

Puppet Show – “A Day With Vitamin A”



Carrot: Hello boys and girls. My name is Colleen Carrot. I am a vegetable. I grow in the ground. I am orange and I taste good. You can eat me raw or cooked. I am great for after school snacks.

Broccoli: Hello boys and girls. My name is Bobby Broccoli. Colleen Carrot and I came to tell you something very important. We have something very special in us.

Carrot: We sure do!

Broccoli: When you eat us we give it to you. It is called Vitamin A.

Carrot: We both have lots of vitamin A. You need vitamin A to keep you healthy.

Broccoli: And to help you see in the dark!

Carrot: When you go from inside a lighted house, to outside at night, vitamin A helps your eyes see in the darkness.

Broccoli: We have lots of friends who also have vitamin A.

Carrot: Yes, like Sam Spinach.



Broccoli: And Peggy Pumpkin

Carrot: OK kids, why do we need vitamin A?

Broccoli: What foods did we talk about that have lots of vitamin A?

Carrot: See you later!

Broccoli: Bye my friends!

Activity adapted from the Connecticut Nutrition Education and Training Program, University of Connecticut and State Department of Education Child Nutrition Programs, 1984.



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