

5 A Day the Preschool Way

5 A Day and Art and Music



5 A Day the Preschool Way

Colors of Fruits and Vegetables



Materials Needed

- Poster board, blackboard or flannel board
- A copy of the fruit and vegetable grid for each child
- Old magazines
- Crayons
- Glue sticks
- Blunt scissors

Prep Time

- 15 minutes

Set Up

- Copy one fruit and vegetable grid for each child.

Directions

- Name a color and ask the children to name a fruit or vegetable that is that color. You may want to use pictures of fruit or vegetables under the heading of each color on the blackboard, a flannel board or a poster board. Refer to list below for ideas.
- Question to ask the children:
 - How many green fruits or vegetables can we name?
 - Repeat for other colors (red, yellow, orange, white, blue and purple) as desired.
 - Which color has the most fruit and vegetables that we could name today?

Variations

- Have children use the fruit and vegetable grid to draw a fruit or vegetable of each color, or have them cut and paste pictures from magazines.
- Use the chart below or the 5 A Day the Color Way materials found in the Resources section of this module.

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Colors of Fruits and Vegetables (continued)



Greens	Yellows	Oranges	Purples/ Blues	Reds	Whites
Bibb Lettuce					
Endive					
Escarole					
Green and Red Leaf Lettuce					Alfalfa Sprouts
Romaine	Corn	Apricots	Beets	Cranberries	Bananas
Artichokes	Pineapple	Cantaloupe	Blueberries	Red Apples	Cauliflower
Asparagus	Rutabaga Slices	Carrots	Eggplant	Red Grapes	Cucumber
Bell pepper	Summer Squash	Mangoes	Purple Grapes	Red Peppers	Garlic
Broccoli	Wax Beans	Oranges	Kidney Beans	Red Potatoes	Garbanzo Beans
Cabbage	Yellow Apples	Papaya	Plums	Rhubarb	Grapefruit Sections
Celery	Yellow Peppers	Peaches	Purple Cabbage	Strawberries	Lima Beans
Green Apples	Yellow Tomatoes	Pumpkins	Raisins	Tomatoes	Jicama
Green Beans		Sweet Potatoes		Watermelon	Mushrooms
Green Grapes		Tangerines			Onions
Green Onions					Pears
Honeydew					Turnips
Kiwifruit					Potato Slices
Peas					
Spinach					

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Colors of Fruits and Vegetables Fruit and Vegetable Grid



Green	Yellow
Orange	Red
Purple	White

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I Can Eat Five A Day!



On the following page there are two activities for use in the classroom.

The first is Five-A-Day Fingerplay. Use this to create a rhyme or song to the tune of "Three Blind Mice."

The second is Give a Hand for Five A Day. This is an art activity that allows children to create their own 5 A Day picture that can then be sent home to share the 5 A Day message with families.¹

¹ From the Celebrate Healthy Eating™ series.



I Can Eat Five A Day!

Nutritionists agree that both children and adults should eat three vegetables and two fruits each day. Introduce these activities that tap music, movement, and memory to make learning the five-a-day rule child's play!

Five-A-Day Fingerplay

Lead children in this five-a-day rhyme to the tune of "Three Blind Mice." For added fun, use the playing pieces on this page to make finger puppets for children to wear. Attach the pieces to children's fingers with masking tape. (For broccoli, okra, squash, banana, and berry puppets, use the pieces as templates and substitute pictures from magazines or gardening catalogues.)

Carrots, corn, peas,

[Wiggle or point to the first three fingers on one hand]

Apples, pears, please.

[Wiggle or point to the last two fingers on same hand]

Broccoli, okra, and squash,

[Repeat; wiggle three fingers again]

Bananas and berries, by gosh!

[Wiggle last two fingers again]

Three veggies a day, just take your pick,

[Hold up three fingers, then point to three imaginary vegetables]

Two servings of fruit, yes that's the trick,

[Hold up two fingers, then clap or wipe hands in satisfaction]

To be healthy and strong and not get sick

[Hold both arms up to show muscles]

We all need five a day!

[Hold out one hand with fingers spread]

Three vegetables, two fruits a day!

[With hand out and fingers spread, count three fingers, then two]

[Spoken] Count them: One, two, three, four, five!

[Count all five fingers]

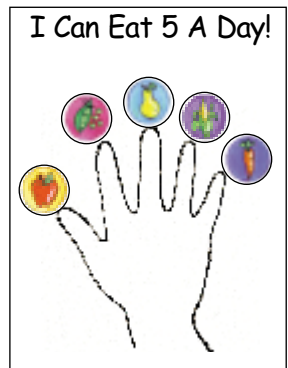
HURRAH!

[Arms up to cheer]

Give a Hand for Five A Day

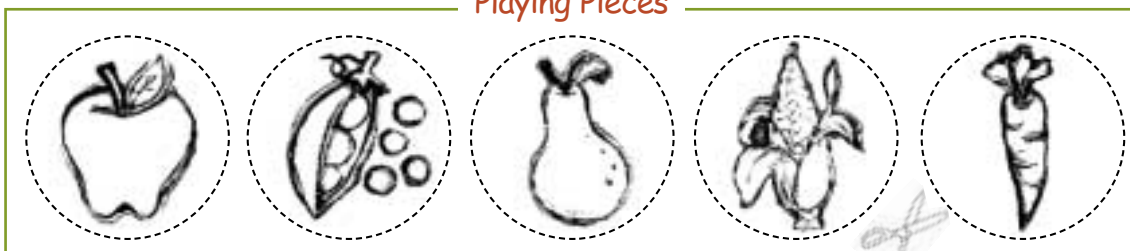
Here's a game to reinforce the five-a-day rule:

- Trace each child's hand on a sheet of paper. Draw a circle the size of the playing pieces on this page above each finger. (You may prefer to use one child's hand as the model and prepare the game page as shown here, then make a copy for each child.) Copy the fruit and vegetable pieces below so there is a set of five for each child.



- Have children play in groups of four. Scatter the playing pieces so they are picture-side down. Children take turns drawing a piece. If it's one they don't have, they keep it. If it's one they already have, they turn it over and wait for their next turn. The object is for each child to collect the three different vegetables and two different fruits.
- Have children paste the fruit and vegetable circles on their papers and use crayons to color the page. Show children how to "give a hand" to (applaud) themselves for eating three vegetables and two fruits a day. Send the pages home for sharing the five-a-day message with families.

