



Developed with Tricia Fuglestad, Arlington Heights, IL

Volume 133 | Gr. K-2

# Veggie monsters



## VA:Cr2.1.4a

Explore and invent art-making techniques and approaches.

## VA:Cr2.2.4a

When making works of art, utilize and care for materials, tools, and equipment in a manner that prevents danger to oneself and others.

## VA:Cr2.3.1a

Identify and classify uses of everyday objects through drawings, diagrams, sculptures, or other visual means.

## VA:Re8.1.4a

Interpret art by referring to contextual information and analyzing relevant subject matter, characteristics of form, and use of media.

## Objectives

Students will...

- Consider how features of a face can change expressions
- Identify and use a variety of shapes
- Consider positive and negative space
- Draw, trace, and paint a unique monster
- Reflect on vegetables and healthy eating
- Read the book *The Lima Bean Monster*
- Listen to the “Veggie Rock” song
- Be introduced to Giuseppe Arcimboldo’s artwork



# Introduction

*The Lima Bean Monster* tells the cautionary story of what happens when you don't eat your vegetables! Even though vegetables aren't always a kid favorite, this art project will give students a chance to embrace vegetables in a fun and creative way. Students will learn about Giuseppe Arcimboldo and make a monster inspired by the shapes found in their favorite vegetables. Then they can grab their monsters, wear them over their heads, and proclaim the benefits of healthy eating!

# Instructions

1. Start a conversation about healthy eating by reading the book *The Lima Bean Monster* to students. Discuss what vegetables students like and dislike. What if they stopped eating their vegetables and they turned into a monster like Sammy's vegetables did? What would that look like?
2. Then introduce students to the artist Giuseppe Arcimboldo by showing them some of his portraits using vegetables as features. Talk about how he was able to use the shapes of vegetables as features. Have them point out some of the vegetables they see in the paintings.
3. Ask them if they think some of the vegetables they named earlier could look like a veggie monster's facial features (broccoli could be hair, a carrot could be a nose, a potato could be a head, and so on). Then tell them they are going to have the chance to make their own veggie monsters. Lead them through the following steps to create their own monsters.
4. Turn the paper vertically.
5. Make expressive eyes bigger than your fist toward the top of the paper. Add details to create different expressions:
  - Thick eyelids = sleepy
  - Big circles with small pupils = scared
  - Connect eyes to the eyebrows to make angry
  - Add lines underneath to add emphasis
6. Make expressive eyebrows as shapes
  - Pointing up = surprised
  - Pointing down = angry
  - One long eyebrow = grumpy
  - Rounded = happy





7. Make a shape for the nose bigger than your eraser with two black dots for nostrils. Pick a shape:
  - Tear drop (like an eggplant, ear of corn)
  - Oval (like an avocado)
  - Bent (like a kidney bean)
  - Short and rounded (like a turnip, bell pepper)
  - Triangle (like a carrot)
  - Long and rounded (like a zucchini, corn, cucumber)
  - Circle (like a pea, onion, lettuce)
  - Tree shaped (like broccoli)
  - Oblong (like a potato)
  - Long and ridged (like celery, asparagus)
8. Make a VERY BIG mouth with two concentric shapes. To make concentric shapes, make a shape and then make the same shape slightly smaller inside. This will make your veggie monster have lips. Try to make the lips at least as thick as your paintbrush so you can paint them easily. Pick a shape for the mouth:
  - Triangle
  - Frown-shaped (banana pointing down)
  - Smile-shaped (banana pointing up)
  - Oval-shaped
  - Figure-eight shaped
9. Now, draw the shape of the head. Begin at the bottom of the paper and end at the bottom of the paper. Make sure you go up and over the top of the eyebrows and touch the top of the paper. If you have extra-large eyes or mouth, it is fun to stop and start again when your line reaches them. This will make the eyes bulge or the mouth overlap the edges of the head shape. Make sure your head is filling the paper as much as possible.
10. Design some teeth. Draw between two to six teeth inside the mouth. Make them the size of your thumbnail or bigger. Keep the teeth white. They are the positive space. Shade in the inside of the mouth carefully with your pencil. That is the negative space of the mouth. Here are some ideas for your teeth:
  - Large rectangular teeth
  - Pointy triangle teeth
  - Short square teeth
  - Sharp triangle fangs with square teeth
11. Trace your veggie monster with a black marker. Fill in the pupils of the eyes with black. Fill in the negative space of the mouth with black (work carefully around the teeth).
12. Erase any stray pencil lines.
13. Before you begin painting, choose three colors besides white. You are going to paint with color balance and try to avoid mixing colors by painting next to wet paint.
  - Use white in the eyes and teeth.
  - Use your first color in the nose and eyebrows.
  - Use your second color on the lips and eyes.
  - Use your third color to fill in the whole head.



## Extensions

Have students become their veggie monsters by wearing their paintings over their heads and posing for a photo holding their favorite vegetable. Start by having them cut out their veggie monsters and carefully remove all the white paper. Then, attach a 1" x 18" strip of paper to the sides of each mask so students can wear them over their faces. Let them choose their favorite vegetable to hold for their photograph. Listen to the song "Veggie Rock" by Fizzy's Lunch Lab during your photography session.

You can also use the Do Ink green screen app to help students become their monster digitally.

