

Activities

A TOOLKIT FOR ONTARIO CHILD CARE PROVIDERS

These quick activities will help children explore and learn about vegetables and fruit and making healthy food choices. You can incorporate them into your daily plans. The Activities have been adapted with permission from Ottawa Public Health.



Safety Note

For all games and activities, make sure you do not use any food items that children in your centre may be allergic to.



Ontario Dietitians in Public Health
Diététistes en santé publique de l'Ontario
odph.ca



How Does Your Garden Grow?

Materials

Recycled individual sized yogurt containers or plastic cups (one per child); black earth; tomato plant seeds or other vegetable seeds that grow quickly; cookie sheet or tray

Steps

1. Write each child's name on one of the yogurt containers or cups.
2. Poke a hole in the bottom of each container.
3. Fill each container with black earth.
4. Have each child plant a seed or two in their container.
5. Place the containers on a cookie sheet or tray for drainage.
6. Water and place in an area with some sun exposure.
7. Help children water the plants as needed.
8. Monitor the plants as they sprout and discuss how vegetables grow.



Safety Note

Do not grow raw sprouts (e.g., alfalfa, bean, clover, radish, and mung beans).

Variation

If you have sprouted plants in the spring or early summer, fill some large clay pots with black earth. Have children help you transfer their seedlings to the clay pots. Watch the plants as they grow and vegetables start to appear. Help children pick the vegetables and let them eat what they have grown.



Salad Toss!

Steps

1. Tell children you are going to pretend to make a salad.
2. One at a time, have each child call out what healthy food they would like to add to the salad.
3. After each child adds an ingredient, have children "toss" the salad by jumping, wiggling, and spinning around.

Variations

- Follow the activity steps but make a soup. Have children "stir" the soup by spinning around.
- In the summer, have children make a fruit salad.



Colour, Colour Everywhere

Materials

Vegetable and fruit flash cards

Steps

Ask these questions:

1. What is your favourite vegetable? What colour is it?
2. What is your favourite fruit? What colour is it?

Harder

Have children cut out pictures of their favourite fruits and vegetables from magazines and make a collage to take home.



I Love my Veggies and Fruit

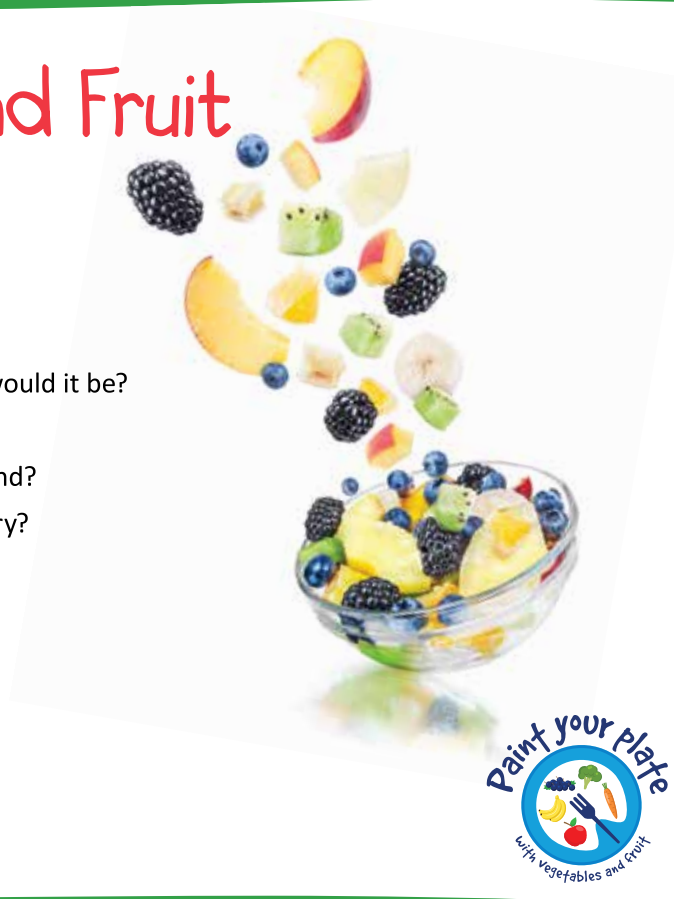
Steps

Ask these questions:

1. If you could choose any vegetable to eat today, what would it be?
2. Is there a new vegetable you would like to try?
3. Is there a vegetable you would like to share with a friend?
4. Is there is a vegetable you would like your teacher to try?
5. Repeat the above questions with a focus on fruits.

Easier

Ask children to name their favourite fruit or vegetable.



Edible Art

Materials

Plates; fruit and veggies such as strawberries (cut in half), broccoli tops, cucumber slices, apple slices, pepper slices, celery sticks, orange wedge

Steps

1. Give each child a mixture of ingredients to create edible art.
2. Encourage them to make shapes, faces, animals, or flowers.
3. Eat the creations!

Variations

- Before children eat their creations, take pictures of them with their edible art. Display the pictures around the centre or in a newsletter to parents.
- Use the fruit and vegetables served that week to make the edible art.



Safety Note

**Make sure to follow proper hand washing before and after the activity.
Ensure foods are prepared in a way to prevent choking.**



Mystery Box

Materials

Small box; paper bag; different fruit and vegetables like broccoli, carrots, apples, bananas, grapes, melons, beans, mushrooms, lemons, etc.

