

## Get healthy with Handa's Surprise

The Handa's Surprise story is perfect for introducing different fruits and supporting healthy eating choices. Why not try our healthy Handa's Surprise story activity?

Use the below activity and resources to:

- Encourage healthy eating
- Promote fun physical activity sessions
- Create awareness and understanding of the world.

This story is also available in Welsh (Syrpréis Handa).

### Resources

- Handa's Surprise story book
- Fruits from the story
- A basket
- Map of the world
- Music for physical movement



### Activity Outline

- Read or watch the story
- Introduce a treasure basket containing the seven fruits from the story (sometimes some of the fruits like guava are not available in the local shop, but can be bought online)
- Once you have read the story try tasting the different fruits in Handa's surprise
- Ask the children to consider some of the following questions: what does it smell like? What does it feel like? What does it look like? What does it taste like? Where in the world does the fruit come from? Use the internet to search for the origin of the fruit, then pop a picture of the fruit up on a map as a display. What other fruits can you think of? Where do they come from?
- Physical development – encourage the children to move like the different animals in the story, what do they move like? Do they move fast or slow? High or low? On two feet or four, or none? What other animals could they pretend to be? Children may want to try moving whilst carrying fruit on their own head.

### Special considerations

- *Food allergies*