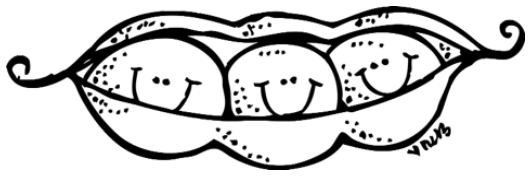
SNEAKY SPINACH

# Weekly Challenge

Directions: Try to complete all of these challenges this week.

- ☐ Try a new vegetable.
- ☐ Try a new fruit.
- ☐ Cook up a new, healthy recipe with an adult using either a fruit or a vegetable.
- ☐ Get active! Find a fun activity to do with your friends or family that gets your heart pumping.
- ☐ Get at least 30 minutes of activity each day this week.
- ☐ Learn about the five food groups and try to eat all of them with each meal for one day.
- ☐ Learn how to spell "broccoli", "cauliflower" and "cabbage" by memory.
- ☐ Tell someone the benefits of eating healthy.
- ☐ With an adult, find a baking recipe and make some ingredient swaps to make it healthier.





SNEAKY SPINACH

# Letter to the Author

Handwriting practice lines for the letter.

Address your letters to:

Alexis Schulze  
1844 E. Carnegie Ave  
Santa Ana, CA 92705



Two horizontal lines for an address or return address.

Name: \_\_\_\_\_

SNEAKY SPINACH

# Book Recommendation

Title: \_\_\_\_\_ Author: \_\_\_\_\_

Would you recommend  
this book to someone?  
Check Yes or No

Yes

No

Why did you enjoy this book?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

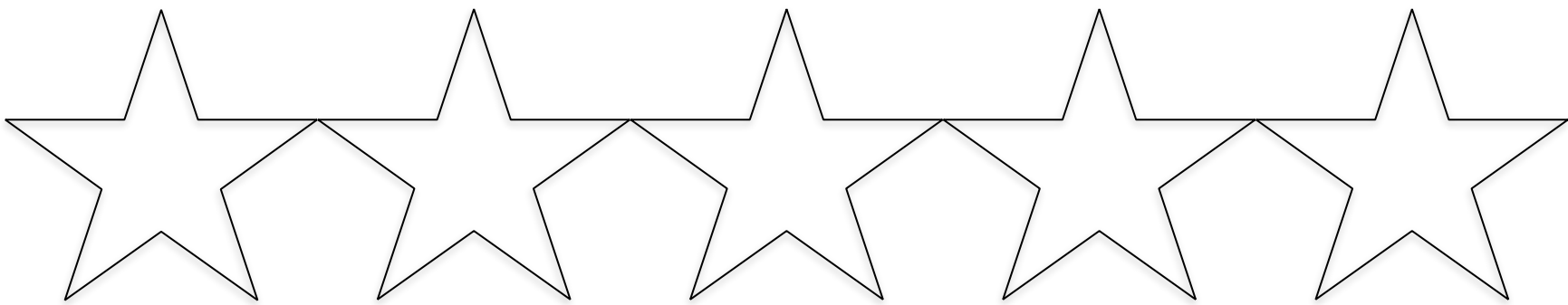
Who else might enjoy this book?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How many stars would you rate this book?





# ☆ About the Author ☆



Combining her passion for both children and healthy living, Alexis Schulze wrote Sneaky Spinach to encourage kids of all ages to eat nutritiously to fuel more active and happy lives. In her role as Co-Founder and Chief Visionary Officer of Néκτηr Juice Bar, a modern lifestyle brand devoted to empowering communities to pursue well-being, Alexis leads the company's efforts to create delicious, nutrient-rich menu items, sneaking in spinach as much as possible.

In addition to founding Néκτηr with her husband in 2010, Alexis has over 20 years of experience working with children in both preschool and elementary school settings. She holds a Bachelor's Degree in Child and Adolescent Development, a Masters Degree in Cross-Cultural Education and recently completed her Health Coach Certification. She lives in Orange County, California with her husband, Steve, and their two boys, Bobby and Donovan, who, through Sneaky Spinach, have learned to love their fruits and vegetables.

Find out more at [nekterjuicebar.com](http://nekterjuicebar.com)



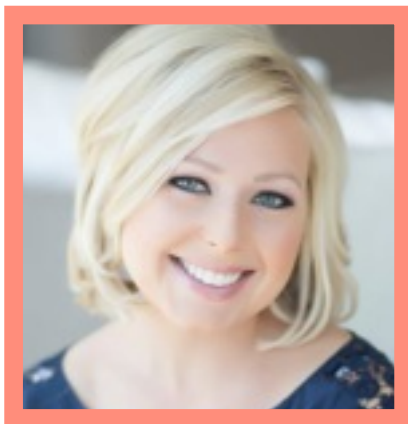
# Thank You!



Thank you for your download. I hope you and your student(s) enjoy this readers guide. Emily Yost is a 2nd/3rd grade teacher in Ann Arbor, Michigan. Emily loves blogging about her classroom and sharing ideas with other teachers through her blog and online Teachers pay Teachers store. You can find more of her resources at her store by clicking on the link below.

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-Emily Yost from  
Third in Hollywood



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