

# VEGGIE ADVENTURES MR. BROCCOLI

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Illustrated by Ramile Imac

The Adventures of Mr Broccoli © Natasha Rose Mills 2020

Idea created by Natasha Rose Mills and Kyle Bashford

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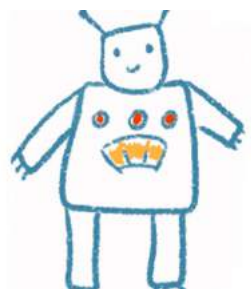
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This book belongs to:

.....

Jacob was sad. The boys at school were being mean to him.

The mean boys said, 'Ha-ha, you're not as strong as we are, or as fast as we are. And your football skills are rubbish!'

Jacob fell over and grazed his knee. '**OUCH!**' he cried.





Mum picked Jacob up from school.

She saw his sore knee. 'What happened, Jacob?' she asked.

Mum was worried.

Jacob shrugged his shoulders and turned away. He didn't say a word.





When Jacob and Mum got home, Mum tried to talk to him again.

But still Jacob didn't say anything. He went straight upstairs  
to his bedroom.



Jacob was very unhappy.

Then, all at once, he noticed something strange.

To his surprise, his wardrobe began to rock from side to side.  
And suddenly, there was a knock from behind the wardrobe door:

**KNOCK-KNOCK...**

Jacob stared. 'Who's there?' he called.

There was no reply. Just silence.

**'WHO'S THERE?'** Jacob called again.





After a moment, the wardrobe doors opened with a c-r-e-a-k.

It was dark inside.

Then two green eyes appeared and...





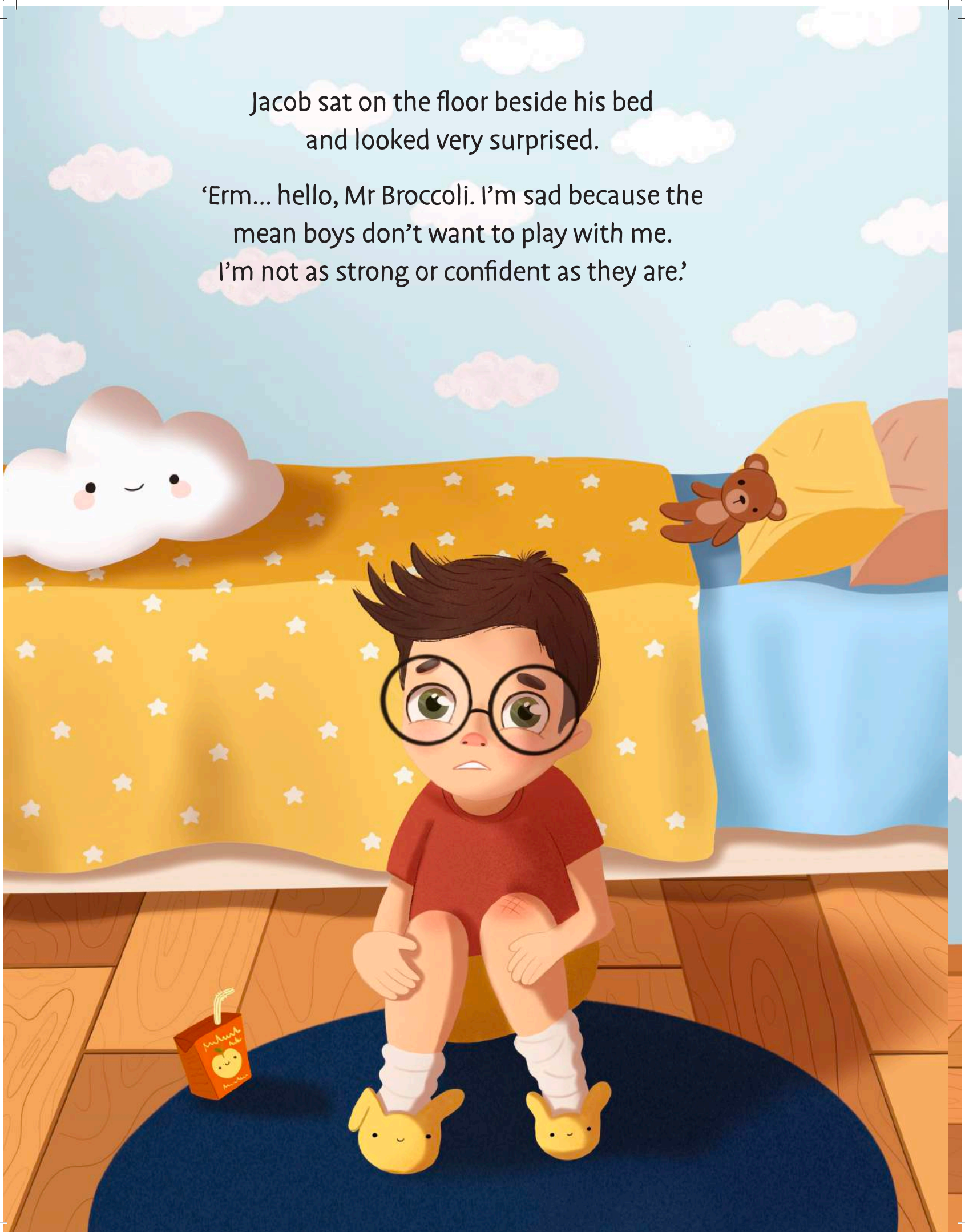
... a broccoli stepped out of the wardrobe! He looked strong and confident, and he wore a super red cape.

