



# Vegetable Crowns: Preschool Lesson



## Objectives

- Children gain knowledge and interest in new local fruits and vegetables through making vegetable crowns.
- Children learn to identify new fruits and vegetables.
- Children associate fruits and vegetables with a positive experience making a fun art project.

## NC Foundations for Early Learning and Development

### Goals Addressed:

APL-8  
HPD-5  
LDC-1, LDC-8, LDC-9  
CD-4

## Materials

- Pictures of local fruits and vegetables cut from seed catalogs or shapes of fruits and vegetables cut from construction paper
- Whole examples of several local fresh fruits and vegetables that you have pictures/shapes cut out of
- Long strips of white paper
- Glue
- Stapler
- Markers or crayons (optional)

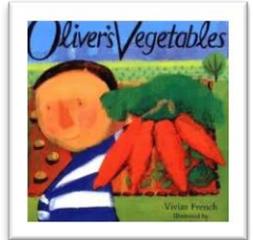
## Activities

### Discussion

Begin by showing children the examples of the whole fruits and vegetables. Can they name them? Which part of the vegetable/fruit do we eat? Display the vegetables so the children can easily see them while you read Oliver's Vegetables by Vivian French. Ask children to raise their hands if they see or hear the names of one of the vegetables in the book.

### Make the Crowns!

Give each child vegetable pictures/shapes, one white strip of paper, and glue. Optional: Ask the children to first draw or color different fruits and vegetables on their white strip of paper. Next, guide them in gluing the fruits and vegetables onto their crowns. When the glue has dried, help the children assemble their crowns by stapling the ends of the white strips together to the crown fits on the child's head.



**Book to read**  
Oliver's Vegetables  
by Vivian French



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## Extension

Explore fresh herbs (ex. lemon balm, mint, basil, oregano) and add them to the crowns. Begin by inviting children to smell and feel the herbs. Ask the children if they recognize any smells or are familiar with any of the herbs. Allow them to explore the plants freely. Lead the children in rubbing leaves of herbs onto the paper they are making the crown with. This leaves behind a natural green color as well as a fresh scent! Next, allow children to get creative with pasting sprigs and leaves of the plants onto their crowns.