



**March is National Nutrition Month!**  
**Here are some healthy activities picked just for you!**

**“Are You Eating”**

Sing this song before every meal!

*Are you eating, Are you eating*

*Healthy foods, healthy foods?*

*For your body needs them, for your body needs them*

*Everyday, Everyday!*



**Favorite fruit graphing:** Create a chart with pictures of any fruit you have available: strawberries, apples, pears, grapes, blueberries, etc. Have your child taste each fruit and then add a check mark under each fruit they like. Have each member of your family try the fruits and add check marks to the chart. Then, take your family’s favorite fruits and make a fruit salad!

**I like to eat!**- Cut a section out of a paper grocery bag. Write at the top, “I like to eat!” and then have your child cut out pictures from magazines of foods that they like. Discuss with them what foods they chose that are healthy and those that are fun to have “sometimes”. Then, take a trip to the grocery store and let your child choose some of their favorite foods- both healthy and “sometimes” foods!

**Environmental print:** Keep the boxes, bags, and containers from grocery items you regularly purchase. Give these items to your child to play with, especially bags and boxes of healthy foods, for them to play with for dramatic play. This will not only expose them to healthy foods but also to environmental print of common items in their lives.

**Food printing:** Cut bell peppers, apples, oranges, and other fruits and vegetables to create paint prints as well as having food tastings to expose your child to new foods! Cut foods in half for your child to dip in paint to make prints and to taste as well!