

Fun with Food

It pays to play! Allowing children to get creative and have fun with whole foods such as fruits, veggies, legumes and whole grains, is a wonderful way to bump them up on your child's list of favorites.

Encourage your child to really explore their food as well, noticing how it smells, looks, tastes, feels...etc. Talk to them about why whole foods are so nutritious.



Inspiration for food fun:

- Let your child create food "art"
- Make kid-friendly fruit or veggie kebabs using popsicle sticks
- Create healthy smoothies or make-popsicles using just smashed up fruit and water

Ready, Set, Play!

- Grab a few varieties of hummus, types of apples...etc. and have a taste test!
- Play "guess the food"--have your child close their eyes and slowly taste some different foods you've set out. Help them to describe the food and see if they can identify it before opening their eyes.
- Set up a healthy food scavenger hunt.
- Randomly select a few whole foods. Talk to your child about the benefits of each and then brainstorm recipes.
- Fill a jar with grapes or nuts and have your child guess how many are in the jar.
- Play, "which food floats?" Fill a bowl with water and let your child drop in a few different foods after making predictions as to which will float and which will sink.
- Come up with fun flavors of water by adding different combinations of fresh fruit and/or herbs.

For more information, tips, and activities, visit www.wfeh.org.