

≡ Making Nutrition Education Fun

Stop, Go, and Whoa Foods! Make nutrition fun for children by teaching them about sometimes and always foods using a stop light. Use some of the game ideas below to teach children about nutrition and get them excited to make healthy food choices.

Food Scavenger Hunt

Gather fruits and vegetables or pictures of 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. On each clue write an activity the children must do before going to the next clue. For example, have the children sing “Head, Shoulder, Knees, and Toes” before finding the next clue.



Fruit Basket

Assign each player the name of a fruit, using the same fruit for several players. Arrange chairs in a circle with one less chair than the number of players. One person stands in the middle and calls out the name of a fruit. The people 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.

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. Once everyone has found their fruit or vegetable, have the children help wash and cut up the foods to create a salad.

Shopping for Healthy Foods

Set up a play grocery store by placing empty food containers on low shelves. Give each child a bag and encourage them to shop for healthy foods. After everyone is done shopping, discuss the foods they selected as you pull them out of the bag. Ask the children to talk about why they selected certain foods, which food group they belong to, and if they are a healthy choice.

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 do the activity, move on to the next food’s clues.



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The Great Match-Up

Give each child a picture of a processed food. Have him or her match the processed food to a picture of the food's source. Once the children know the matches, play a memory type game with the matches.

Examples: cheese and a cow; applesauce and an apple; tomato juice and a tomato; peanut butter and peanuts

Snack Bingo

Place pictures of food in a paper bag. Give each child a bingo card with food pictures matching the pictures in the bag. Have a child pick a picture from the bag. The other children with the matching picture on their bingo card cover the bingo square with a paper marker. Continue until someone has bingo.



Musical Fruit & Vegetable Shapes

Glue pictures of different healthy foods on different colored shapes. Place the shapes in a circle on the floor. As you play music, have the children walk in the circle stepping from one shape to another. When the music stops, have the children identify the food, color, and shape they are standing on. Teach the children about the foods and help them understand why the foods are good for them.

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.

| Lesson Topic | Song |
|--|----------------------------|
| Fruits | Apples and Bananas |
| Vegetables | One Potato, Two Potato |
| Healthy Breakfast | Do You Know the Muffin Man |
| Food Allergies | Found a Peanut |
| Cold and Flu Season (covering mouth when sneezing or coughing) | On Top of Spaghetti |



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