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# EAT THEM TO DEFEAT THEM

As seen  
on TV

BURSTING WITH  
PUZZLES, GAMES  
& FUN STUFF!

GAME ON!



SPLAT  
ATTACK!



TOMATO  
TAKEOVER!



WIN!

VEGPOWER

itv

sky

4

# EAT THEM TO DEFEAT THEM



## WHAT YOU'LL NEED FOR THIS ACTIVITY MAGAZINE:

(tick the circles)

- To be awake
- Pen or pencil
- Colouring pencils or pens
- Your brain
- A table (or any hard surface, someone's back might do)
- A veg-defeating attitude
- A koala bear \*

\*If you don't have a koala bear, don't worry, this magazine will still work without one.

Your name here

...IS READY TO TAKE ON THE VEG!



# WIN!

We've got 12 of these MEGA LEGO sets to give away!

To be in with a chance of winning one, just answer the question below and ask a grown-up to ENTER ONLINE:

[EatThemToDefeatThem.com](http://EatThemToDefeatThem.com)

**HOW MANY SNEAKY SPROUTS ARE HIDING IN THIS MAGAZINE?**



(don't count this one!)

Closing date: 30 April 2021

Search **Change4Life** for loads more fun ways to eat well and move more!

change  
4 life

When you have finished with this magazine please recycle it - plastic free.



For downloads fun go to: [EatThemToDefeatThem.com](http://EatThemToDefeatThem.com)  
Follow us @VegPowerUK

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Prizes subject to availability. No cash alternative for any prize will be offered. We will only share winners' personal details with third parties for the purposes of fulfilment of the prizes and as required by law. These details will be used for prize giving only and not for marketing purposes. For full details of our privacy policy go to [vegpower.org.uk](http://vegpower.org.uk)

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# GET STUFFED PEPPERS!

Some of the ingredients and equipment needed for these petrifying zombie peppers are hiding in the word search.  
Can you spot them all?

**FANCY ZOMBIE PEPPERS** for tea?

Find the recipe at:  
[EatThemToDefeatThem.com](http://EatThemToDefeatThem.com)  
or search for  
Super Yummy Kitchen  
on YouTube Kids

COLOUR IN EACH ITEM WHEN YOU'VE FOUND IT...

G	B	T	M	W	J	F	V	A
S	L	N	E	N	O	O	P	S
E	A	O	F	C	Z	Z	L	K
D	C	I	Q	Q	I	S	L	N
U	K	N	B	I	G	R	Y	I
X	P	O	E	E	R	S	E	F
R	E	M	E	T	A	R	L	E
Q	P	C	T	Y	T	E	S	D
Q	P	I	R	K	E	P	R	Q
N	E	O	O	K	R	P	A	Y
H	R	L	O	O	M	E	P	X
S	N	I	T	S	J	P	K	T



**BEETROOT**



**RICE**



**PEPPERS**



**SPOON**



**ONION**



**GRATER**



**KNIFE**



**PARSLEY**



**BLACK PEPPER**

Can you get your mouth around this particularly tricky, peppery tongue twister?

## PICKLED PEPPERS

Peter Piper picked a peck of pickled peppers.  
A peck of pickled peppers Peter Piper picked.  
If Peter Piper picked a peck of pickled peppers,  
Where's the peck of pickled peppers Peter Piper picked?



# HASTA LA VISTA BROCCOLI!

# BROCCOLI

## HOW TO PLAY:

For two players

- Find a small object to use as a counter and place it on the start.
- Choose which player will be **TEAM BROCCOLI** and which one will be **TEAM CARROT**.
- Take it in turns to roll a dice and move around the board.
- If you land on an ingredient that's on your **INGREDIENT LIST** below, tick it off.
- Look out for SPLATS, you may have to do something slightly silly.
- Keep taking turns to move around the board.
- The first player to tick off all the ingredients on their list wins!



## MAKE SOME MEAN 'N' GREEN MAC 'N' CHEESE

Find the recipe at: [EatThemToDefeatThem.com](http://EatThemToDefeatThem.com) or search for Super Yummy Kitchen on YouTube Kids



## TEAM BROCCOLI!

## INGREDIENT LIST:



# SCARROT! GAME ON!

## IT'S CRUNCH TIME CARROTS!

Race around the board and be the first to collect all your ingredients...

GO, GO, GO!



### SERVE UP SOME SMASHED CARROTS

Find the recipe at:  
[EatThemToDefeatThem.com](http://EatThemToDefeatThem.com) or  
search for Super Yummy Kitchen  
on YouTube Kids



## TEAM CARROT!

### INGREDIENT LIST:



CARROT



CHICKPEAS



PEANUT BUTTER



ORANGE



GARLIC



BLACK PEPPER

# IT'S TIME TO FACE THE HEAT SWEETCORN!

COLOUR IN THE COB

Add some cool colours and doodles to this sweetcorn!

1

In other countries, sweetcorn is also known as:

- A funky, bumpy yellow fellas
- B maize
- C the best cure for hiccups

2

The green leafy outer layer on a corn on the cob...

- A is to keep it warm at night
- B can be made into pyjamas
- C is called the husk

3

Sweetcorn grows...

- A as big as skyscrapers
- B into tall plants
- C a moustache on special occasions

4


Each corn on the cob has around 800...

