



EVENT IN A BOX ACTIVITY SUGGESTIONS Preschool Edition

Getting kids excited about eating fruits and veggies!

Who is this for? Kids and their parents

Why is this important? Eating fruits and veggies is a small change that makes a big difference!

Mini Fruit Kabobs

Give each child pretzel sticks and have them spear on bite-size pieces of fruit such as grapes, melon, bananas and pears, like they are making kabobs. Each creation will be like little worms for them to munch up. They can also join two “worms” together with a piece of fruit for a longer creepy-crawler. Encourage the kids to use a variety of fruit on their kabob so they will learn to try new foods.

What Color?

Included are coloring sheets for you to make enough copies of for each child. As they sit down with their crayons, markers or colored pencils, point to each fruit or veggie on the sheet and ask them what color it should be. They can shout the color and then color it in with whichever color they choose.

Show How They Grow

Fruits and veggies grow in lots of different ways. Discuss with the kids how some fruits and veggies grow on trees, vines or beneath the ground in a garden or farm. Orange trees sway in the wind, apples fall from trees, berries grow on a bush, carrots burst through the soil and grapes and tomatoes grow on a vine.

Have the kids stand up in the room and ask them to show you, in their own way, how fruits and veggies grow such as:

- Sway in the wind
- Fall from a tree
- Grow like a bush
- Burst through the soil
- Crawl like a vine

To join the conversation and talk about game ideas with other Nutrition Network partners, visit the discussion board at EatWellBeWell.org/partners.