



Here are some fun activities that encourage Little Lambs to play and explore while learning about healthy food. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



## MEETING LENGTH

### 60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about healthy food.

## STAR COMPLETED

HEALTHY  
FOODS



## Lamb Tales

10

MINUTES

### HEALTHY FOOD

Begin by asking the children to name their favorite food. Then read the book you selected. You might want to have samples of some of the fruits and vegetables from the story to show the children.

### MATERIALS NEEDED

- *Let's Eat: What Children Eat Around the World* by Beatrice Hollyer (Henry Holt, 2004) or a book of your choice





The following activities fulfill the requirement for My Self III, which is to complete the Healthy Foods star.

## Taste, Smell, and Touch

10  
MINUTES

### 1 ACTIVITY

#### WHAT YOU DO

Ahead of time: The children will be tasting and touching a variety of foods, so find out if any of the children have food allergies. Then fill bowls with the foods that have the following tastes: salty (pretzels or salted popcorn), sweet (honey, molasses), sour (lemon, lime), bitter (broccoli, celery). Next, fill additional bowls with foods with the following scents: vanilla, vinegar, orange, cinnamon, and ginger. Finally, fill bowls with foods with a variety of textures: spaghetti, jello, dry oatmeal, and peeled grapes. On separate sheets of paper write “taste” and draw a mouth, write “smell” and draw a nose, and write “touch” and draw a hand. (If you can’t draw, use pictures from magazines.)

Explain to the children what their senses are and that their senses help them to like and sometimes not like food. Then let them explore their senses by tasting, smelling, and touching the containers of foods you previously prepared. Ask an adult to assist the children at each of the sense centers so the children will know what to do. The adults can also talk to the children about the different tastes, smells, and textures.

#### MATERIALS NEEDED

- Bowls
- Pretzels or salted popcorn
- Honey or molasses
- Lemons or lime wedges
- Broccoli spears or celery sticks
- Vanilla
- Vinegar
- Orange wedges
- Cinnamon
- Ginger root slices
- Cooked spaghetti
- Jello
- Dry oatmeal
- Peeled grapes
- Paper
- Marker



## ACTIVITY

# 2

# Fruit and Veggie Stamp Placemats

10  
MINUTES

## MATERIALS NEEDED

- Fruit
- Vegetables
- Shallow container
- Tempera paint
- Newspaper
- Smocks
- Sheets of construction paper, 9 × 12 in (23 × 30.5 cm)
- Markers
- Self-adhesive laminating sheets

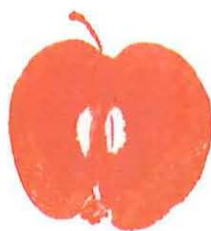
## WHAT YOU DO

Ahead of time: Make stamps by cutting fruit and vegetables in halves, quarters, or shapes. Apples cut in half have a star design in the middle and green peppers make a fun shamrock shape. Fill shallow containers with tempera paint. Cover the work area with newspaper.

Share with the children that they are going to make their own placemats (make sure they know what they are) that will help them remember to eat fruit and vegetables. Show the children how to dip a veggie or fruit stamp into the paint and then press it onto a sheet of construction paper. Repeat until the paper is covered with stamps. Write the child's name on the paper. Once the paint is dry, you can cover the front and back of the placemat with self-adhesive laminating sheets.

## TIP

If some of the children finish quickly, let them make more than one placemat.



# Fun and Games with Food

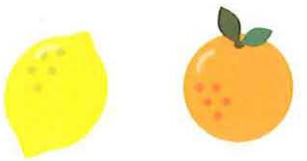
15  
MINUTES

## WHAT YOU DO

Ahead of time: Draw a starting line with chalk or masking tape. Then place a chair four to six feet from the starting line. You'll need a chair for each team of children.

Divide the children into teams of three or four. Then have the children try to get different foods to the chair and back using different methods. (Try not to turn this into a race with winners and losers. Instead, encourage the children to cheer and encourage each other.) Have the children try the following as they go to the chair and back:

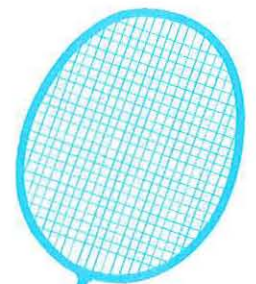
- Place an orange on the starting line. Then have the children push the orange with their nose.
- Carry a hard boiled egg with a large serving spoon without dropping the egg. (Have extra for when some break!)
- Balance any small, round fruit or veggie on the face of a tennis or badminton racket.



## 3 ACTIVITY

### MATERIALS NEEDED

- Chalk or masking tape
- Chairs
- Oranges
- Hard boiled eggs
- Large serving spoons
- Small round fruits or vegetables
- Tennis or badminton rackets, kid-size





## ACTIVITY

# 4

# Fruit Kebabs

10  
MINUTES

## WHAT YOU DO

Ahead of time: Cut a variety of fruits into bite-size pieces and place each type of fruit into separate containers. Use lots of bright colors and great scents.

Show the children how to put fruit onto wooden skewers, coffee stirrers, or swizzle sticks to make colorful kebabs. As the children make their own kebabs, talk to them about healthy eating, taste, touch, and scents. Let them eat each kebab as soon as it is made. Repeat several times.

## MATERIALS NEEDED

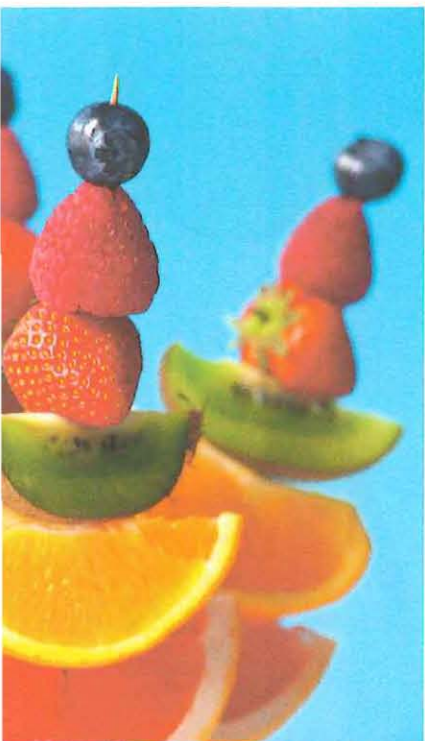
- A variety of fruit
- Containers
- Wooden skewers, coffee stirrers, or swizzle sticks



# Good-baa Little Lambs

5  
MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: What is a healthy food to eat? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.



**Star:** Healthy Foods



**Requirement:** My Self III