

Snack Game

Developing healthy eating habits at a young age helps kids learn to make wise nutritional choices throughout their lives. Healthy eating may sound dull to kids, but it doesn't have to be boring. Add a little pizzazz to snack time by holding a snack hunt! Similar to an Easter egg hunt—but without all the sugar—kids search for hidden treats, and eat a healthy snack and develop a taste for nutritious foods in the process.

What You Need:

- Plastic Easter eggs or other small containers, about 10 per child
- Small bite-sized healthy snacks, such as grapes, apple pieces, mini carrots, or whole grain crackers
- Basket, bag, or bowl for collecting eggs, 1 per child



What You Do:

1. Prepare the game beforehand by dividing the snacks among the plastic eggs and closing the eggs securely.
2. Before snack time, when your child isn't watching, hide the eggs around one room in your house, or in a designated outdoor area. For younger kids, don't hide the eggs too well or they might lose interest and give up.
3. Once all the eggs are hidden, announce that it's snack time and today you're going to do something a little different: go on a snack hunt! Explain that Easter eggs are hidden around the room, then ask him to try and find one.
4. After he finds the first egg, ask him to open it and see what's inside. Snacks!
5. Now encourage him to hunt down the rest of the eggs, gathering them in his basket. He can eat the treats as he goes or gather all the eggs in his basket and eat all the treats at the end. Yum!

Don't be surprised if he asks for a snack hunt every snack time! Just think of all the nutritious food he'll be eating.