

FOOD

Activity 1

Healthy Eating Exercise

Children will create their own chart for 1 week, examples below. They will chart how many fruits and vegetables they eat daily.

At the end of the week, the class can present their findings and discuss.

Five-a-Day Reward Chart

Color of Fruit / Vegetable					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

www.RewardCharts4Kids.com

fruit & veg loves your tummy!

Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

- 1: What fruit/vegetable was eaten the most?
- 2: What fruit/vegetable was eaten the least?
- 3: Who managed more than five a day?
- 4: Who struggled to eat 5 a day?
- 5: What was the most unusual fruit/vegetable eaten?
- 6: Who tried something new for the first time?
- 7: Which colour group was the most popular?
- 8: Which colour group was the least popular?
- 9: Who swapped a sweet sugary snack for some fruit/ vegetable?
- 10: Who is going to try and continue with healthy eating?

Materials required: Pen and paper colouring pencils, selection of fresh fruit and vegetables throughout the week.

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Activity 2

Fruit and Veg Bug Snacks



INGREDIENTS:

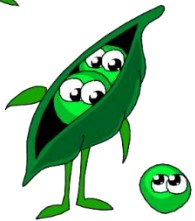
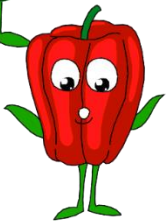
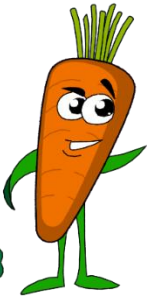
VEGETABLE BUGS

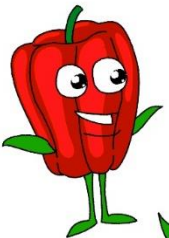
- 2-3 Celery stalks, cut into various lengths for different bugs
- 1-2 mini cucumbers, halved lengthwise with seeds scooped out, cut into various lengths
- ½ cup cream cheese
- 10 cucumber slices
- 1 cup cherry and/or grape tomatoes • 1 bunch chives, cut into 1" lengths
- 5-7 black olives
- 10 whole cashews

FRUIT BUGS

2-3 celery stalks, cut into various lengths for different bugs

- ½ cup peanut butter (or another nut/seed butter for peanut allergies)
- 1 cup red and/or green grapes
- 3-4 strawberries, sliced
- ½ cup blueberries
- 1 apple, sliced
- ¼ cups mini dairy-free chocolate chips
- ½ cup puffed wheat cereal





DIRECTIONS:

1. Begin by preparing the googly eyes for your fruit and vegetable bugs.
2. Vegetable bugs: Use a straw to cut out black olive pupils
3. Fruit bugs: Pair up your mini dairy-free chocolate chips.
4. Prepare fruit and vegetables.
5. Scoop seeds from mini cucumbers. Help your bugs stand upright by slicing a flat edge on the bottoms of mini cucumbers and celery sticks.
6. Vegetable bugs. Fill celery stalks and/or mini cucumbers with cream cheese, using a piping bag or spoon.
7. Fruit bugs: Fill celery stalks with peanut butter, using a piping bag or spoon. These will be the base of all the fruit and vegetable bugs you make.
8. Unleash your imagination!
9. Snails: Start with a fruit or vegetable round for the shell. Using a small blob of cream cheese or peanut butter stick googly eyes onto the tomato, cashew, or grape "heads". Insert chives or thin-sliced apples (with skins on) for antennae.
10. Caterpillars: Using a small blob of cream cheese or peanut butter stick googly eyes onto cherry tomato or grape "heads". Add chive or apple antennae. Make the body with a line of cherry tomatoes, grapes, blueberries, or puffed wheat cereal.
11. Dragonflies and butterflies: Stick googly eyes onto grape or tomato "heads". Or place puffed wheat cereal eyes into peanut butter. Add chive or apple antennae. Use sliced strawberries or halved cucumber slices for wings. Use puffed wheat cereal, blueberries, grapes, or cherry tomatoes for the body.

Materials required: Ingredients listed below, straw, knife, spoon, plates

Time required: Approx. 1 hour

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Activity 3

Fred's Home made soup recipe!

1. Cut your favourite vegetables into small, bite-sized pieces. Fred loves to use carrots, celery, leek, parsnips, tomatoes, peas and sweetcorn, but u can be as creative as you'd like and it is also great to use seasonal veggies!
2. Place a medium to large-size soup pot over medium-high heat, and add in a little of both olive oil and butter, as this will give the vegetable soup some added flavor and depth.
3. Cook on a low heat the hard vegetables such as carrots, celery, parsnip as well garlic or onion for a few minutes in the oil and butter, just until they begin to soften slightly. Add any seasonings such as herbs.
4. Add your stock or broth (either vegetable or chicken—your choice), and simmer for about 15-20 minutes with your lid on.
5. At the end, with the heat off, stir in any leafy veggies such as kale or spinach, along with any peas or corn and fresh herbs, as they will easily wilt and/or warm up in the hot liquid.

Materials required:

Vegetables, saucepan, stock, butter, herbs, seasoning

Time required:

30mins – 1hour

