

# Vegetables and Fruits

## Activity

**Resource:** Early Learning Resource

**Grade(s):** Early Learning

## Curriculum Expectations

6.1, 6.2, 8.4

See the *Kindergarten Program 2016* for details on the specific expectations.

## Activity Learning Goals

By the end of the activity children will be able to:

- begin to understand the effects of healthy living on the body
- investigate the benefits of nutritious foods
- demonstrate control of small muscles in activities at a variety of learning centres.

## Equipment

- Pictures of fruits and vegetables
- [Early Learning Anecdotal Recording Chart](#)

## Safety

Inspect activity area for safe traction and eliminate potential hazards. Clearly outline the boundaries for the activity making sure there is a safe distance between the activity area and the furniture/walls. Remind children to be cautious when moving, and to be aware of personal space.

## Assessment Opportunity

EL-K Team observation of children's demonstrated understanding of healthy nutritious food choices through the use and control of small muscles can be recorded on the Anecdotal Recording Chart.

## Snack Time

- Brainstorm various fruits and vegetables. Discuss the differences and similarities of fruits and vegetables. Recognize these foods as healthy snack choices.
- Make up cards with pictures of vegetables and fruits (enough for one for each child). Designate one side of the activity area as vegetable garden and the other as fruit orchard. Place the picture cards of fruits and vegetables face down on the floor space. On the signal SNACK TIME, children move like an animal to pick up one of the cards, look at it and bring it to the vegetable garden or the fruit orchard.

## We Are Alike

Children each hold one picture card of a vegetable or a fruit in their hands. When signalled to move the children are to look at their picture and the pictures of the other children and sort themselves to the categories decided by the EL-K Team (e.g. green vegetables, red fruit, yellow fruit, etc.).

## Notes to EL-K Team

- Pictures of fruits and vegetables can be easily found in grocery store advertisement flyers.
- If outdoors, cards could be sealed in plastic bags for protection.
- Children can select their favourite fruit snack and favourite vegetable snack from the selections on the cards and discuss why it is their favourite.

## Connection Questions to Expand and Enhance Play

- Why is it important to choose to eat fruits and vegetables during snack time?
- What are some of the benefits of eating fruits and vegetables?
- Which animal did you enjoy imitating the most and which muscles (parts of the body) did you use while acting like that animal?