‘Hello, Jacob,’ said the broccoli. ‘I’m Mr Broccoli.  
Tell me, why are you sad?’



Jacob sat on the floor beside his bed  
and looked very surprised.

‘Erm... hello, Mr Broccoli. I’m sad because the  
mean boys don’t want to play with me.  
I’m not as strong or confident as they are.’





Mr Broccoli smiled. 'You can be confident, too, Jacob,' he said.  
'You just need to believe in yourself. So, let's see what we can do.'

Mr Broccoli put his thinking face on.

'Hmm,' he said, '**I have an idea...**'









Mr Broccoli pulled out some fresh broccoli.

‘Here you are, Jacob,’ he said. ‘Give this a try.’

Jacob stared at Mr Broccoli. Then he stared at the broccoli  
Mr Broccoli was holding.

‘Eew,’ he said, ‘I don’t eat vegetables. Yuk!’

Mr Broccoli said, ‘Ah, yes, but if you eat broccoli it  
will make you big and strong.’



‘That’s what vegetables like me do,’ he added.

‘**We make you big and strong.** You want to be big and strong, don’t you, Jacob?’ said Mr Broccoli. ‘Well, I have plenty of fibre, which is good for you on the inside. And I have lots of vitamins too, which help to stop you getting poorly.’



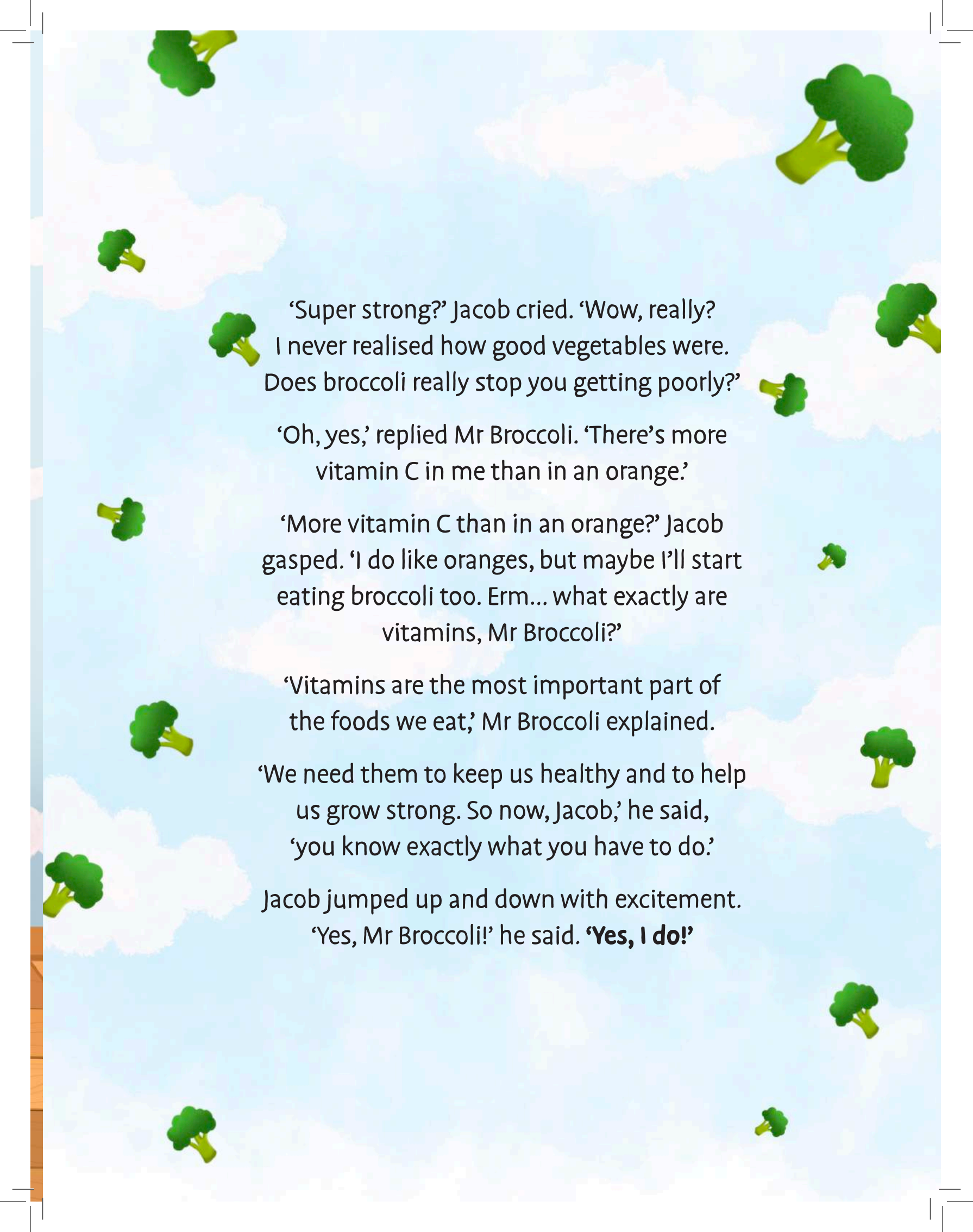


Jacob's eyes stared. 'Really?' he said.  
'So, if I eat more vegetables, I'll be strong?'  
'Exactly!' And Mr Broccoli nodded. 'You will be **super** strong!'









‘Super strong?’ Jacob cried. ‘Wow, really? I never realised how good vegetables were. Does broccoli really stop you getting poorly?’

