

"THE JOURNEY TO A HEALTHIER CHILDHOOD"

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We are eating vegetables diligently, aren't we great?

We love fruits very much, they suites our faces greatly.

When we taste the apple, the anger immediately goes away,

Orange is like a sun; it makes us smile,

A banana makes us happy; We feel it tickling our tummies gladly.

The strawberry, the grateful, invites us to dance "the clog foot "dance.

And this is how we will grow up healthy, happy, and joyful.

Rasa Alaburdienė, teacher



How to learn to live a healthy life? How to eat balanced and nutritious meals?

Is it essential to learn to combine the amount, type of foods, follow healthy eating tips, and feel good?

The community of Marijampolė kindergarten "Rūta" pays great attention to children's nutrition, takes care of the children's healthy nutrition, emotional state, and physical health. The teachers of the "Debesėliai" group Nijolė Pucilauskienė, Rasa Alaburdienė and the assistant teacher Nijolė Matulevičienė, together with the children, traveled to the "Fruit Kingdom" and visited the "Water Kingdom." Children learned the secrets of a healthy "Food Pyramid country" and remembered the suitable products for healthy and balanced nutrition. In the "Fruit Kingdom," they got acquainted with fruits and established their importance. The "Queen of Fruit Country" invited them to make and enjoy a fruit salad. Altogether, they washed the fruits, had cut them, placed them in a bowl, served a table, and enjoyed the salad.

The children enjoyed traveling, getting to know the fruits, making, and tasting the fruit salads.

Link to website: <http://rutald.lt/>

