

# Chalks Full of Vegetable Stalks



Fruits and Vegetables are colorful and delicious!





## Chalks Full of Vegetable Stalks

**Objective:** To introduce children to new fruits and vegetables, and promote consumption by taste testing.

**Activity # 1 - Hopscotch...ages 2 - 4** 🍎 *Gross Motor/Movement; Cognitive (Thinking/Logic)*



**Materials needed:** 5 - Colored chalks  
5 - Color Way children's aprons\*  
5 - Seedie character bean bags or colored bean bags  
(blue/purple, green, white, yellow/orange, and red)  
Taster Table set up with a fruit or vegetable from each color group

Draw a hopscotch pattern and include drawings of fruits and vegetables in the squares using one from each of the five color groups. Children then throw the bean bags in the square trying to match their color bean bag to the fruit or vegetable of that color group. Children wearing the matching colored apron (\*for apron substitution, have children wear colored tags instead) then begin to hop through the hopscotch skipping the square with the bean bag in it. Then, they turn around and hop back, this time stopping and picking up the bean bag and placing it in their apron pocket. Children continue hopping through the squares and then go to the tasters' table to eat a sample of the fruit or vegetable of that color.

**Activity # 2 - Hopscotch...ages 4 - 7** 🍎 *Writing; Gross Motor/Movement*



Same as Activity #1 above, but have the children draw their own hopscotch pattern as well as the fruits and vegetables in the squares. Also have them hop on one foot, or do different variations of hopping.

**Home Idea** 🍎 *Sensory/Discovery; Fine Motor/Eye-Hand*

Together as a family make the following snack while doing the *Action Verse*. Eat the treat. Enjoy!



### Celery Stalk Logs

Celery stalk; Peanut butter or low-fat cream cheese; Raisins. **Directions:** Wash hands before preparing and eating any food. Take a stalk of celery. Rinse and dry thoroughly. Spread small amount of peanut butter or low-fat cream cheese in center. Place raisins on top of celery log. **NOTE:** May be a choking hazard for children ages 3 and under.



**Action Verse** 🍎 *Language/Dramatics*

While enjoying the Celery Stalk Logs, chant the following verse:

Stand up straight, reach up high; Like the stalks reach for the sky.  
Bend right down and touch your toes; Straighten up and rub your nose.  
Ha ha ha , see, see, see; Oh how healthy we shall be!  
Ha ha ha , see, see, see; Watch me eat my celery!



**Safety Tips** 🍎 *Health & Safety*

Remember to teach children:

- 1 - Never throw or kick a bean bag at other children when they are not ready.
- 2 - Never put a bean bag near or inside their mouth.
- 3 - Never put chalk inside their mouth.