Playing Pieces



cut pieces along dotted lines

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Fruit or Vegetable Necklace



Materials Needed

- Fruit and vegetable necklace artwork (see next page)
- Crayons
- Blunt scissors
- Yarn for necklaces
- Hole puncher

Prep Time

- 15 minutes

Set Up

- Copy the fruit and vegetable necklace artwork for each child.

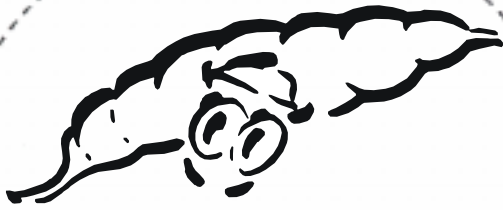
Directions

- Review the names of the fruits and vegetables pictured.
- Each child chooses one fruit or vegetable to color and cut out around the dotted lines.
- The teacher can punch a hole at the top of the cutout shape.
- A piece of yarn is threaded through the hole and knotted to make the necklace.

Options

A blank necklace template is also included to allow children to design their own fruit or vegetable to wear.

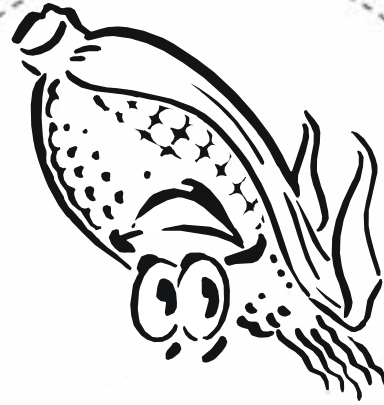
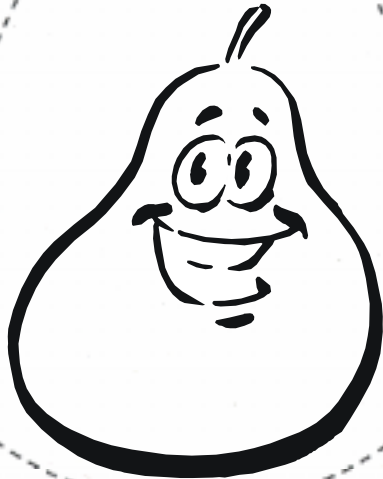
Adapted from Five A Day, Let's Eat And Play created by J. Cooper and P. Masur



