



HEALTHY BEAR SAYS, "EAT YOUR VEGGIES"

TYPE OF ACTIVITY: Large group

KEY CONCEPT: Eat a variety of foods



OBJECTIVES:

- › Children will name vegetables and discuss their characteristics.
- › Children will classify vegetables according to color.

MATERIALS:

- › A variety of real or plastic vegetables with at least two of each color (red, orange, green, etc.)
- › List of vegetables used, sorted by color
- › Large bag or container
- › Healthy Bear puppet
- › MyPlate poster



PROCEDURE:

1. Place all vegetables in the bag. Explain that Healthy Bear is back to talk about vegetables. Point out the vegetable group on MyPlate. Talk about the beginning sound "V." Suggested phrases:
 - a. *What vegetables do you like to eat?*
 - b. *Vegetables are in the green part of MyPlate.*
 - c. *What sound does the word "vegetable" start with? What letter?*
2. Allow each child to choose a vegetable from the bag. Have children name their vegetable and describe its color. Suggested phrases:
 - a. *Healthy Bear eats vegetables that are many different colors. What color is your cauliflower?*
3. Once each child has a vegetable, ask children to find a buddy with the same color vegetable.
4. Put all of the vegetables back in the bag, and have each child choose again. Repeat the activity with the new vegetables.

ADAPTATIONS/EXTENSIONS:

Math: Have children count the vegetables of each color.

Science: Allow the children to explore real vegetables by cutting them in half to see what they look like inside. Encourage children to describe colors, textures, shapes, smells, seeds, etc.

Day 5: Vegetables

For more activities, visit eathealthybeactive.net