

## A Choose to Read Ohio Toolkit

Use this toolkit to plan book discussions, library programs, or classroom activities.

Meet Ohio author Carmella Van Vleet and learn about taekwondo, Korean culture, and ADHD.

Select from a range of discussion questions and extension activities to deepen the experience of reading *Eliza Bing*.

Discover informational websites, projects, and videos to explore topics and themes in depth.

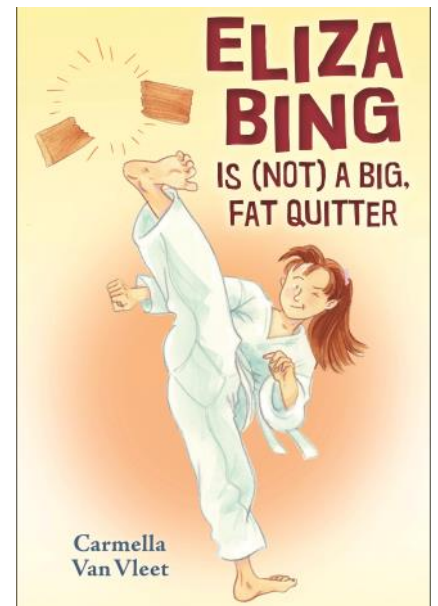
# Eliza Bing Is (NOT) a Big, Fat Quitter

By Carmella Van Vleet



### About the Book

Eliza has had many hobbies in her eleven years, and most of them haven't lasted very long. After she and her friend Tony create a baking business for a class project, Eliza is certain that cake decorating is her destiny. Her parents insist that the summer "Cakes with Caroline" class is too expensive, given Eliza's history of quickly losing interest in things. Desperate to show them that she can be diligent, she volunteers to take her brother's unwanted spot in a taekwondo class. At first, Eliza has absolutely no interest in martial arts, and taekwondo is a huge challenge for her since she has ADHD. Eliza is tempted to drop out right away, especially when mean girl Madison shows up in class. But a true martial artist never quits. Can Eliza rise to the challenge?



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### Book Details

*Eliza Bing Is (NOT) a Big, Fat Quitter* by Carmella Van Vleet. Holiday House, 2014. ISBN 9780823429448. Ages 7-11. 165 pages. Leveled Reading: AR Points 5.0. ATOS Book Level 4.1. 600 Lexile. [holidayhouse.com/title\\_display.php?ISBN=9780823429448](http://holidayhouse.com/title_display.php?ISBN=9780823429448)

Available as an ebook through the Ohio Digital Library: [ohiodigitallibrary.com](http://ohiodigitallibrary.com)

### Say and learn some of the Korean taekwondo words in *Eliza Bing*

- ◆ **Ap chagi** (*OP cha-gee*; the G is hard, like the word go): front kick
- ◆ **Charyut** (*cha-RYUT*): attention
- ◆ **Dobok** (*doe-BOK*): uniform
- ◆ **Jong yul** (*jjong-YUL*): line up
- ◆ **Kicho il bo** (*ki-CHEW ill boo*): basic form number one. *Il* means first.
- ◆ **Kihap** (*KEE-hahp*): yell
- ◆ **Poomsae** (*poom-SAY*): form
- ◆ **Whojin** (*who-JIN*): slide back
- ◆ **Yup chagi** (*YUP cha-GEE*; the G is hard, like the word go): side kick
- ◆ **Yursit** (*yur-SIT*): stand up

To see Eliza's full list of taekwondo words, including the definition of "taekwondo" and how you can count to ten in Korean, see pages 162-165 of the book!



Author photo and biographical information courtesy Holiday House; used with permission.

## About the Author

Carmella Van Vleet is a former kindergarten teacher and the author of eight hands-on science and history books for children. ***Eliza Bing Is (NOT) a Big, Fat Quitter*** is her first novel. It was inspired by her daughter, who, like Eliza, has ADHD and discovered a new passion when she took up martial arts.

Despite being a fan of cake decorating shows, the only thing Carmella knows about cakes is that they taste delicious! But as a third-degree black belt in taekwondo, she knows all about bowing, learning Korean, wearing scratchy doboks, and taking belt tests. She lives in Ohio with her husband and has three kids, one normal dog, and a dog who thinks he's a cat.

