



I Can Eat Five A Day!

Nutritionists agree that both children and adults should eat three vegetables and two fruits each day. Introduce these activities that tap music, movement, and memory to make learning the five-a-day rule child's play!

Five-A-Day Fingerplay

Lead children in this five-a-day rhyme to the tune of "Three Blind Mice." For added fun, use the playing pieces on this page to make finger puppets for children to wear. Attach the pieces to children's fingers with masking tape. (For broccoli, okra, squash, banana, and berry puppets, use the pieces as templates and substitute pictures from magazines or gardening catalogues.)

Carrots, corn, peas,

[Wiggle or point to the first three fingers on one hand]

Apples, pears, please.

[Wiggle or point to the last two fingers on same hand]

Broccoli, okra, and squash,

[Repeat; wiggle three fingers again]

Bananas and berries, by gosh!

[Wiggle last two fingers again]

Three veggies a day, just take your pick,

[Hold up three fingers, then point to three imaginary vegetables]

Two servings of fruit, yes that's the trick,

[Hold up two fingers, then clap or wipe hands in satisfaction]

To be healthy and strong and not get sick

[Hold both arms up to show muscles]

We all need five a day!

[Hold out one hand with fingers spread]

Three vegetables, two fruits a day!

[With hand out and fingers spread, count three fingers, then two]

[Spoken] Count them: One, two, three, four, five!

[Count all five fingers]

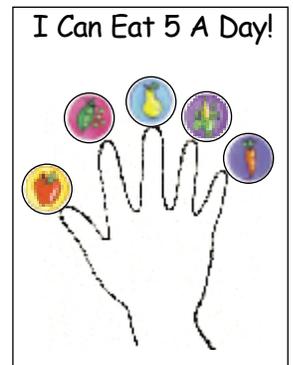
HURRAH!

[Arms up to cheer]

Give a Hand for Five A Day

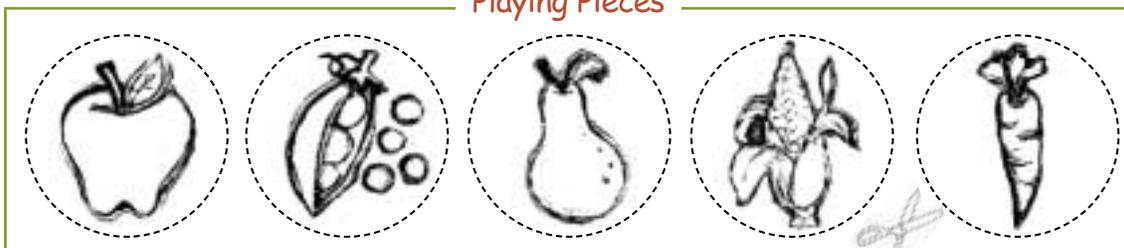
Here's a game to reinforce the five-a-day rule:

- Trace each child's hand on a sheet of paper. Draw a circle the size of the playing pieces on this page above each finger. (You may prefer to use one child's hand as the model and prepare the game page as shown here, then make a copy for each child.) Copy the fruit and vegetable pieces below so there is a set of five for each child.



- Have children play in groups of four. Scatter the playing pieces so they are picture-side down. Children take turns drawing a piece. If it's one they don't have, they keep it. If it's one they already have, they turn it over and wait for their next turn. The object is for each child to collect the three different vegetables and two different fruits.
- Have children paste the fruit and vegetable circles on their papers and use crayons to color the page. Show children how to "give a hand" to (applaud) themselves for eating three vegetables and two fruits a day. Send the pages home for sharing the five-a-day message with families.

Playing Pieces



cut pieces along dotted lines