



Preschooler Activity



Activity #3: Vegetable Party

Learning Objectives

- To understand that we need to eat 5 fruits and vegetables a day.
- To introduce children to new vegetables.
- To introduce children to food preparation.

Supplies You Need

- Oliver's Vegetables book
- Mixing Bowls
- Soap
- Paper towels
- Jug of water
- Small cups
- Paper plates
- Different fresh vegetables (spinach, squash, potatoes, corn on the cob, broccoli, cauliflower, cabbage)

Welcome

Greet each child and know each child's name. Use name tags if you need to. Tell the children your name. Have puzzles, toys for children to play with while they are waiting for everyone to join the group.

Group Time

Read the book Oliver's Vegetables.

Ask the following questions:

Did Oliver like vegetables in the beginning of the book?

Show the children some different vegetables. Ask them if they can name them.

What vegetables have you tasted? Carrots? Peas? Cabbage? Spinach? Broccoli? Squash? Corn?

Physical Activity

Play activities from the Sport for Fun Activity Guide for 10 minutes.

Cooking Time

Let the kids know that they will be making trying during kinds of carrots with Peanut Dip! Have all children wash their hands. Stress the importance of handwashing.

Spinach Vegetable Dip

1 pk Frozen Chopped Leaf Spinach

1 pt Mayonnaise

1 c Sour Cream

1/2 c Chopped Onions

Cut vegetables such as carrots, cauliflower, broccoli, cucumber



1. Thaw and drain spinach well before class.
2. Have children measure the ingredients.
3. Let children mix the ingredients together.
4. You may want to have one prepared before hand to serve as the dip tastes best if chilled overnight.
5. Serve with fresh cut vegetables.

Serve water and enjoy with children and parents. Remember to talk about pleasant things during the meal. Children should be allowed to choose whether or not they eat and how much they eat.

