

WE LIKE EATING FRUITS AND VEGETABLES

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Abstract:

Many children didn't want to consume fruits or vegetables, nor drink tea or water, they only drank juice. We started talking about healthy diets and the meaning of healthy food for our bodies. But no matter the discussion, many kids didn't even want to try the offered diverse fruits and vegetables. Because of this I started actively integrating children into preparation of fruits and vegetables with using all our senses; looked where fruit and vegetables grow, played a game, identify the taste, made fruit skewers, made and drank different juices prepared from fresh fruits and vegetables.

Children loved participating in the activities, they discovered and got to know the fruits and vegetables with their senses and got some knowledge on all educational fields. They even got to know themselves, their own abilities, took care of hygiene and safety when they used a knife. Different methods helped make the children start to try and eat fruits and vegetables.

Keywords: child, active participation, healthy food, fruit, vegetables