‘Oh, yes,’ replied Mr Broccoli. ‘There’s more vitamin C in me than in an orange.’

‘More vitamin C than in an orange?’ Jacob gasped. ‘I do like oranges, but maybe I’ll start eating broccoli too. Erm... what exactly are vitamins, Mr Broccoli?’

‘Vitamins are the most important part of the foods we eat,’ Mr Broccoli explained.

‘We need them to keep us healthy and to help us grow strong. So now, Jacob,’ he said, ‘you know exactly what you have to do.’

Jacob jumped up and down with excitement.

‘Yes, Mr Broccoli!’ he said. **‘Yes, I do!’**

Jacob ran downstairs as fast as his feet would carry him.  
He had a big grin on his face.





He peeked round the corner into the kitchen.

Jacob said, 'Mum, I want broccoli for dinner. It'll make me big and strong. Are you cooking broccoli for dinner, Mum?'

'Yes, I am, Jacob,' Mum said. 'Dinner will be ready soon.'



Jacob rubbed his hands together. 'Oh, goody,' he said.

'You've cheered up,' Mum said.

Jacob smiled. 'Yes, Mum, I have.'

Mum looked thoughtful. 'Hmm... What happened today at school?'

Jacob said, 'The boys were being mean to me. But it's all right because broccoli will make me stronger. I can't wait to be big and strong, Mum.'







‘Can’t you, Jacob?’ Mum replied. ‘Broccoli, eh? Well, dinner’s ready now, so go and sit at the table, please.’

Jacob grinned. ‘Great! I want lots of broccoli for dinner, so I’ll grow really big and really strong!’

Mum looked pleased. ‘And if you eat all your broccoli, your muscles will grow **even BIGGER.**’

‘Yes, Mum,’ said Jacob.