**GREEN
BEAN**



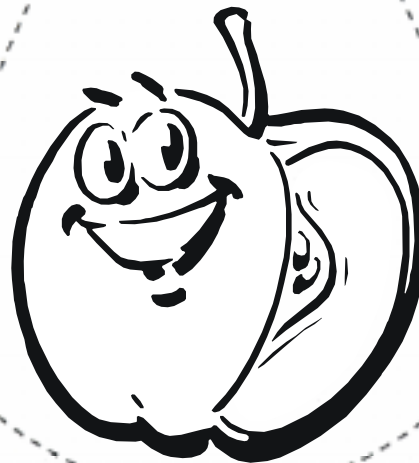
PEAR



CORN



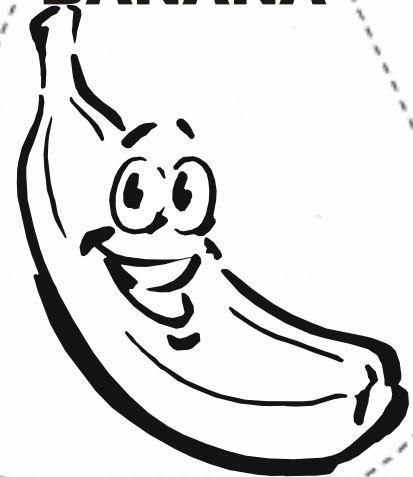
APPLE

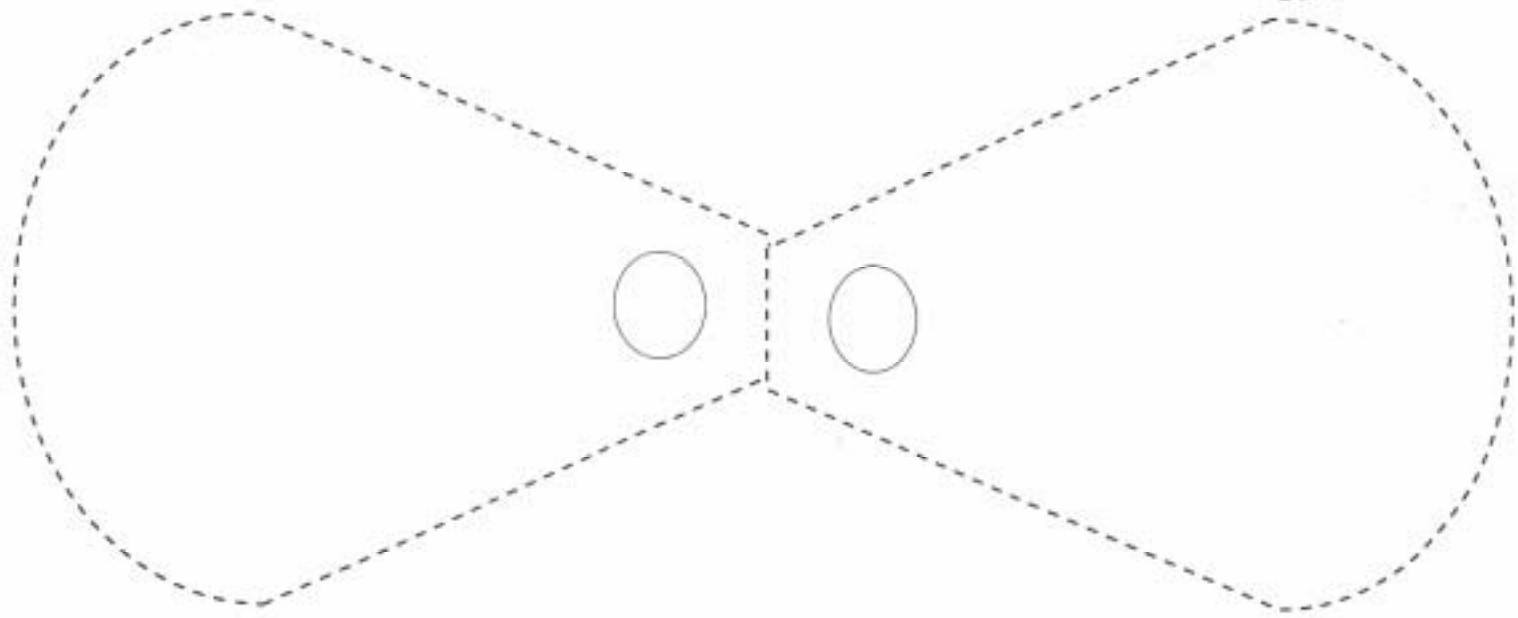
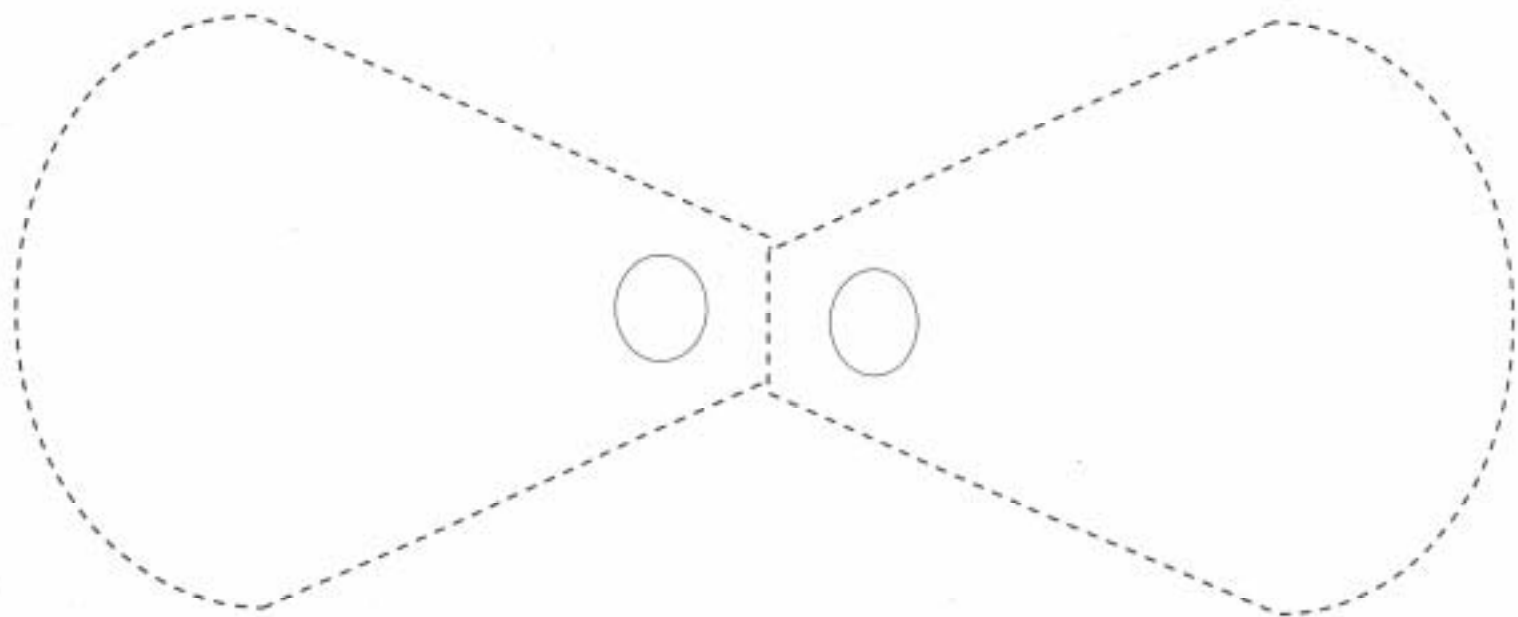
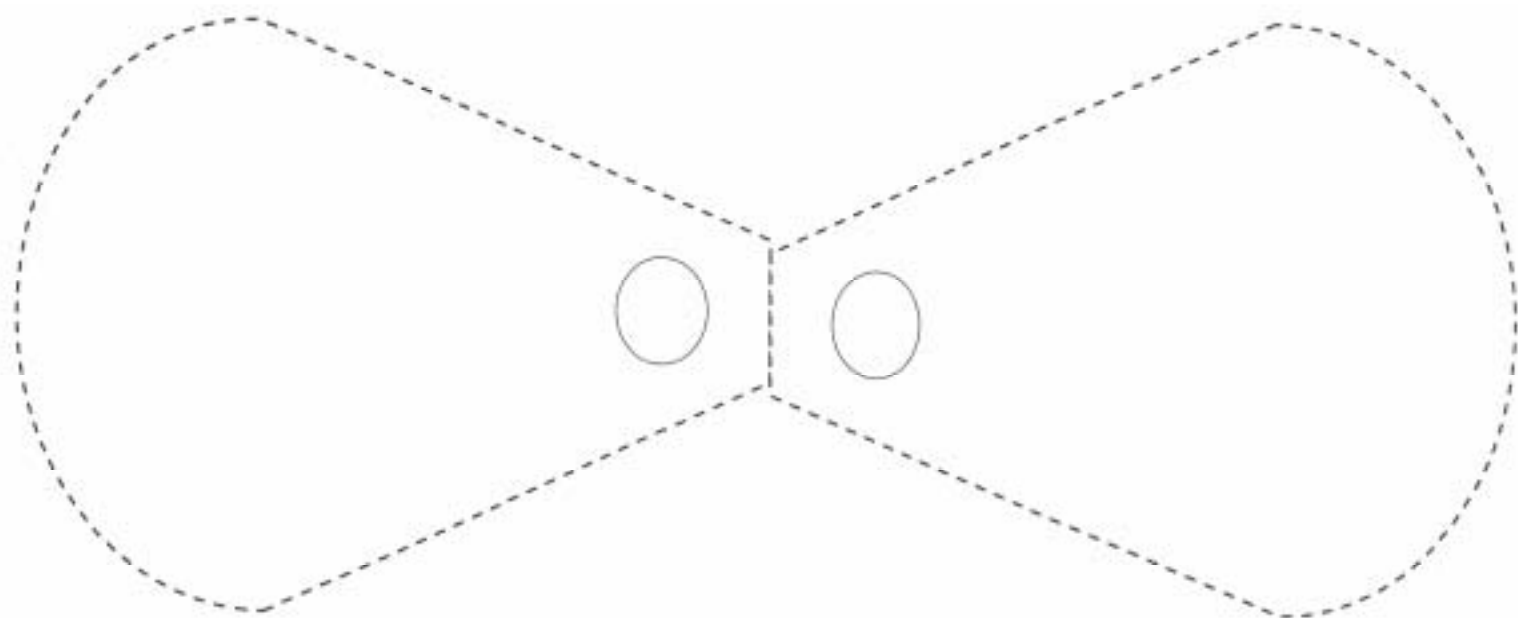


