



## VEGGIE HUNT

**TYPE OF ACTIVITY:** Outdoor

**KEY CONCEPT:** Eat a variety of foods



### OBJECTIVES:

- › Children will name and describe different vegetables.
- › Children will demonstrate memory by remembering and searching for the vegetables on the list.

### MATERIALS:

- › Variety of vegetables (enough for every child to find at least 1 or 2; multiples of the same vegetable are fine)
- › Picture list of hidden vegetables with photos and names
- › Bags (optional)



### PROCEDURE:

1. Set-up: hide the vegetables around the outdoor space. Choose a variety of hiding places, some harder and some easier, depending on children's searching skills. Create a picture list of the veggies.
2. Begin by talking about the vegetable group and having children name vegetables. Suggested phrases:
  - a. *Which food group is squash in? It is in the vegetable group.*
  - b. *What other foods are in the vegetable group? Do you have a favorite vegetable on this list?*
3. Introduce the Veggie Hunt and show the children the area where they can look for vegetables. Hold up the list and encourage them to work together to find all of the vegetables on the list. Suggested phrases:
  - a. *Your job in this game is to hunt for the vegetables on the list. They are all hidden on the ground.*
  - b. *Remember, you are looking for the vegetables on the list. If you forget, come back and check the list.*

## Day 5: Vegetables

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4. Give each child a bag and tell them to find the vegetables. Consider setting a limit on the number of vegetables each child may find. Encourage children to match their vegetable with the picture of one on the list. Check off vegetables that are found.
5. Have children hide the vegetables again and repeat the activity.

**ADAPTATIONS/EXTENSIONS:**

**Family Involvement:** Encourage children and families to look around the kitchen and identify vegetables (canned, frozen, or fresh).



**Day 5: Vegetables**

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