



# Veggie Match

## Ages 1 year to 2 years

**Objective:** The child is able to use fine-motor skills to pick up and hold vegetables of different shapes and sizes to develop object awareness.

### Materials needed:

Real veggies—2 of each, or 2 of any

- Potato
- Large tomato
- Green Beans
- Large carrot
- Corn on the cob
- Large celery stalk
- Orange pepper (it is not hot; only sweet)

### Procedures:

1. Do not cut any of the veggies. Teach and do with your child with real and whole items.
2. With any, or all, of the above vegetables (2 of each), lay them all out on the floor in front of your child.
3. Allow them to discover and grab at any of them freely. Watch and facilitate as necessary.
4. They may try to put them into their mouth;



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This is okay, just redirect to touch as necessary.

4. Point to each veggie saying the name of it to your child (I.e. While pointing to the corn, say: "Corn on

the cob. Can you say corn? The corn is yellow.") This is to build food-word association and early language development.

5. Point to and say the name for all veggies. Always ask child to repeat the name of each after you.

6. Now put the matches together. Say while doing: "Here is a corn. Here is a corn. We have 2 corns."

7. Continue matching until they all have a match.

## **Milestones to meet:**

The child can pick up an object. The child can listen to the names of each vegetable and tries to repeat the word after you. The child begins to learn about similarities and objects that look the same; showing willingness to find matches.

## **Evaluation:**

Did this lesson work for your child? Why or why not?