BROCCOLI



BANANA





5 A Day the Preschool Way

Make Your Own Fruit and Vegetable Cards



On the following page there are detailed instructions for making your own fruit and vegetable cards from the Celebrate Healthy Eating™ series developed by Dannon Institute.



Make Your Own Fruit and Vegetable Cards



You'll find plenty of uses for picture cards featuring fruits and vegetables. Children can sort the cards and use them in matching games, all the while increasing their familiarity with the names and appearances of a medley of fruits and veggies.

You Need:

- Heavy paper, such as posterboard.
- Clear, simple pictures of fruits and vegetables. Seed packets and gardening catalogues are good sources. Gather two pictures of each fruit or vegetable so that you can make matching cards.
- Scissors, paste, and markers.
- A copy of the card template on this page.

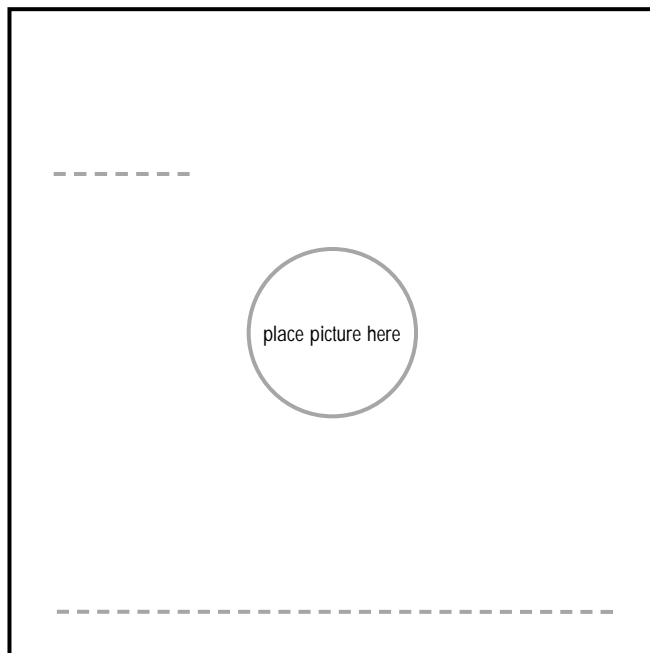
What to Do:

- Trace around the template on the heavy paper.
- Cut out the cards.
- Glue one picture on each card.
- Print the fruit or vegetable name in block letters under the picture. You might also print the first letter of the word at the top.
- If possible, laminate each card for durability using clear, self-stick paper.

Recommended Fruits and Vegetables

Here's a starter list for your set of cards. These fruits and vegetables are generally available in markets and represent a mix of both common and more unusual foods.

Asparagus	Grapefruit	Okra
Beans	Green Pepper	Orange
Bok Choy	Kiwi	Papaya
Broccoli	Lemon	Pineapple
Cauliflower	Lettuce	Rhubarb
Celery	Lima Beans	Spinach
Collards	Lime	Zucchini



Fruit and Vegetable Card Games

Concentration Place the cards with picture-side down in rows. Children take turns flipping two cards over. They keep cards that match or flip the cards back over if there is no match. Play continues until all matches are made.

Go Pick! Scatter the cards picture-side down. Each child begins with three cards. Players take turns asking others if they have a particular card. If the child has the card, it is given up to the player. If not, the child says "Go Pick!" and the player draws from the pile. Play continues until all matches are made.



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Songs about 5 A Day

Children enjoy learning through songs and using body movements. These songs can be used alone or with other nutrition education activities. Sing nutrition songs while you cook with kids, or do arts and crafts projects. Use them during active play or as transition activities before meals and snacks. Relate the song to learning about food and eating. Small children may not be able to sing all the words, but they enjoy hearing others. They are often able to “perform” the song before they can sing the words. Make up your own new words and body movements for familiar children’s tunes. Have fun! When you have fun, the children will too.

Five A Day Jive

1 – 2 – 3 – 4 – 5

My name is _____.

And I eat five.

Five, five, five a day.

Fruits and vegetables the healthy way.

Source: 5 A Day for Better Health! A K-6 Curriculum, University of Wyoming, Cooperative Extension Service, Laramie, WY

Apples and Bananas

(In this song, children are introduced to all the vowel sounds.)

I like to eat, eat, eat, apples and bananas.

I like to eat, eat, eat, apples and bananas.

I like to oat, oat, oat apples and bononos.

(long **O** sound)

I like to oat, oat, oat apples and bononos.

I like to ate, ate, ate apples and bananas.

(long **A** sound)

I like to ate, ate, ate apples and bananas.

(Continue verses with as many vowel sounds as wanted.)

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Songs about 5 A Day (continued)



Eat Your Veggies

(Sung to the tune of Row, Row, Row Your Boat)

Eat, eat, eat your veggies.
Every day and night.
Yummy and delicious.
We love every bite.

Eat, eat, eat your _____ *(broccoli)*.
Every day and night.
Yummy and delicious.
We love every bite.

(Children can name specific vegetables for any number of additional verses.)

How I'd Like to Eat a Pear

(Sung to the tune of Twinkle, Twinkle, Little Star)

How I'd like to eat a pear,
Eat it here or eat it there.
I would even climb a tree,
Then I'd have it just for me.
How I'd like to eat a pear,
Eat it here or eat it there.

Apple Tree

Way up high in the apple tree,
Five red apples smiled at me.
I shook the tree as hard as I could,
Down came the apples.
Mmmmmmmmm, were they good.

