



## **Vegetables, Fruit & Healthy Hydration - Games and Activities**

*Note: Talking point ideas link to key messages, and can be exchanged between activities.*

### **Active Games**

#### **Cooking Charades**

Play charades with different cooking techniques (e.g., stirring, chopping, peeling, stir-frying, grilling, etc.)

*Ask children what veggies/fruit they would like to try to cook at home or in the community.*

*Who they might be able to ask to cook with them?*

*Remember, you can find recipes on the [healthykidsptbo.ca](http://healthykidsptbo.ca) website!*

#### **What Vegetable/Fruit am I?**

Tape fruit/vegetable cards to each child's back; children walk around, and describe to others the vegetable/fruit on their back, without saying what it is. Children keep walking around until they guess what vegetable/fruit is on their back.

*Talk about how it is delicious and fun to eat a variety of veggies and fruit, and to try new veggies and fruit.*

#### **“Broccoli, Broccoli Squash!” or “Carrot, Carrot, Corn!” (Duck Duck Goose, using vegetable/fruits)**

*Talk about how we can get these vegetables/fruits. “Do they grow in Canada? Do you grow any of them in your garden? Have you seen them at the market, in the grocery store fresh/frozen section?”*

#### **Hopscotch (outside):** Use chalk to make Vegetable/fruit shaped Hopscotch

*Talk about how veggies and fruit and water help us to run, jump and play, everyday!*

#### **Red Light Green Light - Healthy Hydration-style**

Play “red light/green light” with drink cut outs. The goal is for children to get across the room, by identifying which drinks are “choose everyday”, “choose sometimes” and “avoid/choose rarely”. Hold up a picture of a drink. If it is a “avoid or choose rarely drink”, it is red/STOP, and children stay where they are. If it is a “choose somethings” drink, it is yellow/SLOW, and children can move slowly, and If it is a “choose every day” drink, it is a green/GO! Drink, and children can run. Children can do the action when you lift up the picture, and have to stop as soon as you bring it down.

Materials:

“Water is the way to GO!” poster or the stoplight picture in the [Water is the Way to Go! Poster](#)

Sip Smart Drink Cut outs available from: [http://brightbites.ca/wp-content/uploads/SSO\\_BeverageCutOuts\\_Updated-Nov-2-2016.pdf](http://brightbites.ca/wp-content/uploads/SSO_BeverageCutOuts_Updated-Nov-2-2016.pdf)

*Ask children: “have you ever had cold water when they were really thirsty? How did it feel? (refreshing, tasty, helped them feel more energetic/alert, etc).”*

*Talk about how water, milk, and unsweetened fortified soy beverage are the best choices for every day. 100% fruit juice, chocolate milk, and sweetened milk alternatives are fine in small amounts (up to half a cup per day, total). It is ok to have drinks in the avoid/choose rarely category once in a while, but it is good to think about how much and how often we have them. Focus on: “**When it comes to thirst, choose water first!**”*

## **Fruit Salad**

Materials:

Fruit/Vegetable Picture Cards, or [toy fruits and vegetables](#) (Optional)  
Bouncy Ball (Optional)

Ask children to stand in a circle. Invite each child pick a vegetable/fruit they will be (or pass a fruit/vegetable picture or toy to each child). Children go around the circle, saying their fruit/vegetable out loud. Call out fruits and vegetables to have children switch places. Speed it up. Call out “fruit salad” to have everyone in the circle switch places.

Variation: Have children throw a bouncy ball to someone in the circle, saying their fruit/vegetable. Once they have practiced this, invite children to speed it up.

*Talk about how we can aim to eat veggies and fruit at every meal and snack. Ask children when in the day they might eat their chosen veggie/fruit.*

## **Living Vegetable Garden**

Invite children to choose a vegetable that grows in the ground (or a tree that grows produce), and to start as a seed, rolled up in a ball on the ground (e.g. bean, apple tree, etc). As you call out “rain,” “sun,” “water the garden,” “weed the garden,” children grow taller and taller into their plants/trees

Ask children if they have gardened or grown plants before, at home, at school, or in the community. Ask them, "If you could grow any vegetable or fruit, what would you grow?"

### **Other Games and Activities**

#### **Food Reach Resources**

<https://foodreach.ca/2017/05/22/games-and-activites-with-fruits-and-vegetables/>

- Worksheets, cooking activities, and games

<https://foodreach.ca/wp-content/uploads/2017/05/FoodReach-Games-Activites-with-Fruits-Vegetables.pdf>

#### **Rhymes and Songs**

[http://www.childfun.com/themes/food/vegetables/#Vegetable Songs Poems and Finger Plays](http://www.childfun.com/themes/food/vegetables/#Vegetable_Songs_Poems_and_Finger_Plays)

#### **Other Talking Points:**

*When we choose to boost veggies and fruit, it helps others to do the same! In your head, picture a friend, brother, sister, or other family member. Did you know that when they see you eating veggies and fruit, it can help them to eat veggies and fruit too? What are ways that you can eat veggies and fruit together with friends and family?*

Visit [www.Healthykidsptbo.ca](http://www.Healthykidsptbo.ca) for more information.