

FRUIT AND VEGETABLE HEADS

RECOMMENDED AGES:
3 TO 5 YEARS

Equipment

- ✓ Pictures of vegetables or fruit

LET'S TALK ABOUT FOOD



Group Activity

- 1 Look at the pictures of the different fruit and vegetables and discuss their taste, texture, colour, size and shape.
- 2 Select three children to sit out the front.
- 3 Assign a vegetable or fruit to each of the three children and stick a picture of their fruit or vegetable above their head on the wall or a board.
- 4 Explain the game to the group and that the three children out the front need to ask the audience questions about the size, shape, colour, texture and taste of their picture in order to work out what vegetable or fruit they are.
- 5 The remainder of the children answers 'yes' or 'no' to the questions asked.

Questions

- Encourage the children to ask descriptive 'yes' or 'no' questions
- Am I long? Am I round?
- Am I big? Am I small?
- Am I red? Am I green?
- Am I sweet? Am I sour?
- Do you need to peel me?
- Am I crunchy?

Encourage parents/carers to help the children with their questions

Learning links

- Fine motor skills
- Healthy choices
- Communication skills

For children aged 2-3 years, provide the actual fruits or vegetables (or pictures) in front of them to help them remember characteristics for their questions.

For children aged birth to 2 years, make the picture cards into a book to promote familiarity with different fruits and vegetables.