



Resource List:

Shapes, Colors, & Textures

Exploring foods through shapes, colors, and textures helps early learners build confidence, curiosity, and a positive relationship with local foods. When children notice that carrots can be long or round, cucumbers can feel smooth or bumpy, and leafy greens can be soft or crisp, they engage their senses and become more open to trying new foods. This kind of playful exploration supports language development, strengthens fine-motor skills, and reduces hesitation around unfamiliar foods. It also helps children recognize the natural variety found in fresh, locally grown produce.

EDUCATIONAL HAND-OUTS & ACTIVITIES:

- [Tomato Exploration](#)
- [Taste & Tales](#)
- [Melon Exploration](#)
- [Cabbage Exploration](#)
- [Roots & Shoots](#)
- [Sweet Potato Exploration](#)
- [Apple Exploration](#)
- [Fruit & Veggie Alphabet Border](#)
- [Vegetable Crowns](#)
- [Vegetable Castles](#)
- [Pint Size Produce](#)
- [Got Veggies](#)
- [I Tried Local...](#)
- [Play Food: Salad](#)

BOOKS TO READ:

- [The Vegetables We Eat](#) - Gail Gibbons
- [I Can Eat a Rainbow](#) - Olena Rose
- [My Magical Foods](#) - Becky Cummings
- [Eat the Rainbow](#) - Windy Pham
- [I Hear a Pickle](#) - Rachel Isadora
- [5 Senses at the Farmers Market](#) - Katrina Liu
- [The Fruits We Eat](#) - Gail Gibbons

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