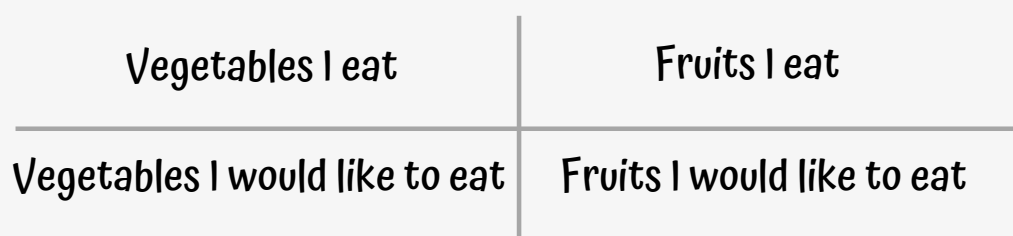


Materials	Paper and pencil, access to the internet
Learning Outcome	Identify preferences in vegetables and fruits and list new vegetables and fruits to try.

Description

Provide the child with a piece of paper and pencil and divide the paper into quadrants. Label the quadrants as follows:



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 [Veggies from A-Z](#) and [Fruit from A-Z](#) and review the list of vegetables and fruits. The child can use vegetables and fruits from the lists to support them with completing the quadrants.

After the child has completed all four quadrants, discuss each one. Ask the child the following questions about the vegetables and fruits they would like to eat:

- Would like to eat them alone or in a meal?
- How they could be combined with other foods you already eat to make a snack or a meal?

Support the child with researching answers to these questions if needed.

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.

- *In the list that you viewed, what vegetables or fruits did you see that you had not heard of before?*
- *How have your preferences changed since you were younger? How do you think they might change as you get older?*