

VARY YOUR VEGGIES

Goal:

Children will be able to name some vegetables, how vegetables help our bodies, and will help make a healthy recipe.

Activity/Recipe Materials:	Grocery List
MyPlate Image Pictures of vegetables (examples: broccoli, corn, carrots, beets, bell peppers) Measuring cups Mixing bowl Mystery bag/bucket 1 green bell pepper	3 different colors of bell peppers (cut into very thin strips) Plain, non-fat yogurt Reduced-fat sour cream 0.4 oz packet Ranch Dressing Mix

Before Activity:

Review pages 14-16 (*Talking about Food, Cooking with Children, & Taste Testing*).

Activity Plan:

- Briefly review MyPlate, including how each food group helps bodies to grow. (Refer to MyPlate for MyBody on page 19. Remember to do the motions!)
- Introduce the Vegetable Group.
 - "Today we will be looking at the Vegetable group. Do you remember how vegetables help our bodies? They help our eyes to see, and our ears to hear!"* (Do motion with children: hands over eyes and hand over ears.) Note: other answers like "makes us strong" or "keeps us healthy" are also accurate.
- Have children help you place pictures of foods in the vegetable group.
- Mystery Bag/Bucket:** Without children seeing, place a green bell pepper in mystery bag. Follow mystery bag procedure (page 111).
- Discuss the different colors of vegetables.
 - "This bell pepper is green, but did you know bell peppers come in all kinds of colors? Like red, yellow, orange, and even purple! Vegetables come in all kinds of colors, like a rainbow!"*
- Lead a time of sensory exploration (refer to page 16), and then follow recipe as described on next page. Invite children to do a taste test of 3 different colors of bell peppers.



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Veggie Dip (makes 2 cups) - cut in half for groups of less than 10 children

- 1 cup of plain, non-fat yogurt
- 1 cup of reduced fat sour cream
- 0.4 oz packet Ranch Dressing Mix

Directions: Mix all ingredients together (allowing children to help add each ingredient). Taste with children using different colored bell peppers, asking them to tell you how it tastes.

- *Suggested questions: How does it taste? Is it crunchy? Which color is the crunchiest? Which color is your favorite?* (You may take a vote from the children to see which color is the favorite.)

Extending the Activity: Toss the Salad

Active Play:

Play “Toss the Salad” using a parachute and play vegetables (preferably soft toy veggies). Place play vegetables inside of parachute, and ask children to move the parachute when you say “toss the salad,” trying to keep all veggies in the parachute. Talk with children about the different colors of vegetables in the parachute during the activity, and encourage children to add as many different colors as possible.



Dips and Veggies

Research shows that children eat more vegetables when served with a dip. Research also shows that the more non-pressured exposures a child has to vegetables, the more likely they are to taste them. Even if a child seems to only lick the dip off of a veggie, they are still being exposed to the veggie!