



Activity: Touch, feel and try colours

What you need

- ★ Fresh fruits or vegetables (cutting board and small knife for adults)
- ★ Plate or tray to display food
- ★ Paper napkins

What to do

Arrange different uncut fruits and vegetables on a plate so you can talk about how they look on the inside and the outside.

Cut open the fruits and vegetables.

Talk about each fruit and vegetable.

Ask children:

Talk about how they are similar and different in color, texture, shape, seeds, peel and skin, strings, how they are grown, and the nutrients.

Encourage children to see, touch, smell or take a lick of the new food. Let them decide if they want to taste a piece.

Be a role model. Taste the fruits and vegetables together.

How does this food ...

- look? green, orange, purple, round, skinny, oval, tiny, huge
- feel? fuzzy, smooth, bumpy, prickly, soft, hard, hot, icy
- smell? sweet, sour
- sound? crunch, crackle, splash, pop, snap
- taste? sweet, salty, bitter, spicy, bland, sour



Key messages for children

- ★ 'Everyday' foods can be eaten everyday because they help you grow, play and learn
- ★ 'Everyday' foods are foods like fruit, cheese, vegetables and sandwiches
- ★ Eating 'everyday' foods help keep your teeth and body healthy
- ★ Healthy means you are not sick and that your body feels good. It means you can play, learn and grow

