



Fruit and Vegetable Month

Activities for Services



We all know that Fruit and Vegetables are good for us, so why not celebrate it throughout Fruit 'n' Vegetable Month!

The Munch and Move team has compiled some fun activities you can incorporate throughout the month to help promote fruit and vegetables at your service.

These activities also help to reinforce the Munch and Move key messages of:

'Eat more fruit and vegetables' & 'Choose healthier snacks'

We hope you and the children enjoy playing them!

Healthy Eating Experience Games

- Play a memory game using pairs of fruit and vegetable picture cards.
- Have a fruit and vegetable quiz to see if children know the names of different fruits and vegetables.
- Play fruit and vegetable "Guess Who?" Children take turns to describe a fruit or vegetable. Ask the other children to try and guess which one it is.
- Pass the fruit bowl (variation of pass the parcel): Use either real or toy fruit and vegetables or pictures. Ask children to identify a piece of fruit when the music stops if they are holding the fruit bowl.



Create

- Make fruit and vegetable placemats. Use magazines and get children to cut out pictures of fruit and vegetables. Paste these onto a piece of coloured A4 card. Contact or laminate them for children to use at mealtimes.
- Go through the alphabet and get children to name as many fruit and vegetables as they can for each letter. Print out each letter onto a piece of A4 paper. Draw pictures of the matching fruits/vegetables onto each letter.



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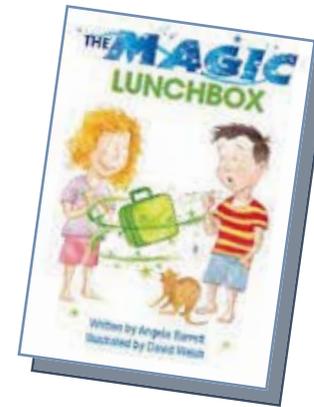
Active Games using Fundamental Movement Skills

- Play a favourite ball game, with different coloured balls representing a different fruit/vegetable e.g. a green ball could represent cucumber or a blue ball could represent blueberries, an orange ball could represent carrots etc.



- Play 'Fruit salad': Place pictures of two types of healthy food (e.g. carrot and apple) on the floor in a circle. Ensure there is one picture per child. Ask the children to stand in a circle behind any card. Ask the children to run or hop or any other FMS around the circle and when you say 'stop' the children stop behind whichever card they are closest to. When you call 'carrot' all the 'carrots' swap places with other 'carrots'. Similarly when you call 'apple' all the 'apples' swap places with other 'apples'. When you call 'fruit salad' everybody swaps places with any other player.

Books & Snazzy Songs:



- The Magic Lunchbox (by Angela Barrett)
- The Very Hungry Caterpillar (by Eric Carle)
- Handa's Surprise (by Eileen Browne)

'Fruity Treat' (Munch and Move CD)

'My Lunchbox' (Munch and Move CD)

'Fruit Salad' (The Wiggles)





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Community links

Visit a local greengrocer. Talk about the different varieties of fruits and vegetables available, focusing on the different colours, textures and tastes. After the visit, have a taste-testing session and get children to draw a picture of their favourite fruit/vegetable.



Invite a local nursery to visit your service to talk about growing plants from seeds. Purchase a variety of vegetable seeds and get children to help plant the seeds and water them. Watch them grow and discuss with the children how different fruits and vegetables grow. Enjoy the spoils of your labour!

Events to run at your Service

- Fruit and vegetable dress up day – Dress as a fruit or vegetable, or in fruit and vegetable colours.
- If your service does not provide food, host 'Nude Food Day' – Encourage all food brought to the service to be wrapper-free!
- Stage a healthy morning-tea or lunch for children and families, with lots of tasty fruit and vegetables to eat.
- Hold a 'Fresh Food Fair.' Ask each child to bring in an interesting fruit or vegetable, preferably one they have never tried before.
- Set up food tasting stations where children can go around and select a food they'd like to try. Take photos of each child at one of the stations and create a display.

Useful websites

Healthy Kids

www.healthykids.nsw.gov.au

Sydney Markets

www.freshforkids.com.au

Go For 2&5

www.gofor2and5.com.au

Nude Food Day

<http://www.nudefoodday.com.au/>