

# Healthy Food Hunt

Getting your child to eat fruit and vegetables can be a chore. This activity teaches her that certain foods are not only healthy and helpful for her body but they also taste good too! Have your preschooler scour the grocery ads, cut out different foods, and make a healthy meal on a paper plate. Using scissors will help boost her fine motor skills, essential for success in kindergarten.

## What You Need:

- Grocery ads
- Scissors
- Glue stick
- Paper plate

## What You Do:

1. Have your child cut out pictures of many different kinds foods from the grocery ads.
2. Explain to your preschooler that fruits, vegetables, milk products, grains, and meat help our bodies grow to be healthy and strong.
3. Help your child hunt through the cut-out foods and have her place the healthy foods in one pile and the non-healthy foods in another. Use this activity as an opportunity to review fruit and vegetable names.
4. Ask your child to make a healthy dinner on a paper plate by picking some foods from the healthy foods pile and gluing them onto the paper plate to make a complete meal. She can even make extra healthy plates for other members of the family.
5. Talk to her about the choices she makes and ask her questions about why she thinks her meal will be nutritious and delicious. Feel free to help her if she need some guidance. When she's finished, she'll have "prepared" her very own healthy meal without dirtying a single pot or pan!



She can keep the healthy meal plates she's made to use for make believe games or to hang in the kitchen to help remind her of foods that are good for her. Hopefully, when it comes time to eat, your preschooler will recognize the different healthy foods on her plate, eat them, and know she's helping her body grow!