(Point up in the air.)
(Form circle with fingers.)
(Shake hands together.)
(Wiggle fingers downward.)
(Rub stomach.)

(Continue countdown until no apples are left.)

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Eat a Rainbow



On the following pages you will find a coloring book for use in the classroom. The coloring book, "Eat a Rainbow", can be the focus of a teacher-directed art activity. The story invites children to taste a rainbow of fruits and vegetables – red, orange, yellow, green, blue, and purple. But first they need to color in the fruits and veggies and create this edible rainbow. Download or make a copy of the book for each child. Then work with children in giving each fruit or vegetable its real-life color.¹

¹ From the Celebrate Healthy Eating™ series

Eat a Rainbow

Written by
Samantha Berger

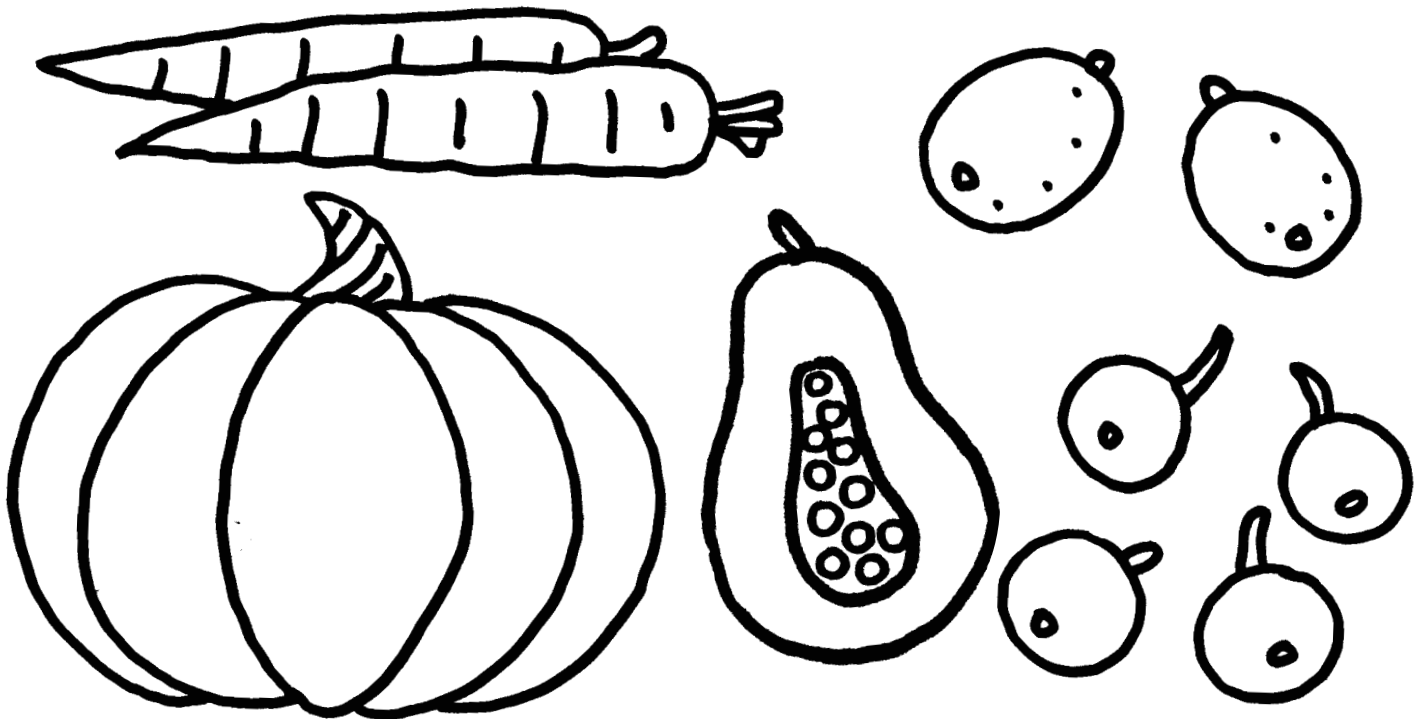
Illustrated by
Benton Mahon



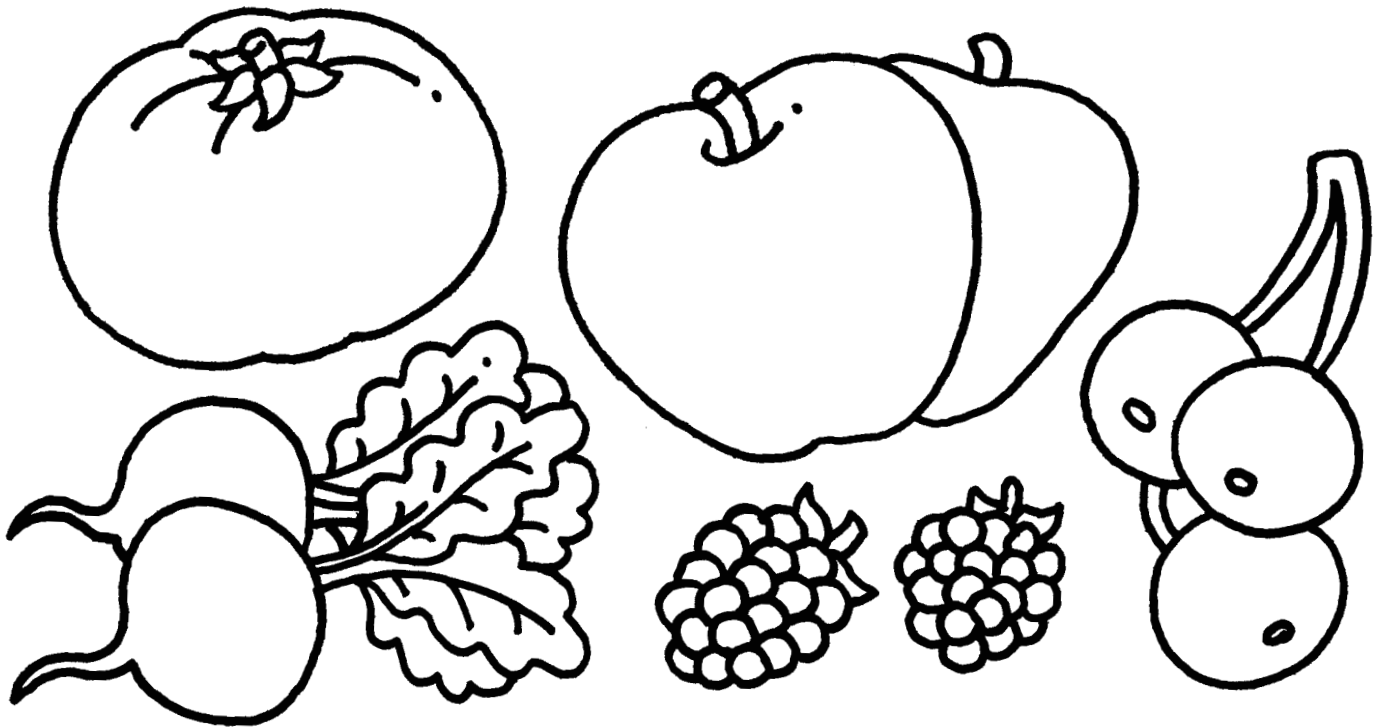
Here is a yummy secret I know.
You can eat a whole rainbow!

