

## Objective

By the end of this lesson, you will be able to identify different vegetables and understand their importance in a healthy diet.

## Materials and Prep

- Various vegetables (carrot, cucumber, tomato, broccoli, etc.)
- A cutting board and a child-safe knife (with adult supervision)
- A plate or tray
- A notebook and crayons
- Prior knowledge of basic colors

## Activities

### 1. Vegetable Tasting:

Have a selection of different vegetables ready. Encourage your child to touch, smell, and taste each vegetable. Talk about the different colors, shapes, and textures they notice.

### 2. Vegetable Printing:

Take a few vegetables and cut them in half (e.g., carrot, bell pepper). Dip the cut side in paint and press it onto paper to create fun vegetable prints. Encourage your child to experiment with different colors and patterns.

### 3. Vegetable Sorting:

Prepare a tray with a variety of vegetables. Help your child sort them into different groups based on color, shape, or size. Discuss the similarities and differences they observe.

### 4. Vegetable Drawing:

Give your child a notebook and crayons. Ask them to draw their favorite vegetable and decorate it with their favorite colors. Encourage creativity and imagination.

## Talking Points

- "Vegetables are plants that we can eat. They come in different colors, shapes, and sizes."
- "Eating vegetables helps us stay healthy and strong. They give us vitamins and minerals."
- "Some vegetables are crunchy, like carrots. Others are soft, like tomatoes."
- "Vegetables can be red, green, yellow, or even purple. What is your favorite color?"
- "When we eat a variety of vegetables, it makes our meals colorful and delicious."