

Hide and Seek Vegetables Activity

1. Print out the “Vegetable Cards Template” (5 pages) and cut in half to separate the vegetables.
2. Hide the cards around the room.
3. Allow the students to walk around the room to look for the cards. When they find one, have them bring it back to the circle and sit and wait.
4. Go around the circle and ask what they found by allowing each student to show their card and name the vegetable.
5. Students can then be brought to tables and instructed to make vegetables out of play dough.

Discussion:

Vegetables in Many Ways

- Name a vegetable that you can eat raw? Carrots, celery, broccoli, cauliflower
- Name a vegetable that you can eat cooked? Corn, peas, broccoli, carrots
- Vegetables can also be mashed like mashed potatoes or carrots.
- When we visit the grocery store, where might we see vegetables? (in cans, produce section fresh and whole form, frozen aisle cut up, etc.)

Visit <https://squaremeals.org/Programs/Child-and-Adult-Care-Food-Program/Meal-Patterns> for more resources!



Vegetable Cards Template









