

Materials	Paper and pencil, access to the internet
Learning Outcome	Identify preferences in vegetables and fruits, list new vegetables and fruits to try, and examine different vitamins and minerals in vegetables and fruits.

## Description

Ask the child what they know about vitamins and minerals in vegetables and fruits. Discuss what they know and then invite them to watch the *Kids Learning Tube* video titled [Eat Your Rainbow Song](#).

Ask the child what they learned from watching the video and which names of vitamins and minerals they had not heard of before. Provide the child with a piece of paper and pencil and divide the paper into quadrants. Label the quadrants as follows:

<b>Vegetables I eat</b>	<b>Fruits I eat</b>
<b>Vegetables I would like to eat</b>	<b>Fruits I would like to eat</b>

Ask the child to write down the vegetables and fruits they like to eat in the appropriate quadrant followed by writing down vegetables and fruits they have not tried but would like to try in the appropriate quadrant.

Visit the [Fruit Nutrition Database](#) and [Vegetable Nutrition Database](#) and support the child with finding the vegetables and fruits they wrote down from the list on the web page. You can find the vitamins and minerals for each vegetable and fruit in the Nutrition Benefits section on the web page.

Write the vitamins and nutrients down for each vegetable and fruit listed on the paper. Talk about what each vitamin and mineral does for your brain and body and do some research together if you need more details.

## Healthy Eating Competencies



### THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



### FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



## Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the child the reflection questions below and discuss the answers together.

- *Based on the information from the database, does your body get plenty of vitamins and minerals from vegetables and fruits?*
- *What snacks or meals could you make to try the vegetables and fruits you indicated that you would like to eat?*