

VEG
HUNTERS

Leading our mission to defeat the veg

CHAMPIONS

PEPPERS!

EAT THEM
TO DEFEAT THEM



Guide for Pupils

We want you to be great Veg Hunter Champions and help your school find, eat and defeat the vegetables.

You have successfully become a Veg Hunter Champions, and this is what you need to do!

Champion vegetables

You are going to lead the hunt to Eat Them to Defeat Them, help rally all the other pupils, your Veg Hunters. You might do an assembly or work with one class or even champion one specific vegetable. But remember no forcing, no nagging — just positive vibes and curiosity.

Which of these veg will you be hunting for?





You are going to work with your catering/kitchen team and try and get your school to try new veg (even tiny bites count!)

As Veg Hunter Champions you know that trying something once is already a win. A nibble, crunch or lick still counts!

We want you to discover weird & wonderful veg facts and talk to your school about them or come up with a battle cry the whole school can use like “It’s crunch time carrots” (Look out for your Champions Guide to each veg: <https://eatthemtodefeatthem.com/schools/veg-hunters/>)

Did you know some vegetables can hide in many ways; they can change colour, grow underground, or used to be purple? Veg Hunter Champions are going to uncover cool, funny and surprising facts and share them with others.

Take over the lunch hall with all these great decorations:

<https://eatthemtodefeatthem.com/schools/decorations/>

Veg Hunter Champions need to help turn the lunch hall into a Eat Them to Defeat Them Zone — with posters, drawings, jokes, slogans, characters and colours that make vegetables look awesome.

Help organise the Great Veg Vote

Veg Hunter Champions can organise the school’s Great Veg Vote, where pupils get to:

- Tells us which vegetables they chomp down on a regular basis
- And which one they miss and need to hunt down some more.

You can help collect votes, announce results and celebrate the winning vegetables!

We need you to make it fun, silly and positive

Your mission:

- Make vegetables sound exciting
- Use humour and creativity – create slogans, phrases, jokes
- Celebrate effort, not perfection.
- You’re not here to force pupils to eat vegetables...You’re here to help them want to try.

As a Veg Hunter Champion, you are going to:



- Be encouraging, not bossy
- Keep things fun and friendly
- Celebrate every veg victory (big or small!)
- Remember: Trying is winning

Most important: lead the other children in defeating the vegetables with the battle cry.... Eat Them to Defeat Them