SCHOLASTIC

Cut along dotted lines. Put the pages in order to make a book.

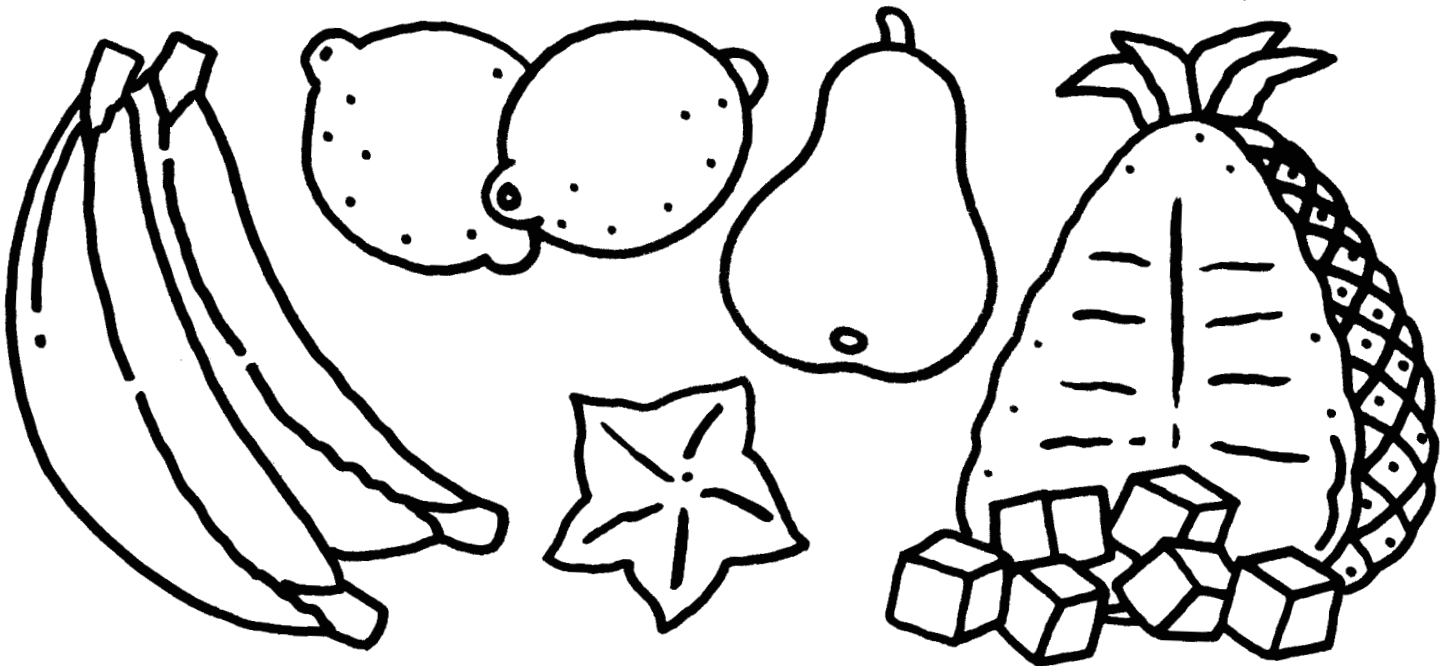


Orange carrots and apricots,
pumpkins, papayas, and kumquats.



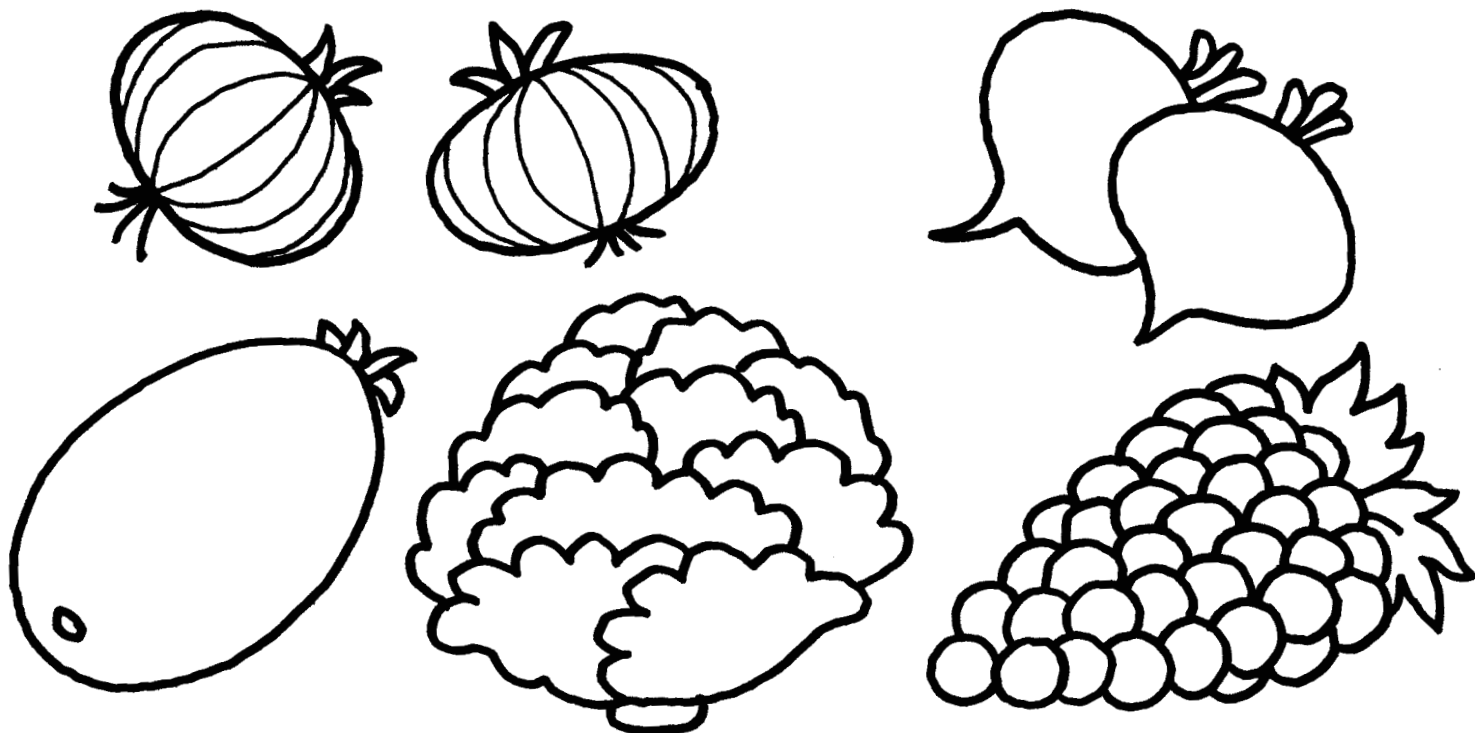
Red tomatoes, apples, and cherries,
radishes, and red raspberries.

