

ACTIVITY: I LOVE MY VEGGIES



Children Objectives:

- Identify new types of vegetables .
- Understand why eating a variety of vegetables is important.

Child development and early learning objectives

Children will:

- Eat a variety of vegetables
- Identify personal characteristics, preferences, thoughts, and feelings.
- Engage in conversation with adults.



Materials

- I love my veggies activity sheet
- 1 pen

Instructions

1. Tell your child that this is a game that all the family need to do together to win.
2. The goal is to add one more serving of vegetable a day.
3. You can ask him/her what vegetable he/she wants to try this day and write it down on the table once you ate it.
4. You will do the same each day of the week from Monday to Sunday.
5. For achieving bonus points you need to add two new vegetables each week. They can be some of the vegetables that you included in the mystery bag.
6. Talk about the importance of eating a variety of vegetables each day.
7. Put the sheet "I love my veggies" on the fridge so your child can see all the progress you made together.



Adapted from Eat, Play, Grow, I love my veggies! Family health handout www.eatplaygrow.org

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Goal: Add one more serving of vegetable a day!

Day of the week	We added:
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Bonus vegetables	



Eating a rainbow of vegetables provides more nutrients.

Benefits of vegetables:

1. Easy to pack and go
2. Lots of vitamins and minerals
3. Different nutrients depending on the color of the vegetable
4. Good source of fibre
5. Huge variety of vegetables to choose from.



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