

# Vegetables Extension Activities

*Parents, did you know that making crafts, cooking, and playing games with your kids helps them to develop many different skills that they need to be successful in school and beyond?*

## **Veggie Prints craft**

To make the craft you will need:

- Bits of potatoes
- Carrots, celery
- Peppers
- Beets (whatever you have!)
- Paper
- Small container
- Paint (optional)



- \* Dip veggie in water. Roll or print veggie onto construction paper (or cement/sidewalk or wood!) Use this same step with paint and paper/light fabric, if so desired.
- \* Talk with your child while doing the craft together. What is the name of the vegetable? What happens on the paper when you push harder, or move the veggie around?...
- \* If paint is used: Use the painted paper to make cards, gift wrap or laminated placemats!

## **Check out these great books about vegetables:**

- \* *How are you Peeling? Foods with Moods* by Saxton Freymann
- \* *Eating the Alphabet* by Lois Ehlert (Match the veggies you have at home with the pictures and words in the book! Or take it to the store and find the veggies while you shop!)
- \* *The Carrot Seed* by Ruth Krauss

## **Make a fun veggie snack:**

Throw out the idea of not playing with food! Vegetables can be such fun on a plate. Cut vegetables into different shapes. Let children arrange them to make a picture or a face. Not only does this allow them to explore their creativity, it also will help them to see vegetables as FUN.

**When it comes to eating veggies, parent/adult modelling is important! Rather than saying it is “yucky”, try saying “it is not my favorite”. Give your kids the chance to experience new tastes apart from what you enjoy! Have fun with your veggies!**

## **Visit a farmer’s market, or the grocery store!**

Talk about the vegetables you see. Does it grow on top of the ground or under the ground? Tell a story to your child about a special time eating a vegetable, growing a vegetable, visiting a farm...

**Send your pictures and comments to [info@llbcl.ca](mailto:info@llbcl.ca) We would love to hear from you!!!!**

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