

HEALTHY EATING VEGETABLE DICE GAME IDEAS

Suitable for children aged 3 – 6 years

2 or more players

The following cards can be used in different combinations and added to one or two large foam dice (with pocket inserts) to encourage nutrition learning in preschool aged children. Below are some suggested activities or you can create your own.

MATERIALS IN KIT:

- 2 foam dice
- 6 number cards
- 6 colour cards – red, orange, yellow, green, purple, brown/ white
- 12 'whole vegetable' cards
- 12 'cut vegetable' cards

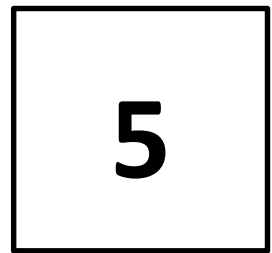
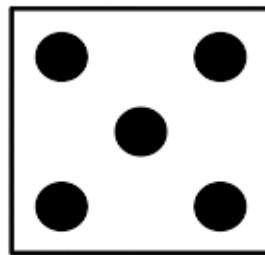
SUGGESTED ADDITIONAL RESOURCES

- Eat a rainbow poster available for download at www.sahealth.sa.gov.au
Search 'eat a rainbow' resources and scroll down to Eat a Rainbow: How many colours can you eat today (poster)
- Pictures showing how different vegetables grow

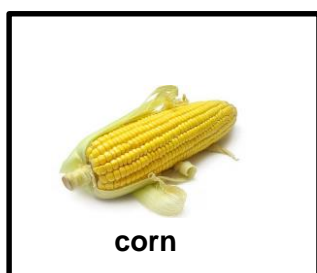
Example colour card



Example number cards



Example 'whole vegetable' card



Example 'cut vegetable' card



ACTIVITY IDEAS or CREATE YOUR OWN

ACTIVITY 1

- Place six *number* cards in pockets of a foam dice.
- Place six *colour* cards in pockets of second foam dice.
- Choose one or two children to roll each of the dice
- Select a child/ group of children to name the number of vegetables in the colour shown on the dice e.g. name 6 vegetables that are yellow. N.B If the children cannot come up with 6 vegetables, get them to name some fruit of the same colour
- Use the 'Eat a Rainbow' poster to prompt the children
 - Ask the children why it's good to eat vegetables e.g. vegetables are yummy, they make you grow big and strong, they help keep you healthy.
 - Discuss the importance of eating all the colours of the rainbow i.e. different colours help our bodies in different ways.
 - Ask the children to try and come up with fun names for the different veggies like Tommy tomato or clever corn.

ACTIVITY 2

- Divide 12 whole vegetable cards between 2 dice and place in pockets
- Nominate a child to roll one dice and then ask the child/ children to name the vegetable
- Ask the children to jump up if they think the vegetable grows above ground and to squat down if they think the vegetable grows underground (use pictures or vegetable display book to prompt/ explain how they grow)
- Use other actions for children to answer questions to e.g. what shape is the vegetable? Can you make the shape with your body?
- Discuss other properties of the vegetable e.g. how is it cooked/ eaten, have you tried it?

ACTIVITY 3

- Place 6 whole vegetable cards in one dice
- Place 6 corresponding cut vegetable cards in second dice
- Choose a child to roll one whole vegetable dice and then to find the image on the second dice of the matching 'cut up' vegetable
- Discuss whether the vegetable is eaten raw or cooked or get them to perform an action if their answer is 'raw' and a different action if their answer is 'cooked'. Discuss that some vegetables can be eaten both raw and cooked.
- Discuss how the children like to eat it e.g. pumpkin soup, mashed potato, salad
- Discuss other properties of the vegetables e.g. How it grows – on a vine, under the ground etc. Use pictures or vegetable display book to show how vegetables grow.

ADDITIONAL ACTIVITIES AND RESOURCES TO COMPLEMENT DICE GAME

- Cut up some different vegetables for the children to taste
- Make up an 'Eat a Rainbow' display with children's drawings of vegetables
- Include a story or song about vegetables/ healthy eating e.g. The Magic Lunchbox, Munch & Move – songs to sing and groove to CD
- Prepare vegetable soup or another vegetable recipe with the children
- For more ideas, see 'healthy eating learning experiences' at <https://www.healthykids.nsw.gov.au/campaigns-programs/munch-move-resources.aspx>
- Visit the following website www.sahealth.sa.gov.au and search 'eat a rainbow' for a selection of resources including posters, flash cards and activity ideas or type in the following link <http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+eating/healthy+eating+at+different+ages+and+stages+of+your+life/healthy+eating+for+kids+and+teens/eat+a+rainbow+resources>