



♥ HEALTHY START ACTIVITY 29 ♥

Tropical Fruit Salad

You will need to request in advance that each bring in a fruit

- Prepare a “tropical fruit salad” – Send a note home asking each child to bring to school one part of the fruit salad. Have the children assist, whenever possible, preparing the fruits to make the salad in class. Add a little pineapple or orange juice to the salad and some wheat germ on top for crunch.
- Give each child a cup of fruit salad. Ask each child to close his or her eyes and take a bite of fruit salad. Have the child tell the class what fruits he or she tasted in that bite. Give each child a chance to do the blindfold taste test and emphasize that in a fruit salad, every bite is a surprise!

Sing the Healthy Train song and use “fruit salad” for the Go! verse.



Healthy Weight in Preschool Children, CMU Public Broadcasting, 1-800-727-9268

Activity from Healthy Start, www.healthy-start.com