

ACTIVITY SHEET

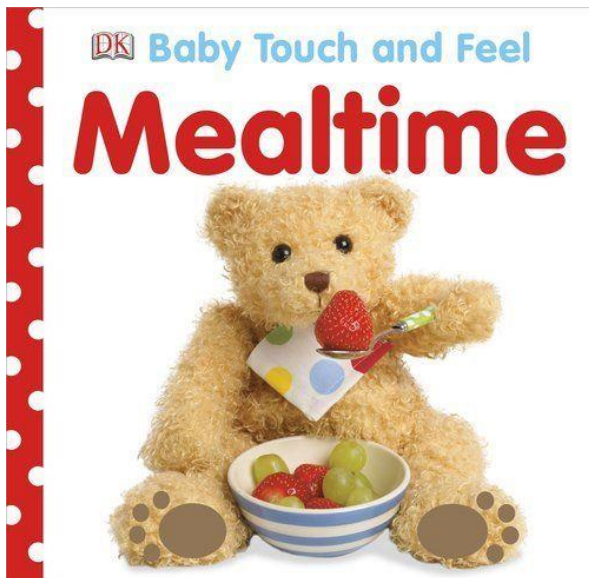
Eating the Rainbow by Star Bright Books &
Mealtime by DK

SUMMARY:

Encourage your child to try a healthy variety of foods by reading these books, which allow you to explore colorful variety of foods in different colors and textures!

MATERIALS Included in the Kit:

- 1 Eating the Rainbow book
- 1 Touch and Feel Mealtime book
- 1 cup, plate & bowl
- 1 spoon
- 3 food toys
- 1 laminated rainbow sheet
- 1 Activity Sheet



SONG: Oh, Do You Eat Your Vegetables?

(Sung to the tune of Muffin Man)

Oh do you eat your vegetables, vegetables, vegetables?
Oh, do you eat your vegetables-each and every day?

Oh, yes we eat our vegetables, vegetables, vegetables:
Oh yes we eat our vegetables-each and every day!

To continue the song, name different vegetables. Substitute your child's name and his/her vegetable choice, and sing the new words. For example:

Oh Janet eats green beans, green beans, green beans,
Oh Janet eats green beans-each and every day!

Oh Mommy eats carrots, carrots, carrots,
Oh Mommy eats carrots-each and every day!

SONG: The Good Food Song

(Sung to the tune of Old MacDonald Had a Farm)

Vegetables are good for me,

E I E I O

And so I eat them happily,

E I E I O

With a carrot, carrot here,

and a carrot, carrot there

Here a carrot, there a carrot

Everywhere a carrot, carrot.

Vegetables are good for me,

E I E I O.

POSSIBLE ACTIVITIES:

1. Wash some fruit together. Cut it up and make a fruit salad! You can use real fruit or toy fruit. Name the fruit. Use descriptive words as you eat the fruit....yummy, crunchy, sweet, tart, soft, hard, etc.
2. Wash some vegetables. Prepare a vegetable snack with dip. You can use real vegetables or toy vegetables. Name the vegetable. Use descriptive words as you touch the vegetable....smooth, bumpy, wet, dry, smooshy, squishy, prickly, etc.
3. Make a list with your child of the fruits and vegetables you want to buy from the store (you can even include a photo or drawing of the produce).
4. Go to the grocery store and buy fruits and vegetables. Label the foods you buy. "I see a carrot. Let's buy the carrots. Carrots go in the cart." etc.
5. Take a video of your child eating fruits and vegetables. Watch the video with your child!
6. Practice the initial sounds of the fruit and vegetable sounds. "Time to eat an apple. a a a Apple!" "I like broccoli. b b b b Broccoli!" etc.
7. Use the laminated rainbow sheet to create a fruit/vegetable rainbow. "The grape is green. Put it on the green rainbow." "The apple is red. Put it on the red rainbow." "The carrot is orange. Put it on the orange rainbow." etc.

SNACK:

Prepare and eat a fruit salad together. Create a fruit kebab. Name the fruits.

Prepare and eat a vegetable snack together. Make vegetable soup. Name the vegetables you see.