2



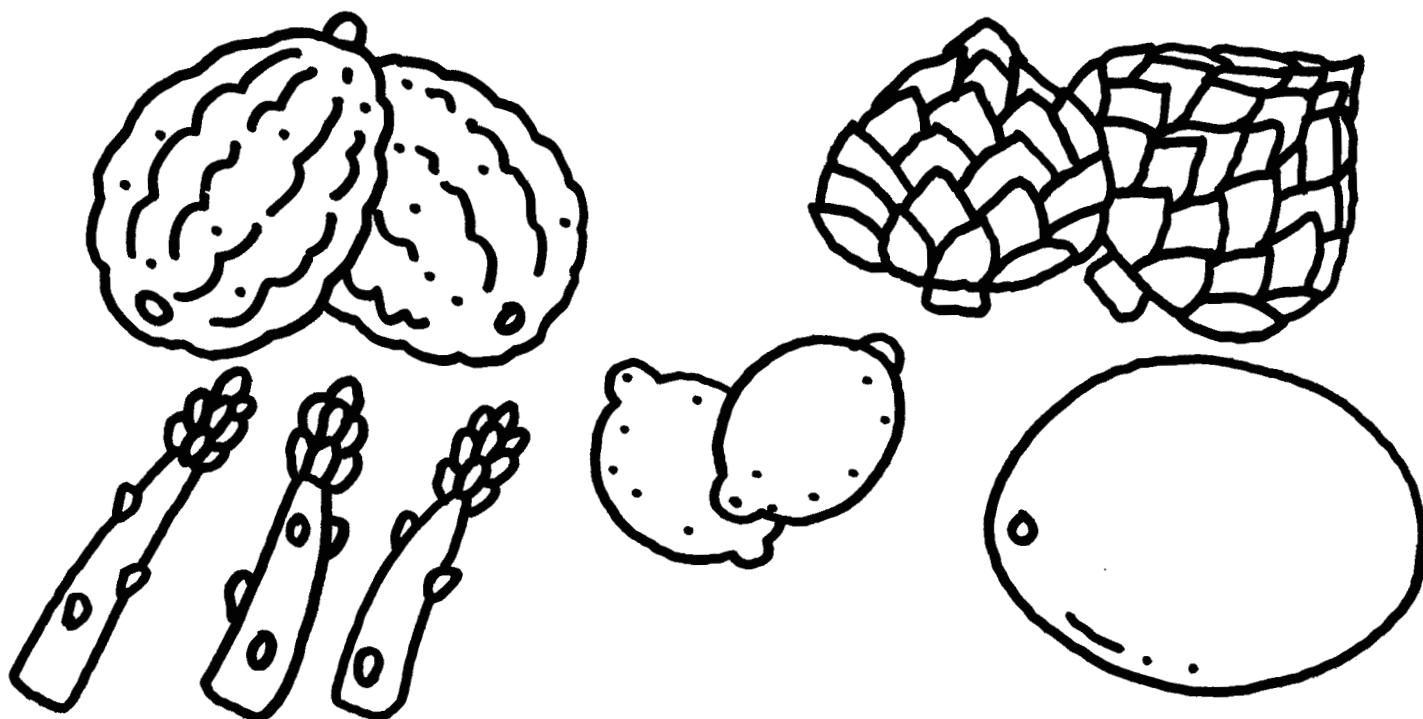
Yellow bananas, lemons, and pears,
star fruit slices, and pineapple squares.