Steps

1. Prepare a mystery box by cutting the top off a small box. Place a single food item in the box.
2. Place the box in a paper bag so children cannot see inside.
3. Have a discussion about the five senses: sight, smell, taste, touch, and sound. Relate the senses to food. For example:

- **Sight:** seeing different colours on a plate can make the food appealing
- **Smell:** our sense of smell helps us taste the different flavours in food
- **Taste:** foods have many tastes, such as sweet, sour, salty, and bitter
- **Touch:** foods can have many textures, such as crunchy and creamy
- **Sound:** hearing different sounds when we eat can make eating more interesting

4. Ask children to guess the food item in the box by touching or smelling it.

Variation

In the morning, fill the mystery box with the vegetables and fruit that are on the menu that day.



Safety Note

It is not recommended that the children taste the foods that all the children have touched.



Make Me a Rainbow

Materials

Coloured construction paper; tape; markers; crayons;
Optional: vegetables and fruit flash cards

Steps

1. Make a big rainbow from coloured construction paper and tape it to the wall where children can reach.
2. Have children draw pictures of their favourite fruit and vegetables on the matching colour on the rainbow, such as bananas on yellow and blueberries on blue.
3. Discuss the importance of eating vegetables and fruit from all the colours of the rainbow.

Easier Provide food pictures for younger children to glue onto the rainbow.

Variations

- Have children draw the fruit and vegetables served that day.
- At snack time, have children make a rainbow with a variety of fresh vegetables and fruit. They can name the colours as they make their own rainbow plate.
- Make a rainbow placemat. Have children draw their favourite vegetables and fruit on coloured construction paper and laminate.



Taste Test

Materials

Variety of vegetables and fruit; plates; napkins

Steps

1. Decide what foods to taste test. Here are some ideas:
 - Apples: red, green, yellow
 - Grapes: red, green, purple
 - Bell peppers: red, orange, green, yellow
 - Vegetables: turnip, squash, Brussels sprouts, sweet potato, snap peas
2. Cut the foods into bite-sized pieces.
3. Have children choose which foods they want to taste test. Do not pressure children to try foods.
4. Ask which foods were sweet, sour, crunchy, etc.



Variation

In the morning, have children taste test the vegetables and fruit that will be served for lunch that day.



Safety Note

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Ensure foods are prepared in a way to prevent choking.***



Make a Match

Materials

Pictures of vegetables and fruit; tape

Steps

1. Cut out large pictures of different vegetables and fruit from grocery store flyers.
2. Stick the pictures on the walls around the classroom.
3. Call out the names of the vegetable and fruit pictures on the wall one at a time and ask children to walk over and stand beside that picture.

Easier

1. Cut out two pictures of each vegetable and fruit.
2. Stick the pictures on the walls around the classroom.
3. Call out the names of the vegetable and fruit pictures on the wall one at a time and ask children to walk over and stand beside that picture.

Variations

- Ask children to run, jump, or hop to the food picture on the wall.
- Ask children to name a food served that day that is a fruit and a vegetable.
- Ask children to name the vegetables or fruit served from different colour categories.



Fruit Show and Tell

Materials

Optional: pictures of healthy foods

Steps

1. Ask children to bring in a picture of their favourite fruit.
2. Have children stand in a circle.
3. Have children take turns to show and tell their favourite fruit.

Harder

Have children draw their own pictures of their favourite fruits and vegetables for show and tell.

Variations

- Provide children with cut-out pictures of foods that they can choose from to show and tell.



Veggie and Fruit Scavenger Hunt

Materials

Pictures of vegetables (and other healthy foods) or pictures from flash cards; one bucket for each child

Steps

1. Cut out pictures of vegetables and fruit from grocery store flyers or use provided flash cards.
2. Hide the pictures around the classroom.
3. Give each child a bucket.
4. Have children find as many vegetables and fruit as they can.
5. Once all children have found some pictures, have them sort the pictures into one pile for vegetables and another pile for fruit.
6. Have children stand together in a circle, hold up the vegetables and fruit they found, and name them.



Mix it up

Materials

Fruit cut into bite-sized pieces; one small bowl per child; one large bowl; spoons; napkins



Steps

1. Cut fruit into bite-sized pieces and put into small bowls.
Put one type of fruit in each bowl.
2. Give one small bowl to each child.
3. Pass around the large bowl and ask each child to add an ingredient from their individual bowl to the large bowl.
4. Toss the fruit salad and give some to each child.

Variations

- Do the same with vegetables to make a vegetable salad.
- In the summer, take the salad outside and have a picnic.
- Use seasonal fruit and vegetables.



Safety Note

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Find Food Fun!

Materials

Fruit and vegetables flash cards

Steps

1. Make flash cards by gluing pictures of healthy foods onto construction paper or use provided flash cards.
2. Have children stand together in a circle.
3. Display one flash card at a time and ask these questions:
 - What food is this?
 - What colour is it?
4. Once children have answered the questions, ask them to jump up and down if they like to eat that food.

Harder

Ask children what letter the food starts with.

Variation

Vary the physical activity movements in response to the question (Do you like to eat the food?), such as standing on one foot or stretching to reach the sky.

