

Junior Fun Activities

3 to 5 Years



Materials Required

1 Printout of Page 3
or Paper, Pencil and Scale

2 Crayons



Objective

Help the child understand the importance of eating all vegetables.

To develop the skill of effective communication.

To develop social skills.

To develop the mathematical skill of data gathering and analysis.

- 1** Take a printout of the graph on page 3 or draw it.
- 2** Please help your child think of 5 friends or relatives whom they would be comfortable talking to and asking the questions given in survey sheet below.
- 3** Write their relationship in the blue box. Do add 1 or 2 distant relatives to whom they can make a phone call.
- 4** Then help them complete and analyse the graph as seen in the online session.
- 5** After the activity, have a family discussion on how all of us eat food not just for taste but also for its health benefits.

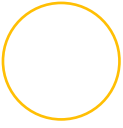
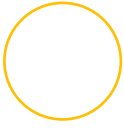
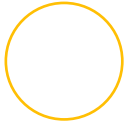
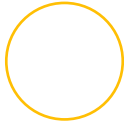
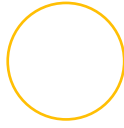




Survey sheet

Ask the following questions to 5 friends/relatives in your list

- 1** Which is your favourite vegetable?
- 2** Do you still eat those vegetables that you dislike?
- 3** How do you feel when you eat it?
- 4** Why do you still eat it?

My Survey Graph

My family's favourite vegetable is _____

Name of Friend or Relative					
1					
2					
3					
4					
5					
Vegetables					
	Carrot	Broccoli	Bitter Gourd	Bottle Gourd	My Favorite Veggie

Analyse the data

Does my family still eat the vegetable they dislike?

NAME OF FRIEND OR RELATIVE	YES	NO
1		
2		
3		
4		
5		