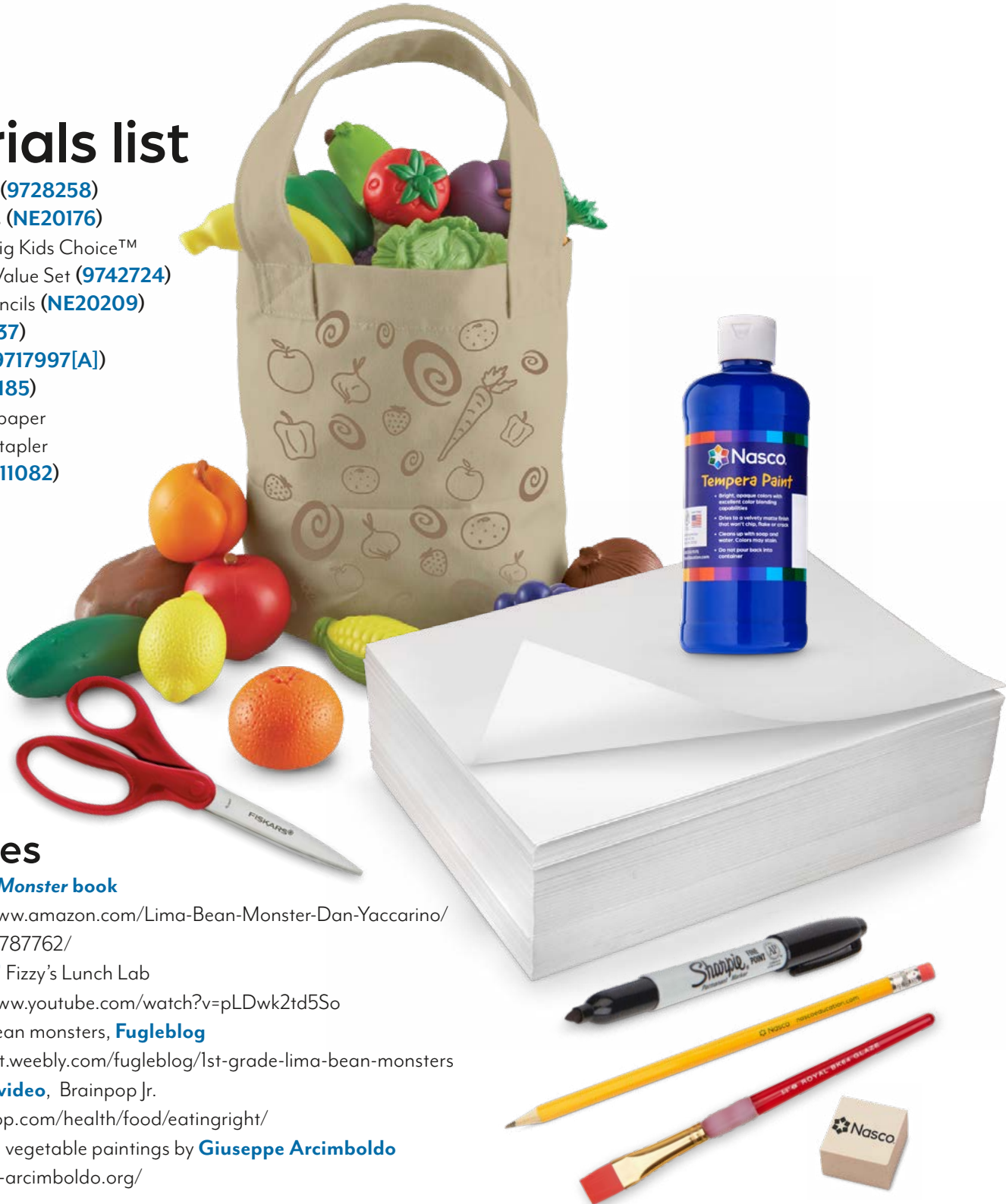


Get it all  
in one box

Order the **Veggie Monsters Classroom Kit** (NE20202) to get a copy of this lesson plan and enough supplies for 24 students.

## Materials list

- 12" x 18" paper (9728258)
- Tempera paints (NE20176)
- Royal Brush® Big Kids Choice™ Combo Brush Value Set (9742724)
- Nasco No. 2 Pencils (NE20209)
- Eraser (9728737)
- Black marker (9717997[A])
- Scissors (9729185)
- 1" x 18" strip of paper
- Glue, tape, or stapler
- Vegetables (EL11082)



## Resources

- **The Lima Bean Monster book**
  - <https://www.amazon.com/Lima-Bean-Monster-Dan-Yaccarino/dp/0802787762/>
- **“Veggie Rock,”** Fizzy’s Lunch Lab
  - <https://www.youtube.com/watch?v=pLDwk2td5So>
- 1st grade lima bean monsters, **Fugleblog**
  - [drydenart.weebly.com/fugleblog/1st-grade-lima-bean-monsters](http://drydenart.weebly.com/fugleblog/1st-grade-lima-bean-monsters)
- **“Eating right” video**, Brainpop Jr.
  - [jr.brainpop.com/health/food/eatingright/](http://jr.brainpop.com/health/food/eatingright/)
- Explore fruit and vegetable paintings by **Giuseppe Arcimboldo**
  - [giuseppe-arcimboldo.org/](http://giuseppe-arcimboldo.org/)