

CARE Connection

Food Preparation Fun Food Activities for Children

Activity: Who Eats Green?

A good way to teach children about vegetables is to tell them about animals who eat green plants.

At story time, read books about animals that eat green plants. Talk or read about animals that eat

- grass (examples: cows, horses, sheep) or
- leaves (examples: bunnies, deer, giraffes).

Show green vegetables that people eat.

- Spinach
- Turnip Greens
- Cabbage
- Lettuce
- Broccoli

Let children taste one or more green vegetables.

Raw Vegetables

- Try raw vegetables, such as small pieces of
 - broccoli florets,
 - cucumber, or
 - green pepper.
- Offer raw vegetables with a plain or lowfat yogurt dip.

Cooked Vegetables

- Try cooked vegetables, such as
 - whole green beans,
 - lima beans, or
 - zucchini.
- Cooking vegetables just until tender makes them easier for young children to chew.

