

Fun Active Food Games



Food Scavenger Hunt

Use fruits and vegetables or pictures of other healthy foods and hide them throughout the house. Make a scavenger hunt to find the different foods. Have clues that describe the certain food and where to find it. Consider including an activity the children must do before finding the next clue. For example, have the children sing “Head, Shoulder, Knees, and Toes” between clues.

Musical Fruit and Vegetable Shapes

Glue pictures of different healthy foods onto different shapes. Place shapes in a circle on the floor. As you play music, children walk in the circle stepping from shape to shape. When the music stops, children identify the food and shape they are standing on.

Treasure Hunt

Hide fruits and vegetables around the room. Give each child a picture and have them search for the food that corresponds to the picture. When everyone has found their fruit/vegetable, wash and slice to combine in a salad.

Shopping for Healthy Foods

Set up a play grocery store by placing empty food packages on low shelves. Give children brown paper bags and encourage them to shop for healthy foods. After everyone is done shopping, discuss the foods they selected as you pull them from the bags. Ask children to talk about why they selected certain foods, which food group each belongs to, etc.

I Spy Yummy Food

Place healthy food pictures around the room. Give a clue, such as, “I spy something yellow.” If the children guess incorrectly, give another clue. “I spy something that has to be peeled before it is eaten.” If the food is not guessed after the third or fourth clue, show the food picture, identify it, and review the clues. If the food is guessed, the child who identified the food retrieves the food picture. On the back of the picture have an activity written (such as “hopping like a rabbit ten times”). After the children complete the activity, move on to the next food.

Fruit Basket

Assign each child a fruit name, using the same fruit for several players. Arrange chairs in a circle with one less than the number of players. One person stands in the middle and calls out the name of a fruit. The children who are assigned that fruit must get up and exchange chairs. The person in the middle tries to get one of the open chairs. If the player in the middle calls out “Fruit Basket” all players must find a new chair.

Food Songs

Along with learning about different nutrition and food topics, children can sing, make actions to, or dance to fun food related songs like the ones below. Look online to find more food songs for children.

Nutrition Lesson

Fruits

Vegetables

Healthy Breakfast

Allergies

Germ (cover mouth to sneeze)

Song

“Apples and Bananas”

“One Potato, Two Potato”

“Do You Know the Muffin Man?”

“Found a Peanut”

“On Top of Spaghetti”

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