



EVENT IN A BOX ACTIVITY SUGGESTIONS Preschool Edition 2011

Getting kids excited about being a Champion for Change by eating fruits and vegetables!

Who is this for? Kids and their parents

Why is this event a good idea? Fruits and vegetables are healthy for growing kids.

Eat the Colors of the Rainbow

Download and print the coloring template for "Eat the Colors of the Rainbow," being sure to print enough copies for everyone. Have the kids count as many fruits and veggies as they can in the illustration and color it in. Ask the kids what their favorite color and fruit is!

Fruit or Veggie Day

For one week, dedicate each day to a certain fruit or veggie. The first letter of the day has to correspond to the fruit or veggie of the day. Allow the kids to eat the fruit or veggie of each day (if possible), draw a picture of it and talk about why it is good for them. They could also be asked to dress in the corresponding color.

For example:

Mango Monday - Yellow

Tangerine Tuesday - Orange

Watermelon Wednesday - Pink

Tomato Thursday - Red

Fruit Salad Friday – Bright colors!

Fruit of the Room

Download and print the "Fruit of the Room" template full of fruit and veggie illustrations. Print enough copies so there is at least one fruit or veggie per child. Have an adult cut out each fruit or veggie, then allow the kids to color in as many as they'd like. Tell them to close their eyes while you hide the pictures around the room, and have the children search for them. After everyone has found one, go around and help them identify and pronounce their fruit or veggie! Afterwards, it would even be fun to have the kids tape their colored fruit up on butcher paper in the shape of a rainbow.

For templates for these activities, visit EatWellBeWell.org/partners.