

PAINT A FRUIT AND VEGETABLE RAINBOW

LESSON PLAN	
TIME	45-minute exercise and afternoon snack time (additional 15 min).
PURPOSE	This exercise is a creative way to get children talking about fruit and vegetables, understanding colour associations and shapes, whilst enhancing motor skills. It is designed to show children what can be created with limited resources using their own hands and feet as tools!
LEARNING GOAL	Children will be able to: <ul style="list-style-type: none"> ▪ Match the fruits and vegetables provided to their associated colour ▪ Complete one fruit and one vegetable finger painting
RESOURCES	<ul style="list-style-type: none"> ▪ Blue, red, yellow, black, and green water-based finger paint ▪ 2 clean paintbrushes per child ▪ A drying station (with pegs) ▪ Permanent markers ▪ A selection of fruit and vegetables (If you have a vegetable patch then use what is available or ask each child to bring one piece in).
STRUCTURE	<ol style="list-style-type: none"> 1. Begin the session with a small display of fresh fruit and vegetables of all shapes and sizes 2. Discuss with the children what their favourite fruit and vegetables are. Talk about the colours and discuss the shapes, sizes, seeds, and shape of the fruit and/or vegetables. 3. Paint both the children's hands, feet, and fingers to replicate the shape and colours of different fruit and vegetables (see examples provided). 4. Once the paint has dried, draw around the shapes to define them, add any embellishments such as dried seeds, ribbons for cores, or smiley faces. 5. Wash and cut the fruit and enjoy as a snack before reviewing the exercise.
TAKE HOME	Encourage the parents to display the pictures in the kitchen to remind the children of the importance of healthy eating, and how fun it can be.

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"A" IS FOR



APPLE

"P" IS FOR



PINEAPPLE



HOW TO REGROW GREENS FROM VEGGIES!

Nurturing a positive relationship with food directly impacts the food choices and habits of children later in life. Teaching kids about healthy eating and reducing food waste can be incredibly fun when you get them involved in the kitchen, and/or the garden.

This practical form of education has been proven to significantly develop fine motor skills, increase confidence, awareness and develop a sense of responsibility. Even preschool aged children can start to think before throwing away food and will love getting creative with foods that regrow!

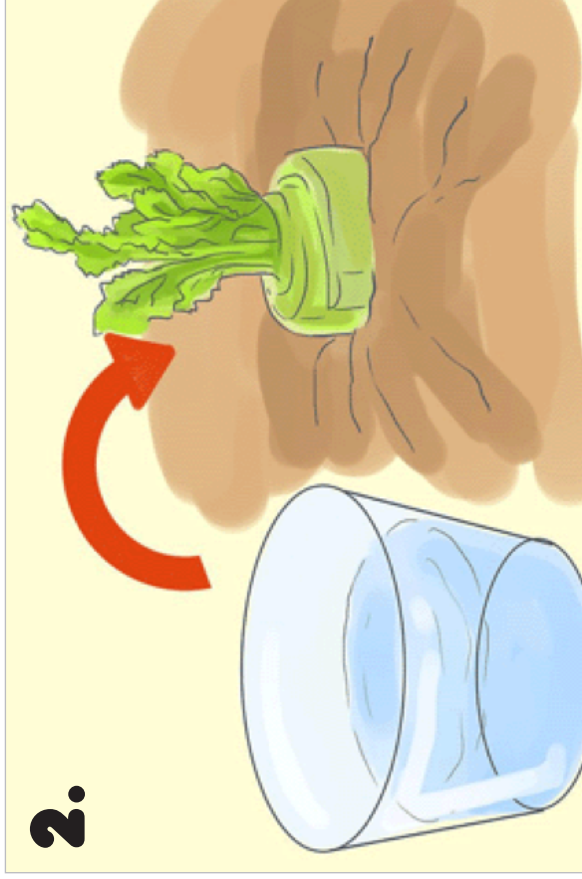
Try the simple **REUSE** steps to regrow green sprouts and lettuce, use the illustrated worksheets as a guide.

REGROW GREEN SPROUTS FROM CARROT TOPS:

- R**ecycle Cut the top off carrot leaving 2cm of orange (and minimal greenery).
- E**quipment Place in a shallow bowl, cut side down, in 1 cm of water.
- U**se Replace the water daily and ensure daily sunlight.
- S**prout Little green shoots will grow as quickly as a week and continue for up to 3 weeks.
- E**at Use the leaves in salads, homemade pesto, or as a garnish (great substitute for parsley).

