

Abstract

Objective: The main purpose of this research and thesis project is to encourage more fruits and vegetables consumption among the children, by informing them about the nutrition and health benefits of fruits and vegetables through a book that provides education and entertainment. **Method:** Using qualitative and quantitative research method to get all the data required for planning the creative strategy with suitable media. **Result:** An educational and entertainment book entitled “Get Smart, Kids!”. This book consists of 4 short stories, quizzes and activities with answer key, along with 16 cards containing nutritional information, as an interactive element in the book.

Keywords: Fun, Friendly, Smart, Healthy.

In this unit, the children get to learn about the different food groups. They also get to make several choices regarding their food study, much like choices they get in real life. 10 Activities for Food and Nutrition Theme. It's astonishing that nearly 25% of children ages 2-5 are obese or overweight! While teaching about food and nutrition in preschool, it's important not to refer to foods being "good" or "bad" for you. We don't want children to feel bad for their choices. Rather, refer to them as being healthy and unhealthy. There are so many great children's books that teach kids about healthy eating. Here are some of our favorite food and nutrition theme books just right for preschoolers. Many parents have learned, however, that it can be a struggle to get kids to consume these foods. Over the years, I've learned to abolish the mealtime battles. Now, my family enjoys a wide variety of foods together, each and every day. We celebrate healthy eating, and I encourage my children to experiment with new produce. On a recent trip to the library, we discovered some awesome children's books about fruits and vegetables, that have provided a wonderful opportunity for us to learn even more about these delicious foods. We compiled a list of our favorites, to share with all of you: Eating the Alphabet "By Lois Ehlert. Oliver's Vegetables" By Vivian French. The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear "By Don Wood. This list of the best kids books about vegetables is sure to include a new favorite for the voracious young reader in your life! In this story, readers get to visit local farmers, fill baskets with fresh fruits and vegetables, and then head home to cook a feast, all with goodies from the farmers' market! Featuring Stefan Page's graphic art, this delightful board book is filled with bold splashes of color and unique patterns. Buy book. Fruit for School Projects "A non-fiction book about fruit, great facts for school projects and reading comprehension. Another great creative commons book from Open Equal Free, categorized by OEF as Level 2 "suitable for Grades 2 to 3, age 7 to 9 years old. By: Megan Smith, Elissa Alvey, Dane Stogner Text and "Fungus" An exciting and beautifully photographed non-fiction book about all types of mushrooms: or fungi. A great topic for school science projects. Another great Creative Commons book from Open Equal Free, categorised by OEF as Level 2, suitable for Grade 2 to Grade 3, seven to eight year old children. If you don't get a reply it's been intercepted by spam filters! Try again, or leave a comment on any post I will get it, eventually!.. Subscribe to FKB Newsletter. Children will get to know and explore different kinds of fruits and vegetables, how they grow, and have fun with fruit-and-vegetable-related activities and other resources. Help children answer these questions about their fruits and vegetables, one at a time: What does it look like? (like a tree, a ball, a leaf) Is this fruit/vegetable big or little? How does it feel? (smooth, rough, hard, soft, bumpy, cold, warm, crinkly) What color is it? Other questions to ask: Do you know an animal that eats (name the fruit or vegetable)? This is a hilarious book about a boy named Gregory who wants to eat fruits and vegetables, and his parents who are more excited about tin cans and tires. Talk about how eating fruits and vegetables helps us grow and stay healthy. Fruits and Vegetables Are Good for Me!