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## Author Resources

**Carmella Van Vleet's official website**  
[carmellavanvleet.com](http://carmellavanvleet.com)

**Follow Carmella on Twitter**  
@CarVanVleet

**Nomad Press interviews Carmella Van Vleet**  
[blog.nomadpress.net/blog/meet-the-author-carmella.van.vleet-0-0-0](http://blog.nomadpress.net/blog/meet-the-author-carmella.van.vleet-0-0-0)

**Andrea L. Mack interviews Carmella Van Vleet**  
[andrea-mack.blogspot.com/2014/02/an-interview-with-carmella-van-vleet.html](http://andrea-mack.blogspot.com/2014/02/an-interview-with-carmella-van-vleet.html)

**For publicity and speaking engagement inquiries:**  
Contact Kathleen Morandini at Holiday House, [marketing@holidayhouse.com](mailto:marketing@holidayhouse.com)

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**“My chest was pounding and I couldn’t help grinning. Did I just do that?”**

**That felt so great. It was like I was a superhero! Like I could do anything! Like I could break a board or jump over a car or kick a door down and save someone from a burning building.”**

## Talk About It!

*Topics to share when discussing **Eliza Bing** with young readers.*

**Spoiler warning! Some discussion questions refer to key elements in the book. Do not read if you do not want to find out what happens.**

- Eliza's mom tells her she can't take the "Cakes with Caroline" class because it's too expensive and they can't afford it right now. Is this a fair reason?
- Eliza soon overhears a second, secret reason for her mom's decision: she's concerned that Eliza will lose interest and quit. Why do you think she didn't tell this reason to Eliza? Is this a good reason for her decision? Should she have told this reason to Eliza when Eliza asked why she can't take the class?
- Have you ever made a deal with anyone, like the deal Eliza makes with her parents about the taekwondo class? Why do people make deals? Was the deal Eliza and her parents made a good one?
- Tony and Eliza have difficulty in their friendship during the book. Were there any times when Tony could have been a better friend? What about Eliza? Why do they have a hard time being friends during the book? Is it ok for friends to be upset sometimes? Can they still be friends after? Do they have to be friends after?

*Talk About It! continues on page 4...*

## Go Further!

Ideas for extending the experience of reading **Eliza Bing**.

**Educators:** Every CTRO book may be used to support Ohio's English Language Arts reading, writing, and speaking and listening standards. Other Learning Standards, such as *Social Studies: Economics: Production and Consumption (Grades 3-4)* also apply. Discussion questions and educational activities for **Eliza Bing** align with Learning Standards for Grades 3-5.

**Librarians, parents, and others:** These activities are also for library programs, family activities, and other projects. Learning Standards define what students should know and be able to do at each grade. For more information, see the Ohio Department of Education website, [education.ohio.gov](http://education.ohio.gov). From the Topics dropdown menu, click on "Learning in Ohio."

- Eliza is passionate about cake decorating; it's her dream to open a bakery someday, along with her friend Tony. What are you passionate about? Create your own magazine about an area in which you are an expert. Be sure to give your magazine a name (for example, Eliza might have chosen "Let There Be Cake"). Next, fill your magazine with cool magazine content, like informative articles, profile pieces, opinion pieces, crossword puzzles, poems, jokes, and riddles! When your magazine is ready, publish it by sharing it with family, friends, and classmates.
- Eliza's a big fan of TV baker Sweet Caroline. Not only is Sweet Caroline a good cake decorator, but she's kind to everyone she meets, and reminds her viewers to "be sweet to those you meet" themselves. Research your favorite TV or movie personality and write an informative essay on her or him. Be sure to include why you admire this person, and create a visual aid to go along with your essay. Are you willing to present your findings to your class or friends? You could even dress up as that person for an "interview", if you're feeling adventurous.
- Watch this book trailer for **Eliza Bing** ([youtu.be/xZq5ntnl-BY](https://youtu.be/xZq5ntnl-BY)) uploaded by YouTube user S Morin (and linked by Carmella herself!) Try creating your own short book trailer. See if you can get people interested in the book without giving away spoilers. Teacher Librarian Michelle Harclerode gives good tips and examples for creating book trailers: [booktrailersforreaders.com/How+to+make+a+book+trailer](http://booktrailersforreaders.com/How+to+make+a+book+trailer).

TIP: Whenever you create a book trailer, even if it's for class, if you're excited about it you might consider sharing it with the author (with permission if you're under 18). Authors don't always have time to respond, but most love fan contributions like book trailers! Carmella Van Vleet specifically told the Choose to Read Ohio team that she looks forward to seeing your book trailers, whether for **Eliza Bing** or any other books. Isn't that great? You can reach her through [carmellavanvleet.com/contact.html](http://carmellavanvleet.com/contact.html).

