



Kindergarten: What's in the Bag?

What you need to know

- Section 2.2 Teacher Backgrounder
- Section 2.3 What You Need to Know in the Classroom: Primary Grades
- Background nutrition information on vegetables and fruit:
 - *Colour It Up... Go for More Vegetables and Fruit: A-Z Vegetable Guide* available at www.colouritup.ca
 - Canadian Produce Marketing Association's website at http://www.cpma.ca/en_hear_vegetables.asp and http://www.cpma.ca/en_hear_fruits.asp

Resources required

- Vegetables and fruit seasonality guide (www.foodland.gov.on.ca/availability.htm)
- Colouring pictures of Foodland Ontario vegetables and fruit (www.foodland.gov.on.ca/colouring_pages/colouring_index.htm)
- Crayons
- Vegetables and Fruit Report Card template

Note: Use the seasonality guide to choose local vegetables and fruit that are in season. Inform students that the Foodland Ontario green and white symbol means that the vegetables and fruit were grown right here in Ontario.

Instructions

Option 1:

- Each week/month introduce a new vegetable or fruit hidden inside a paper bag. Have the students describe the feel and smell of the vegetable or fruit. Ask them to guess what is in the paper bag. Show the class what is in the bag.
- Demonstrate how the vegetable or fruit is prepared (eg, washing, peeling or cutting and presenting). Discuss with the children why the vegetable or fruit is important (eg, provides nutritional value, has great taste, helps to grow healthy bodies, provides energy to grow, learn and play). Discuss why it is important to wash and prepare vegetables and fruit safely.
- Let the children taste the vegetable or fruit and ask the following:
 - Have they ever eaten it before today?
 - Did they enjoy it?
 - How would they describe the taste, texture, colour (inside and out) and smell of the vegetable or fruit?
 - Would they eat it again?
 - Why is it good to eat the vegetable or fruit?
 - Would this make a healthy snack?
- Have each student draw a picture of the vegetable or fruit of the week/month on the *Paint Your Plate!* blank template sheet. Collect the drawings and collate in a binder or duo-tang to send home to parents at the end of the school term. Separate the drawings according to the seasons they are available. Use the appropriate colouring page from Foodland Ontario as the title page for each season.
- Along with the binder of colouring pictures, send parents the Vegetables and Fruit Report Card of the foods tried at school. Share with parents their child's reaction to the vegetable or fruit.

Option 2:

- Plan a field trip to a local grocery store and tour the produce section. Familiarize children with the different vegetables and fruit available, and educate them about the job of the produce department manager. Have them look at the different colours and forms, eg, apples, apple juice, applesauce and apple pie. Talk about how the plain vegetable or fruit is much healthier than one that has been processed (eg, with added sugar, fat or salt) and packaged.

Note: Refer to Section 2.6 *Vegetables and Fruit Busy Box* for hands-on activities with real vegetables and fruit.

Activity: *Paint Your Plate!*

Fruit of the Month _____

Vegetable of the Month _____

Name: _____

