

# EAT A RAINBOW

RECOMMENDED AGES:  
2 TO 5 YEARS

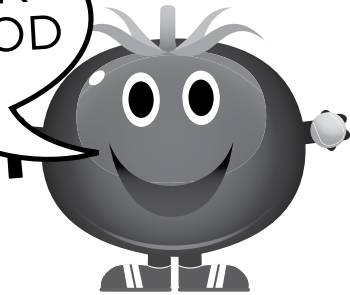
## Equipment

- ✓ Variety of vegetables and fruit cut into small pieces
- ✓ Plastic plates
- ✓ Taste test sheets (one per child)

## Activity

- 1** Print one copy per child of the 'eat a rainbow' sheets.
- 2** Before starting the activity ask all children and parents/carers to wash their hands.
- 3** Chop up a variety of fruit and vegetables listed on the taste testing sheets into small pieces.
- 4** Allow the children to taste test a variety of fruit and vegetables.
- 5** Children and parents/carers record their child's experience using face charts next to pictures of the foods they tried.

LET'S TALK ABOUT FOOD



## Questions

- Point to various vegetables and/or fruits and ask children if they can name each one.
- Explore the different colours: What vegetables are orange, what fruit is red, etc.
- Explore the different textures: What does it feel like on your tongue, is it crunchy, soft, smooth, etc.
- Explore the different smells: What fruits have a sweet smell?
- Explore the different tastes: What tastes sweet? What tastes sour?

## Extension

- Make your own or provide books which show foods of different colours.

## Learning links

- Fine motor skills
- Healthy choices
- Communication skills.

## Tips

- Older children may like to help with cutting the softer foods using a butter or plastic knife.
- Always supervise children when cutting.
- Provide a range of both fruits and vegetables to taste.
- Inform parent/carers about this activity the week before and ask if anyone would like to bring in a fruit or vegetable they eat at home.

## Did you know...




Different coloured fruits and vegetables contain different vitamins. Therefore, it's important to eat a rainbow every day.

# EAT A RAINBOW OF FRUIT AND VEGETABLES

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Today I tried: \_\_\_\_\_

And what I thought about it was: \_\_\_\_\_

	 <b>Yummy - I liked it</b>	 <b>I'm not sure</b>	 <b>My taste buds don't like it yet</b>	<b>Comments</b>
Green Beans				
Mushrooms				
Kiwi fruit				

Dear (Mummy / Daddy / Carer) \_\_\_\_\_

Today I tried \_\_\_\_\_ and I liked it.

Could you please pack this as a healthy snack.

Thank you!

SPHN (CPH)160202