REGROWING CELERY AND ONIONS

1. Cut off the bottom of the celery and the onion.
2. Put the celery cutting in a cup of water and the onion in a small hole made in soil.
3. Cut off the celery to eat it. Wait until the are long enough and then cut them. When the onion's stem falls over and turns brown, dig it up to eat.



REGROWING CARROT GREENS

1. Cut the top off the carrots by measuring 2-3 cm from the top and then cut it.
2. Fill a container with water and place the carrot in, cut side down. Replace water daily and ensure it's in sunlight.
3. In 1-2 weeks when little green shoots appear, plant the vegetables in soil and wait for growth. You can't grow a whole carrot, but the green carrot tops will regrow and can be used in salads, pesto or a beautiful houseplant.

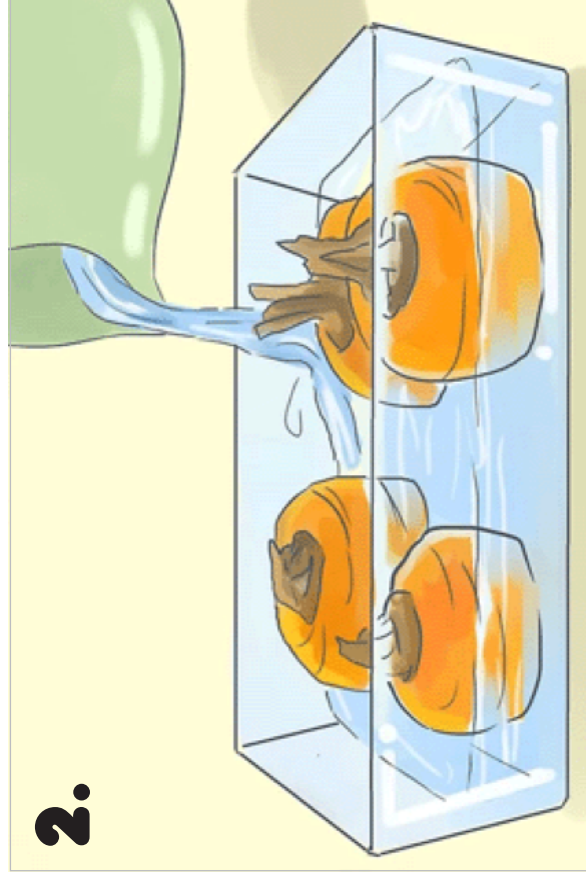
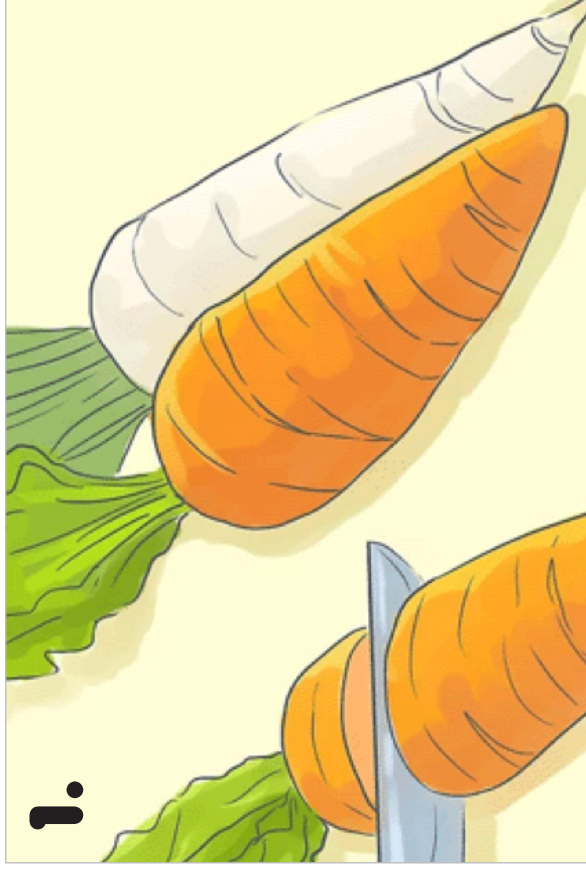


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