

Grow It, Try It, Like It!

Preschool Fun With Fruits and Vegetables



Hello Families,

The Iowa Department of Education Team Nutrition Program has selected 30 child care centers that serve 3-5 year old children to be part of the Healthy Habits Start Early Project. The project will be evaluated by the University of Iowa to measure the impact the project has on improving childcare environments. The project will build and sustain a healthy child care environment that encourages nutritious food choices and healthy lifestyles.

Each month you will receive a newsletter discussing nutrition themed education activities to promote learning at home.

Grow It, Try It, Like It!

Grow It, Try It, Like It! Is a garden themed nutrition education curriculum that introduces children to three fruits (peaches, strawberries and cantaloupe,) and three vegetables (spinach, sweet potatoes, and crookneck squash). Children touch, smell, and taste these new fruits and vegetables. They also learn that fruits and vegetables are grown from plants or trees in the ground and participate in some planting activities as well. As early childhood presents a unique opportunity to influence food acceptance and food preference over the lifespan, introducing a variety of fruits and vegetables in positive, engaging activities increases the likelihood that young children will taste and eat a wider variety of these health-promoting foods.

With this project, the children will experience hands on activities every month with each featured fruit or vegetable. A variety of art, craft, song, video, and new food tasting experiences will be sprinkled

Featured Themes:

- Crookneck Squash
- Spinach Lane
- Sweet Potato Hill
- Cantaloupe Corner
- Peach Tree Orchard
- The Strawberry Patch

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