4



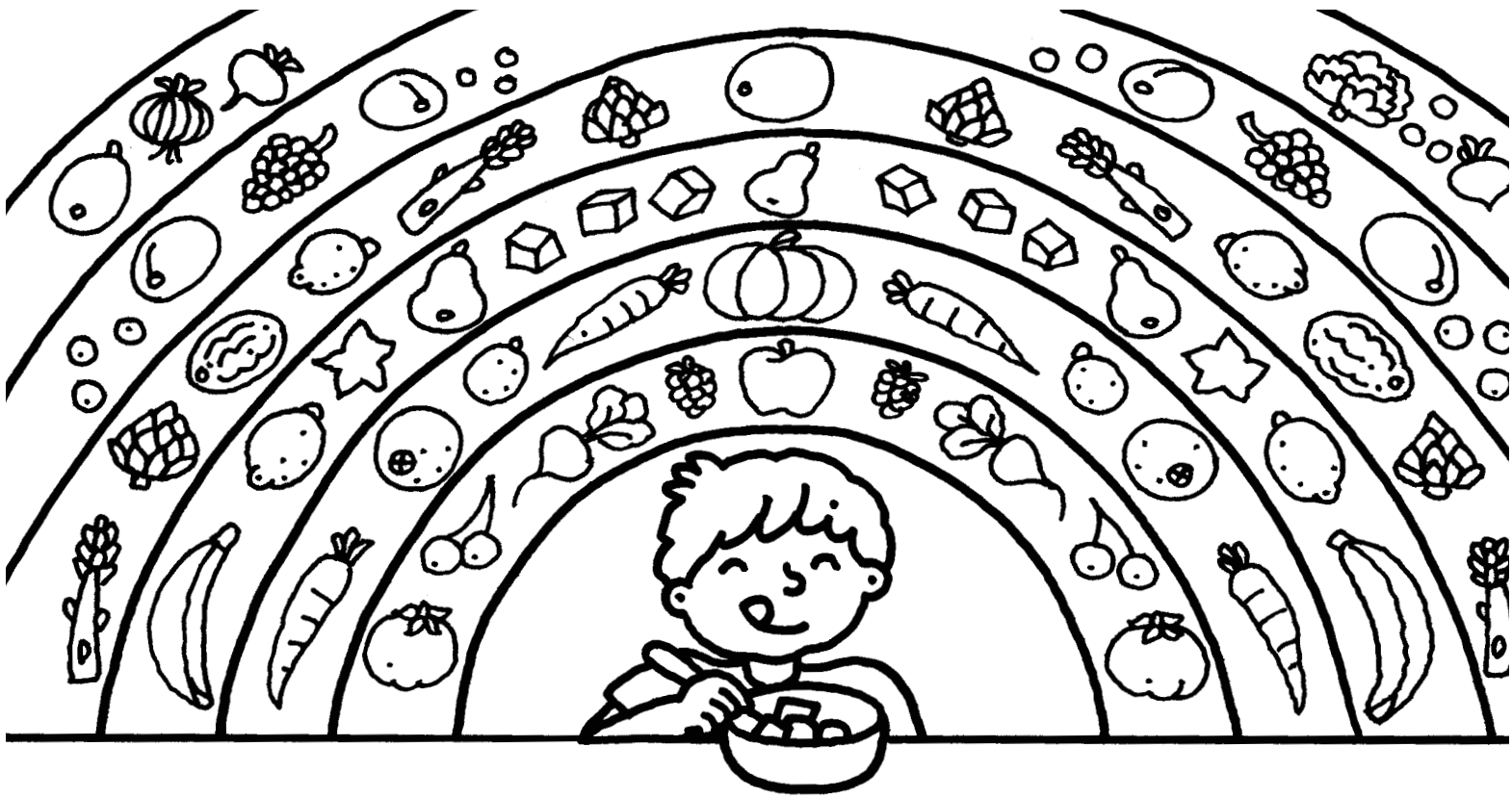
Purple eggplant, onions, and beets,
Purple cabbage, and grapes to eat.

7



Green avocados, artichokes, too,
asparagus, limes, and honeydew.

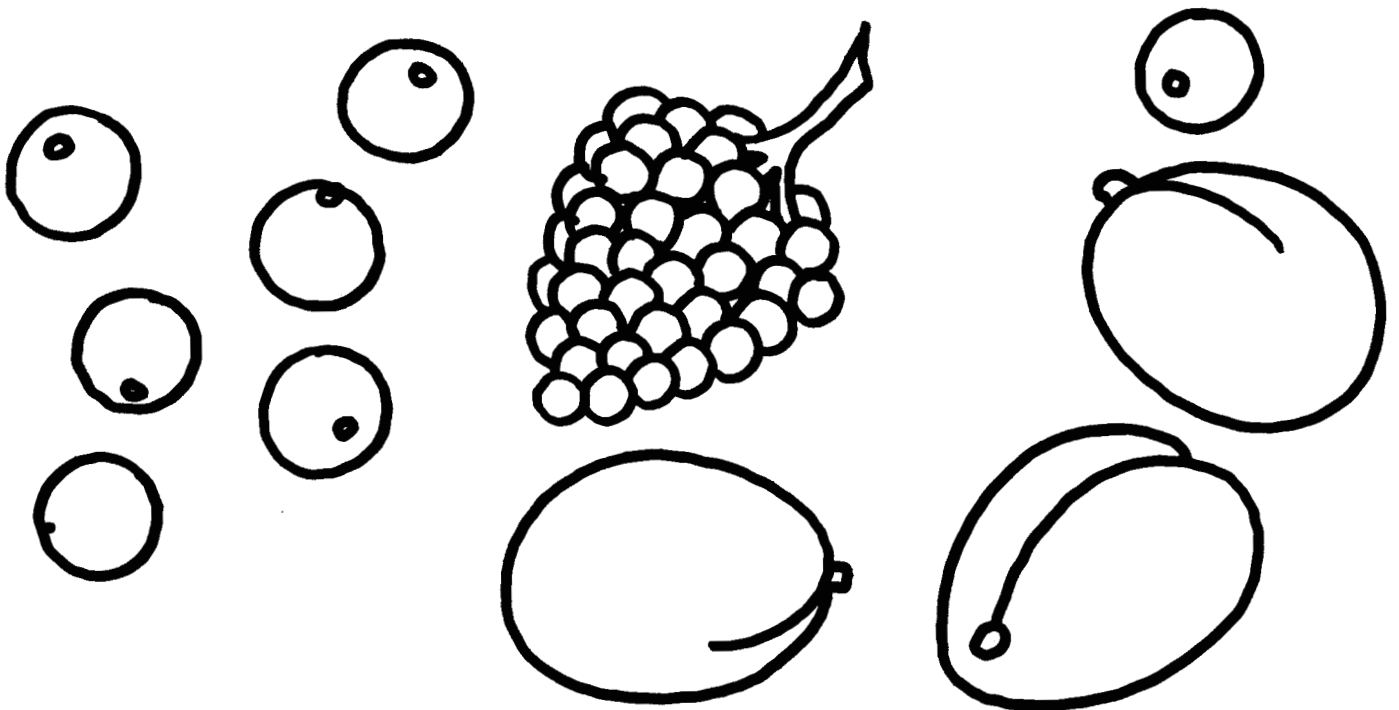
5



Now you are finished, and now you know.

8

You can eat the whole rainbow!



Blue blueberries, of course, are blue,
huckleberries, and sugar plums, too.

6