

## Activity

# Build Me a Salad

Now that children have thought about healthy fruits and vegetables and learned about eating colors, they can create their own healthy salad.

### \* Try This!

Have a salad bar day and have each child bring in a different salad ingredient, and then bring their recipes to life! Encourage children to taste all the different fruits and vegetables.

#### Children will:

- < Practice counting and writing numbers
- < Explore different ways to combine healthy fruits and vegetables

#### Materials:

- < Copies of page 45 (one per child)
- < Crayons or paint

#### Activity

1. Have children sit in small groups at tables with crayons and paint. Let them know they will be creating their very own healthy salads.
2. Encourage children to use a crayon to circle each fruit or vegetable they would like to include in their healthy salad. It's okay to mix fruits and vegetables – grapes and apples are delicious with lettuce in a salad! Ask, "What green vegetable are you going to put in your salad? How about a red fruit? What tasty red fruit can you add?"
3. When children have circled the fruits and vegetables they want to include in their salads, ask them to count how many foods they have circled.
4. Go around to each child and help them write the number on their paper: 6 healthy foods! 7 healthy foods! and so on.
5. Now ask children to paint or color the fruits and vegetables on this page and ask them to think about the colors they need for each food.

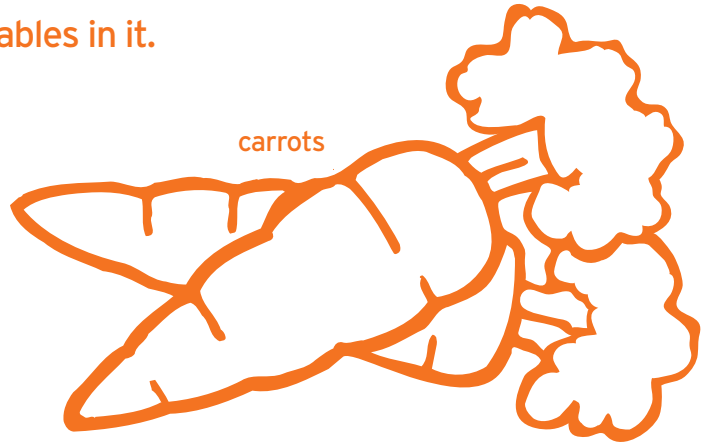


# \_\_\_\_\_ 's Healthy Salad

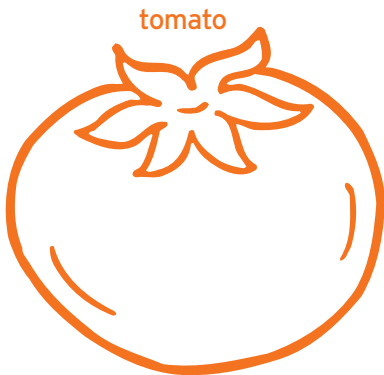
I put \_\_\_\_\_ different fruits and vegetables in it.



lettuce



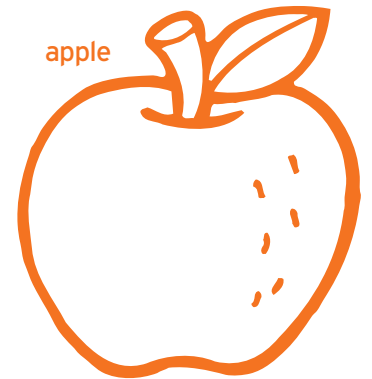
carrots



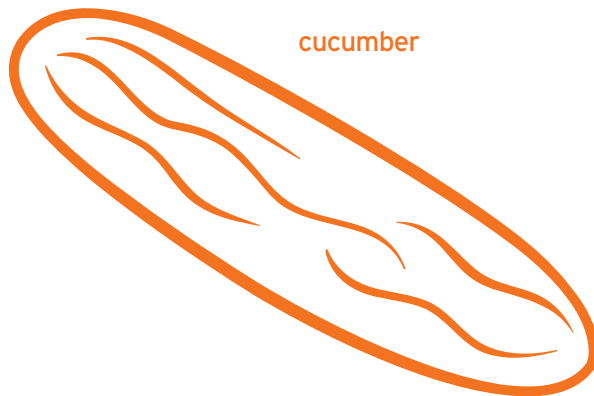
tomato



avocado



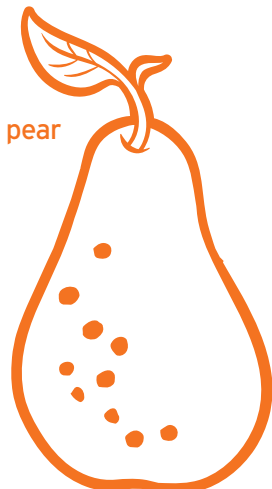
apple



cucumber



orange



pear



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