Jacob sat at the table with a plate full of broccoli.

Chomp, chomp, yum! 'I **love** broccoli!' Jacob said.

Mr Broccoli was so proud, he couldn't stop smiling.





The next day, Jacob and Mr Broccoli went to the playground.

‘Are you ready, Jacob?’ Mr Broccoli asked. ‘Remember, you are strong.’

‘Yes, I am strong,’ said Jacob.

‘And you’re brave too,’ Mr Broccoli told him. ‘Don’t forget that!’

‘Yes, I am brave,’ said Jacob.

Mr Broccoli said, **‘You can do this!’**

‘Yes!’ Jacob replied. **‘I CAN do this!’**





With his football under his arm,  
Jacob marched over to the mean boys.





‘We don’t want to play with you!’ the mean boys shouted.  
Jacob puffed out his chest and said, ‘I **am** GOOD ENOUGH!’





He took a few steps back... sucked in a deep breath...  
kicked the ball really far...

**AND SCORED!**





‘I did it!’ Jacob yelled. ‘I did it!’

The mean boys were shocked.

‘Wow!’ one boy said. ‘That was amazing!’

The others all crowded round Jacob, cheering.

Mr Broccoli watched and smiled.





‘Well done, Jacob,’ said Mr Broccoli.

‘Thank you, Mr Broccoli,’ Jacob replied.

‘But when will I see you again?’

‘I won’t be far away,’ Mr Broccoli said. ‘Whenever you have broccoli to eat, just remember to think of me.’



# ***FUN FACTS ABOUT BROCCOLI***

- ✓ Broccoli is a vegetable and is a member of the cabbage family.
- ✓ Broccoli is grown in the ground and it's the flowering head and stalk which is eaten. It can be eaten raw or cooked but the best way to lock in the goodness is by steaming it.
- ✓ Broccoli is usually green, but sprouting broccoli can be a purplish colour.
- ✓ Broccoli contains many vitamins and provides the majority of vitamins your diet needs.
- ✓ Broccoli is high in many nutrients, including fibre, vitamin c, vitamin k, folate, potassium, manganese, and iron. It also contains more protein than any other vegetable.
- ✓ Vitamin C is important for immune function and skin health.
- ✓ Vitamin k1 is important for bone health.
- ✓ Folate is needed for normal tissue growth and cell function.
- ✓ Potassium helps the muscles of the heart work properly.
- ✓ Manganese is required to help the brain and the nervous system function properly.
- ✓ Iron is a powerhouse vitamin. It's an essential mineral we all need in our body. Iron has many important benefits such as transporting oxygen within red blood cells.
- ✓ Did you know that if we have our recommended daily amount, it can make us feel happier too?
- ✓ **There's nothing broccoli can't do!**





# ***ABOUT VEGGIE ADVENTURES!***

Original idea created by Natasha Rose Mills and Kyle Bashford

**Natasha Rose Mills** is an actress and yoga teacher, who grew up in Bicester, Oxfordshire. In her childhood, she always had a vivid imagination, acting out plays and writing short stories. Natasha loved to explore characters and bring them to life through her writing.

Latterly, during a transitional period in her life, she developed a passion for health and wellness. When Natasha discovered the benefits of yoga to improve her own health and well-being, this led to becoming a Certified 200hr Yoga Alliance teacher.

**Kyle Bashford** is a film director from Blackburn, Lancashire. Storytime is a fond memory for him. As a child, bedtime stories stimulated his imagination and creativity, which later led him on a journey into the world of film-making.

Together, Natasha and Kyle discussed ideas for **Mr Broccoli** and the concept of combining imaginative characters with a theme of nutrition. Children can be fussy when it comes to eating. They felt that creating an imaginative world around vegetable characters could encourage children to eat more healthily. This sparked the wonderful idea of sending a healthy-eating message to readers through engaging short stories in the **Veggie Adventures series**, with **Mr Broccoli** being the first.

The stories are beautifully illustrated by **Ramile M. Imac**, to encourage and motivate children to eat healthily. Ramile is a children's illustrator and independent artist living in Istanbul. She studied graphic design at Mamara Faculty Of Fine Arts and her creative illustrations have helped to bring these stories to life.



## *WITH THANKS*

Thank you to all the mothers and children who have supported this book.

Áine Marlena

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