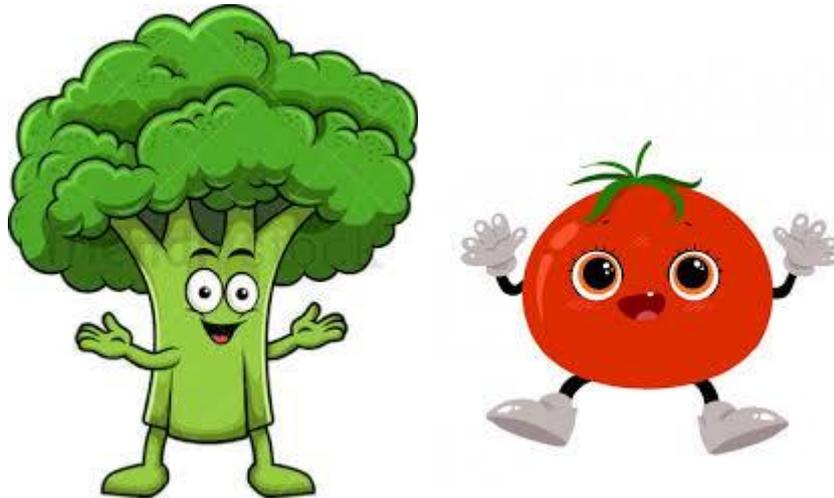


## Healthy vegetable people



I know it's sometimes difficult to get the children to eat vegetables, especially when they are at home all day, but if we make it fun, hopefully they will eat more. Some helpful tips can be found here:

<https://healthy-food-choices-in-schools.extension.org/how-to-encourage-your-children-to-eat-more-vegetables/>

Before starting this activity you could have a chat about why we need to eat healthy foods - to keep us strong and fit, to help us grow, to give us energy to play, to keep our teeth strong, etc. This video will help:

<https://www.youtube.com/watch?v=kteZneJm1EI>

Provide a selection of fresh vegetables like different colours of peppers, cherry tomatoes, carrots, spring onions, broccoli; cauliflower; mangetout; celery and some cocktail sticks. Your child can use the vegetables to make a vegetable person or even create a fruit person. If you don't have cocktail sticks, your child could lay the vegetables on a plate to make their vegetable person. They could then enjoy eating the product of their work!





Talk about the different vegetables on the next page. Which ones has your child tried? Which are their favourites? Your child could draw a plate of their favourite vegetables or print and cut out the pictures to make a healthy foods poster. Why not look through a magazine (e.g. supermarket magazine) to talk about healthy food choices and foods we should eat less often? Your child could cut out the pictures and sort them onto a healthy/less healthy plate. The following video for young children explains why we should eat some foods less often:

<https://www.youtube.com/watch?v=vADtodHhfKU>

You could make a vegetable kebab together and enjoy it for dinner. Next time you are shopping, choose some different vegetables to try.

## What are the children learning?

Together we enjoy handling, tasting, talking and learning about different foods, discovering ways in which eating and drinking may help us to grow and keep healthy. **HWB 0-30a**

- Identify and discuss different foods.
- Identify favourite types of food.
- Talk about why certain foods are important to a healthy body.
- Choose different food types to make a healthy plate during role play.

Margaret Brown 12/01/21

