

ideas by the Bushel

Let's focus on good nutrition with these activities picked just for you!



Healthy King or Queen: Gather some magazines or old books that contain some photographs of fruits, vegetables, and other healthy foods. Cut out a “crown” for your child using poster board or cardstock. Help your child identify and then cut or tear out pictures of healthy foods from the magazines and glue them onto the crown. Fit the crown on your child’s head and tape or staple the ends of the paper together. Keep the crown handy during family meals and if your child eats the healthy items on their plate, or at least tries them, they can put on their Healthy King or Queen crown!

Sometimes and Anytime: There are foods that we can have “sometimes” like doughnuts and ice cream and there are foods we can have “anytime” like an apple or yogurt. Go through your kitchen and pick out “sometimes” and “anytime” foods. Set up two baskets to collect the foods. Show your child a type of food and help them decide if it is a “sometimes” or an “anytime” food. Then, direct them to the basket where they should place that type of food. Plan ahead so the “anytime” food basket has more items to show that it is easy to make healthy food choices! The more times you play this game the easier it will be for your child to identify the healthier choices!

Math: Treat a trip to the grocery store as a nutritious food scavenger hunt! Let your child help you find a certain number of different types of healthy foods. For example, you might need 2 apples, 3 oranges, and 5 ears of corn!

Snack: Create a rainbow of good food for this snack and let your child help to prepare it. Cut up some strawberries, slice some carrots, add some blueberries, and either small pieces of honeydew melon or celery to add some green to the rainbow. To make this a little more fun, take colored markers and draw each color in an arch to create a rainbow and then have your child place the pieces of the fruit or vegetable with the same color on the drawn lines. When completed, your child will have made a healthy, rainbow snack!