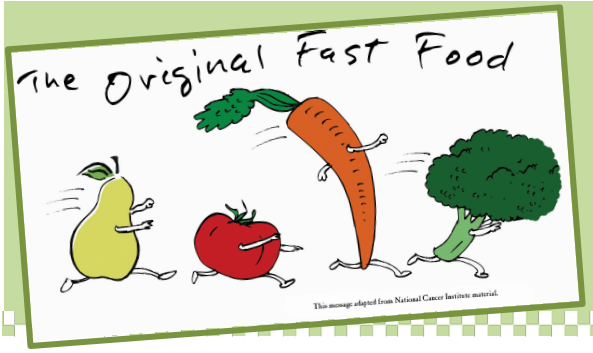

What Incredible Choices

Montana WIC Program
1-800-433-4298

Activity 4

BORN LEARNING:

Teachable fruit and vegetable moments with children

In this individual or small group activity, WIC participants will explore how they can use fruits and vegetables to help children learn new skills and information about food.

WHAT YOU NEED

- **Handouts 3-A + 10-A**: ***Easy Ways to Enjoy Cooking with Kids*** and ***Teachable Moments with Fruits and Vegetables*** for each participant
- **Handouts and recipes** with learning activities for kids, depending on season and produce you want to use. Ex:

  Handout 1-D: ***Apple Fun with Your Kids***

  Handout 3-D: ***Sing about Bananas and Apples***

  Handout 4-D: ***Put on a Pea Tasting Party***

  Handout 11-D: ***Singing about Fruits and Vegetables***

WHAT TO DO

- **Pick an activity** (1-D, 3-D, 4-D, or an activity of your choice). **Obtain all the ingredients and utensils necessary**, plus a way for everyone to wash or sanitize their hands.
- **Start with introductions**. Ask everyone to introduce themselves by first name. As an icebreaker, invite participant(s) to share a favorite food activity they have done with their child(ren).
- **Distribute materials**. Make sure everyone has a copy of the two handouts and any other materials that you are using.
- **Explain the activity**. *Preschool children love to learn and talk about new things. As your child's first teacher, you can use fruits and vegetables to help her learn new skills and information about the world around her. Today we are going to do a fun activity for young kids.*
- **Sing the song, explore the food, and/or make the snack**. Do the activity with the participant(s). Use positive reinforcement to gently encourage everyone to get involved and be especially careful to engage any child(ren) in the group.
- **Enjoy the food**. Encourage everyone to try the fresh fruit or vegetable that is part of the teachable moment. Model ways to make the introduction of a new food fun, educational, and tasty.
- **Reinforce importance of teachable moments**. Ask everyone to share something: another food activity they've done with kids; something they learned today; or an activity they plan to do.
- **Thank everyone for coming**. Ask for questions or comments about the ***WIC Fruit and Vegetable Benefit*** before they leave.

Brought to you by the Montana WIC Program
The WIC program is an equal opportunity provider and employer.

MONTANA
Department of Public Health & Human Services