

CARE Connection

Nutrition Education Fun Food Activities for Children

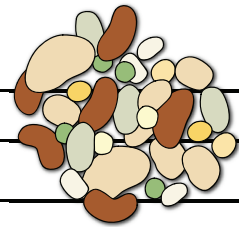
Activity: Learning About How Foods Grow

Nutrition Education Activity

Activity Name: Learning About How Foods Grow

Step 1: Why

Children can learn about edible seeds and how they grow.



Step 2: What

Seeds to talk about are popcorn, corn, beans, and peas (example: black-eyed peas). The children will make musical shakers from clean cans containing various seeds such as corn, beans, or peas.

Step 3: How

Materials needed to get ready for the activity:

- Clean juice cans or tin cans from fruits and vegetables (make a smooth cut on the top of the can to avoid sharp edges; leave the bottom whole)
- Construction paper to wrap around the outside of cans
- Pictures of vegetables to paste on the outside of cans
- Paste or glue
- Various seeds (corn, beans, peas, other seeds)
- Squares of fabric to cover the top of each can (cut to the right size for cans)
- Rubber bands (to secure fabric on top of cans)
- Masking tape (to secure fabric on top of cans)

Wrap construction paper around the outside of clean cans. Glue a picture of a vegetable on the outside of each can. Children should finish the cans as part of the activity. When shaken, different size cans with different types of seeds make different sounds.

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Step 4: When

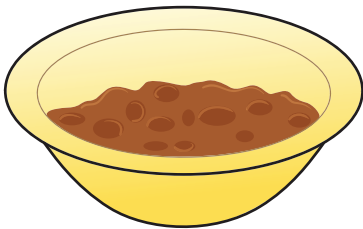
After naptime

Step 5: Do the Activity

Directions: Place the prepared cans on a table. Show the children the seeds to be placed in each can. Then talk about the foods we eat that are made from these seeds.

The children will put different seeds in each can (one type of seed per can) and place the fabric tops on the cans. Help the children secure the piece of fabric on the top of each can using a rubber band and then seal the top with masking tape. Children will shake the cans as they sing. *Old MacDonald Had a Farm* is a good choice of song.

Step 6: Follow-Up After the Activity



Plan a menu for the next day that includes a food made from beans, peas, or corn. At the time the food is served, show the children the seeds and then compare the cooked food with the seeds used in the activity.