

Nutrition Theme

Math



Veggie/Fruit Toss

Vocabulary: numerals 1 through 7, set, total, top, add, one more, zero, alike, put together, belong, sort, more than, less, fewer

Materials

- 2 hula hoops or big circles
- 1 large basket or large plastic container
- Labels with picture (see right)
- 3 plastic pieces of vegetables
- 4 plastic pieces of fruit
- 7 pieces of paper without lines (at the top of each piece of paper put one number (0, 1, 2, 3, 4, 5, 6, 7 and corresponding dots that represent the number). Leave room for children to write their names under the number. You will need to replace the numbered pages as names fill up.



Fruits



Vegetables

Preparation: Place the vegetable label over one of the hula-hoops and the fruit label over the other hula-hoop.

Procedure

- Model how to play.
- Put all the veggies and fruit in the basket.
- Explain, “Today we are going to play a sorting game. Look in the basket and select one item.” Take one piece out. “Now, look at the hula hoops. Is this a fruit or vegetable?” Children chime in, “It’s an apple.”
- Teacher asks, “Is an apple a fruit or a vegetable?” Children respond, “a fruit!”
- Teacher tosses the apple into the fruit hoop.
- After children have tossed all the fruits and vegetables. Count the number of each one.
- Label each hoop with the total number of items.

Extension: Read The Vegetable Show by Laurene Krasny Brown Publishers Little, Brown and Co., 1995.

Supplemental Activities