



LOVE YOUR VEGGIES & SING-A-LONG

Sing with CMOM educators about delicious and nutritious foods!

IDEAL AGE: 2+

LEARN TOGETHER

Singing about nutritious snacks can be a fun, easy way to encourage children to try healthy new foods. Nutrient-dense foods like vegetables give your child energy and essential vitamins for healthy growth.

MATERIALS

- Computer/iPad screen
- Construction paper
- Scissors
- Markers or crayons
- Glue or tape
- Popsicle sticks

MAKE TOGETHER

- 1 Create a popsicle stick veggie puppet to join you as you sing along!
 - Think about what your favorite vegetables or fruits are and pick one or two you would like to make.
 - Cut construction paper into the shape of your veggies. What shape are peas? What about carrots or broccoli?
 - Use markers or crayons to decorate your veggies.
 - Glue or tape your veggie onto a popsicle stick.
- 2 Now you're ready to dance along with your veggies!
- 3 Clear out some space to move and groove with [The Vegetable Song](#)! Then pretend to pick strawberries as you sing [Picked a Strawberry](#). Sing and dance with CMOM about some delicious and nutritious foods.
- 4 After the sing-a-long, take a look around your kitchen. What fruits and veggies do you have? What shape and color are they? Do you think they grew on trees or in the ground? Do you have a favorite?
- 5 Make a plan for which fruits and veggies you want to eat this week.



For more fun activities, please go to
cmom.org/resources

