



Craft Activity

Theme: Vegetables

Intro: Vegetables are a very important part of our Diet, as they help to keep us healthy. Some Families grow vegetables at home, with most being grown on or under the ground.

Craft activity: Vegetable Printing

Children will need: Potatoes, carrots, cauliflower and *knife. Paper and paints.

*Knife for adults to cut shapes

Instructions:

Cut the vegetables into shapes, leave the Cauliflower in florets. You can cut the potatoes in half and cut shapes into the potato. Have different coloured paints in shallow dishes so the children can dip the vegetables in to the paints easily. The children can then stamp the vegetables on to the paper and see all the different shapes the vegetables make. Leave to dry.



Extension Idea: What is your favourite vegetable? How many can you name? Make a vegetable garden at home or Playgroup. Adults will need to assist if cutting a shape into the potato halves. Make some pumpkin and/or vegetable soup at Playgroup or home.

Fact: Most vegetables need warm weather to grow. Vegetables have lots of vitamins and minerals in them, which make them very good for us to eat.



Learning Outcome 3: Children have a strong sense of wellbeing.

Playgroup SA Vegetables - Group Time



Coordinator extension ideas and group time guide

Sensory activity: Vegetable taste test

You will need: A variety vegetables. **Please remember, hard vegetables can be a choking hazard. All hard vegetables MUST be cooked first. Also be aware of any allergies children may have.**

Instructions: Chop up some vegetables that the children can try, and see if they can identify them and what they can be used in.

Outside Activity: Plant some seedlings and watch them grow over time. Or if you already have a vegetable or herb garden growing, take the children outside and show them the growing stages of vegetables. Ask children to state which colour each vegetable is.

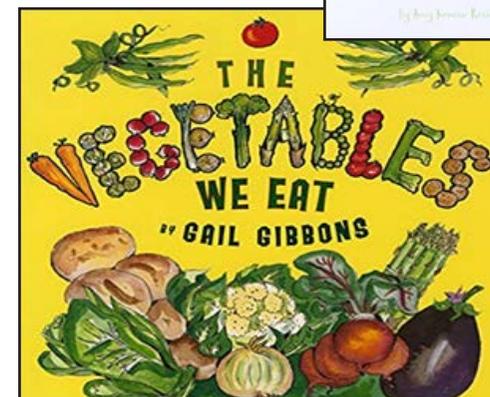
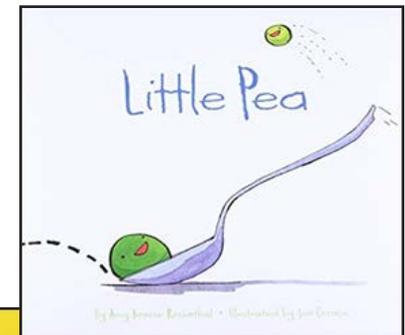
Group time ideas:

Name the vegetable. Have various vegetables to show the children and ask them if they know what they are.

Introduce them to some they might not be familiar with.

Group vegetables (real or from the home corner) into colours.

Can you make a rainbow?



Book Suggestions:

The Vegetables we eat by Gail Gibbons

Little Pea by Amy Krause Rosenthal & Jen Corace