

Eating Between The Lines



EBTL Module 02 - Activity 07

Activity: Make a Human Salad!

Outcomes

Children will understand what foods create salads.
Children will become familiar with many new salad-related vocabulary.

Procedure

1. To start off this activity, the class needs to brainstorm personas such as Glen the Green Bean, Cathy the Carrot, or Pat the Potato and come up with descriptions for each one.
2. Have children stand in a circle and become fruits and vegetables. One person starts off by becoming one of the personas (i.e. "Hi, I'm Carrie the Cucumber and I'm green and crunchy").
3. Alternatively, the children could also "become" a fruit or vegetable by acting like what they choose--if they are a pea, they can curl up in a ball; if they are a carrot, they can stretch their arms up in the air.