- A subscribers on YouTube
- B kernels (yellow bits)
- C razor sharp teeth



FRY UP SOME CORN FRIZZLERS



Find the recipe at:  
[EatThemToDefeatThem.com](http://EatThemToDefeatThem.com) or  
search for Super Yummy Kitchen  
on  YouTube Kids

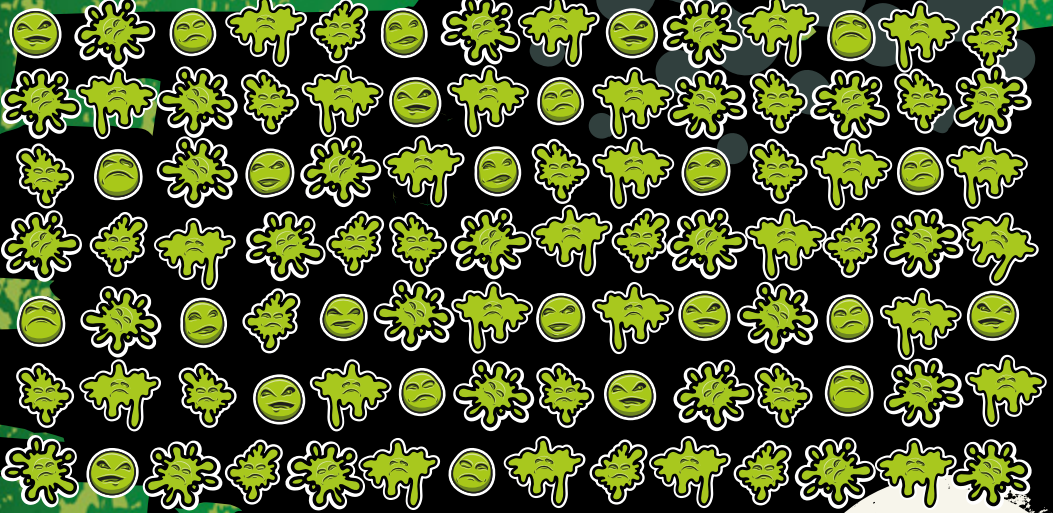
HA HA HA!

What does sweetcorn call its dad?  
Pop corn!

# YOU'RE GOING DOWN PEAS!

# SPLAT ATTACK!

You have 15 seconds to identify and SPLAT as many un-squashed peas as possible. Start the clock and get splatting... and by splatting we mean drawing an X on them with a pen!



**GOAL!**



**GOAL!**

## PENAL-PEA SHOOT OUT!

Put a frozen pea on each space below and try and flick each one into the goal... no points if it rolls outside the goal!

Score:



**ANSWER MUSHY PEAS TO EVERY QUESTION YOU'RE ASKED!**



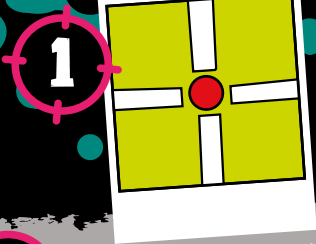
**FILL UP YOUR BELLY WITH SOME PEA-POPPIN' RISOTT-OHHN!**

Find the recipe at: [EatThemToDefeatThem.com](http://EatThemToDefeatThem.com) or search for Super Yummy Kitchen on YouTube

# YOU CAN'T HIDE TOMATO!



WHAT IS THIS A PICTURE OF?



3

THERE'S A FIERCE FACE HIDING INSIDE EVERY TOMATO!

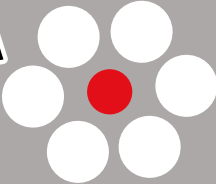
Can you find the odd one out in this bunch?



2

WHICH RED TOMATO IS BIGGER A OR B?

A



B



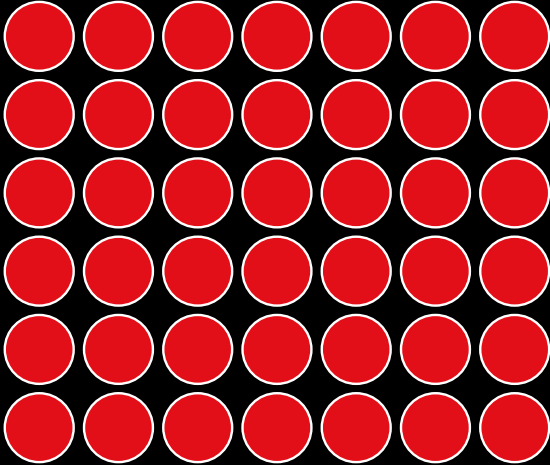
4

## TOMATO TAKEOVER!

For two players  
Choose which tomato face you will be:

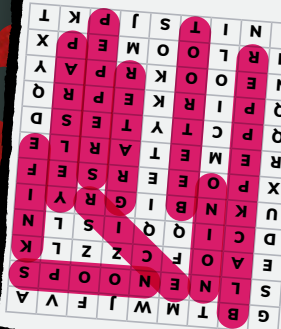


Take it in turns filling in a tomato face on this board.  
The first one to get four in a row wins!



## CREATE SOME GOOGLY-EYED TOMATOES

Find the recipe at:  
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search for Super Yummy Kitchen  
on YouTube Kids



ANSWERS  
PAGE 3 Pepper word search  
PAGE 6 Sweetcorn quiz  
1B, 2C, 3B, 4B  
PAGE 8 TOMATOES  
1 Four elephants sniffing a tomato (seen from above).  
2 Tomatoes A and B are exactly the same size, it's an optical illusion!  
3 Tomato No.6  
4 is missing a lot of its teeth!