

Learning about vegetables-

Healthy eating

Vegetables come in all shapes, sizes, textures, smells, tastes and colours - which presents a whole range of exciting learning opportunities for children at your setting.



The learning aims of the following activity ideas include:
Knowledge and understanding

- Communication and language
- Physical development
- Personal, social and emotional development
- Mathematics
- Literacy.

Plan a visit to your local market or allotment

- Take the children to your local market to look at the range of vegetables on offer
- Buy a selection of vegetables to take back to the setting for further exploration and tasting
- Alternatively ask parents if they have an allotment or contact your local allotment society to arrange a visit to your nearest allotments

- Talk to the children about their favourite vegetables.

Vegetable station

- Create a vegetable station (on a table top or tuff tray) and fill the space with a range of vegetables for children to explore
- Add chopping boards and knives so the children can cut up the vegetables and explore them fully
- Look at how vegetables look when they are chopped, grated or mashed.

Vegetable book

- Take photographs of your vegetables and stick the photos on to card to create your own vegetable book
- Use the book to promote discussion about the different vegetables children taste at meals and snack times.

Grow your own vegetables

You do not need a lot of garden space to grow vegetables!

- Vegetables that can be grown successfully in pots and containers include; carrots, potatoes, spring onions, radishes, onions and runner beans
- There is lots of free support for how to grow your own vegetables online, check out the [Royal Horticultural website for more advice](#)
- You can start off by making a plan of what vegetables the children would like to grow, where they can be grown and what is needed to look after them.

Cook vegetable soup

- Finish your week by cooking a tasty vegetable soup
- Encourage the children to choose their favourite vegetables to go in to the soup
- Share your recipe with parents so they can try the soup at home
- For easy soup recipes see the [BBC good food website.](#)

Working with babies

Create a vegetable treasure basket so babies can explore the different vegetables through their senses.