

Veggie Building Activity

This activity is a fun, hands-on way for children to discover the joy of healthy eating, all while exploring their creativity and sensory skills. Plus, it's a wonderful way to teach them that healthy snacks can be fun and delicious.

What you need:

- A variety of vegetables you have on hand/planned to use for meals and/or leftovers (for example, carrots, cucumbers, bell peppers, cherry tomatoes, broccoli, celery, zucchini, etc.)
- Feel free to add in fruits like apples and/or grapes as well as cheese cut into cubes for a balanced snack/meal idea.
- Toothpicks
- A plate or tray for serving the veggies
- A small bowl of dip (optional, for extra fun!)
- A cutting board and safe knife (for adult use only.)



What to do:

1. Prepare the veggies by washing thoroughly, then cutting into different shapes and sizes for building (for example: carrot sticks, cucumber rounds, bell pepper chunks, celery sticks, broccoli florets). Be sure to leave some pieces small enough for little hands to easily handle.
2. Lay out a clean, flat surface where little ones can comfortably build (large table and/or a tray). Arrange the veggies on a plate or tray with the toothpicks.
3. Start building by showing little ones how to use the toothpicks to skewer the veggies together and/or create structures such as towers, bridges or even shapes!
4. Encourage them to explore different combinations of textures (crunchy carrots, smooth cucumbers, fibrous celery, etc.) and colours (green broccoli, orange carrots, red tomatoes) as they build.
5. As they build, take the opportunity to talk about the importance of healthy snacks and how each veggie helps fuel our bodies.
6. You can also add a small bowl of dip (like hummus or yogurt) to dip the veggie structures into for an extra sensory experience.
7. After they have created their veggie masterpieces, little ones can taste their creations! Talk about the flavours and ask which veggies they like the most and why.

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