- Using online resources available to students through INFOhio ([infohio.org](http://infohio.org)) and to all Ohio residents through Ohio Web Library ([ohioweblibrary.org](http://ohioweblibrary.org)), research the history and culture of South Korea. Individually or as a group, plan a short presentation on an aspect of South Korean history or culture that interests you. Use the general South Korea knowledge you gain in this project to create a travel brochure, highlighting basic facts such as land features, population, major resources, tourist sights, etc.
- Eliza got herself in trouble when she spilled fingernail polish remover on the kitchen floor. Things might have gone much differently if she'd had a paper towel that could soak up the polish remover and its smell. With a group or on your own, see if you can come up with a new product that would have helped. Name your product, and come up with a thirty-second TV or radio ad for your product that explains why people should buy it. Do you know the elements of good persuasive writing? For example, you'll want to make sure you have strong word choices, and know your audience. Check with a teacher or other trusted adult for more persuasive writing tips. Record your ad and share it– ads are all about sharing!
- Towards the end of the book, Eliza jumps down the stairs, but slips and lands hard, bruising her tailbone. The scientific name for a tailbone is a coccyx, and all bones have scientific names. See how many bones you can learn the scientific names for. There should be 106 names... right? How many bones do people have, again? Better look that up, too.

Select Go Further! activities and Talk About It! reflections are reprinted or adapted from the Educator's Guide for **Eliza Bing is (NOT) a Big, Fat Quitter**. This resource is available online at [goo.gl/TyItMu](http://goo.gl/TyItMu). Use it! It's cool. Courtesy Holiday House.

## Talk About It! (continued from page 2)

- Learning Korean words and phrases is an important part of taekwondo. Do you know any phrases in other languages? If you want to try some Korean, check out the first page of this toolkit or pages 162-164 of *Eliza Bing*.
- In taekwondo you're supposed to *kihap*, or yell. Why do martial artists *kihap*?
- Eliza realizes she was wrong about Madison when she sees her handwriting on test day. Do you think Eliza should apologize to Madison for not believing her the year before? Think back on Madison interacting with Eliza during this story. Do you think Madison was ever as mean as Eliza thought she was?
- By the end of the book, Eliza is no longer in a rush to take the "Cakes with Caroline" class. What do you think made her change her mind?
- Think about what things might happen to the characters after the story ends. Do you think Madison and Eliza will end up becoming good friends in middle school? Why or why not?

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**“A good martial artist never quits.”**

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## Explore More!

*Additional ideas and resources to use with **Eliza Bing**.*

### What is Taekwondo?

[teamusa.org/usa-taekwondo/v2-getting-started-in-taekwondo/what-is-taekwondo](http://teamusa.org/usa-taekwondo/v2-getting-started-in-taekwondo/what-is-taekwondo)

For those new to taekwondo and wondering what it's all about, Team USA has an article written by the World Taekwondo Federation (WTF) on their website. "What is Taekwondo" looks at the meaning of the word, the history of taekwondo, and even delves into the inner meaning and purpose of the discipline.

### All about ADD/ADHD with CHADD

[chadd.org](http://chadd.org)

Founded in 1987, Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) may have an acronym that doesn't quite fit, but it's an excellent resource to learn all about ADHD, from basic facts, to support groups, to advocacy programs.

### Amazing Cake Decorating Video

[youtu.be/JD-6z3pSRs0](https://youtu.be/JD-6z3pSRs0)

Eliza likes things predictable and even (see page 46), and she's a big fan of cake decorating, too. She probably would have liked this video showcasing some really incredible talent and giving some rather satisfying visuals.

### Stop Bullying

[stopbullying.gov/kids](http://stopbullying.gov/kids)

Stopbullying.gov, a project of the U.S. Department of Health & Human Services, offers a kid-friendly section of its website with facts and advice about bullying. Not to mention videos and games! The adult site has valuable information as well, but it's not as interesting, if you ask me.

Choose to Read Ohio, a project of the State Library of Ohio, the Ohioana Library Association, and the Ohio Center for the Book, encourages public libraries, schools, families, and others to build a community of readers and an appreciation of Ohio authors, illustrators, and literature. CTRO is adaptable for use in classrooms, libraries, bookstores, by book discussion groups, families, and other community groups.

Explore Choose to Read Ohio resources & toolkits:  
[library.ohio.gov/ctro](http://library.ohio.gov/ctro)

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