

# Event in a Box

Preschool Edition



Get your kids excited about eating fruits and veggies.

## Who is this for?

Kids and their parents.

## Why is this a good idea?

Because eating fruits and veggies is healthy and delicious.

## Banana Bug

Have the kids make legs and antennae by poking pretzel sticks into a peeled banana. Use peanut butter for eyes and for gluing on a raisin spine. Remember to check for peanut allergies before everyone eats their bugs!

## Pear Mouse

Cut a pear in half lengthwise with the flat side facing down. (You can also use canned pears). On the narrow end, cut two small holes in the pear and place dried cranberries or raisins for the eyes, thin slices of any vegetable for whiskers, and a long thin slice of banana for the tail.

## Do You Eat Your Vegetables? (A song.)

Have the kids sing praise to veggies to the tune of "The Muffin Man."

Lyrics:

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!

Then, ask each child in turn to name a vegetable then replace the child's name and the vegetable he or she has chosen:  
Example: Oh, Bobby eats his broccoli, broccoli, broccoli.  
Bobby his eats broccoli ... each and every day!

For more resources, visit  
[eatwellbewell.org](http://eatwellbewell.org).



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