

6 ACTIVITIES TO TEACH KIDS ABOUT HEALTHY EATING

Make healthy eating habits a fun activity for the whole family with these food-centered activities! Plus, you can find all the necessary items from your wholesale bulk supply store, which means you'll also save money.

- ❑ **Play Healthy Food Bingo:**
Help teach your youngsters about lean protein options and wholesome veggies with a bingo game! Design your own cards with food columns like "Fruits", "Veggies", and "Meats", with corresponding foods underneath each food group. Call out food facts like "Bananas contain several healthy antioxidants, which are responsible for health benefits" and have the kids fill up their cards.
- ❑ **Go on a Grocery Store Scavenger Hunt:**
Take the kids out for a shopping day at your local grocery store. Show them around the aisles and give them clues to find healthy options for a perfect at-home meal. Once they've found everything, go back home and cook together as a family.
- ❑ **Create a Veggie Land Version of Candy Land:**
Encourage children to start thinking about vegetables and fruits as fun with a DIY Veggie Land board. Kids can pick their favorite wholesome meal character and explore a nutritional forest. Don't have time to DIY? There are plenty of downloadable templates online to get you started.
- ❑ **Promote Healthy Eating with Storytime:**
If you spend time reading with your little ones, crack open a few books with a vegetable theme. The Boy Who Loved Broccoli, The Silly Food Book, and Eating the Alphabet, are just a few parent-approved favorites.
- ❑ **Introduce Technology for an Interactive Meal Builder:**
Use online and mobile tools like MyPlate to help kids set up their own nutrition goals. Craft virtual meals and explore nutritional values before cooking at home. If your little one is too young for a computer, make some staple ingredients out of felt, and have them build their favorite meal on an actual plate. Then talk about the health value of their meal choices.
- ❑ **Cook a Meal as a Family:**
Kids learn through example, so a great way to show them that healthy food is delicious and nutritious is to involve them in cooking. Plan a weekly family dinner night and make a meal together. Get their creative juices flowing by introducing a must-use ingredient like carrots, quinoa, or anything else that your family loves.

