



10 Activities
THAT MAKES FOOD
Fun for Kids



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KIDS AND NUTRITION

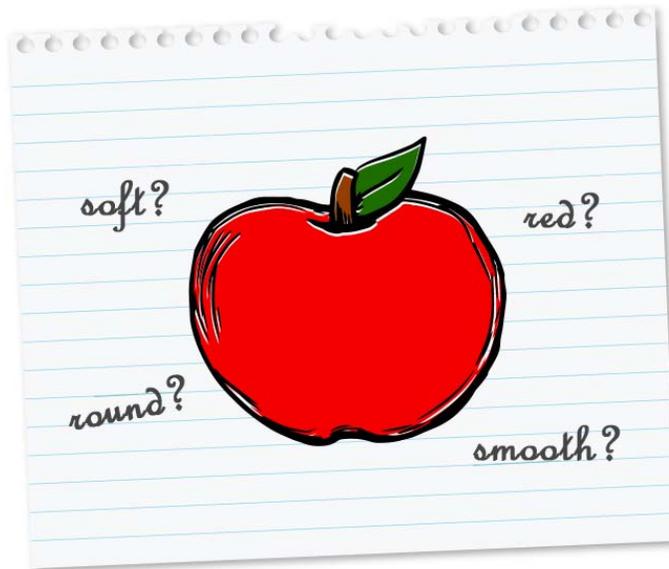
Bringing up the subject of nutrition with kids can be an arduous task. It's difficult to explain the importance of a healthy diet. That's why we suggest 10 activities that will help your kids gain knowledge by focusing on fun and games.

Childhood is the ideal time to stimulate sensory perception since it's a time of curiosity and discovery in terms of food. Discovering food with the five senses even encourage kids to try new food. The more they taste food, the greater the chance they'll like it.

These activities are for kids between 5 and 11 years old, but can be simplified for younger kids (3 to 4 years) or made a little more complex for kids 11 years or older.

In this document, you'll find a descriptive sheet of each activity and the steps to do them with one or more kids.

1. DESCRIBE LIKE A CHEF



Describe food using only your eyes.

Example of questions to ask:

- What is the shape of the food?
- What is the colour of the food?
- What seems to be the texture of the food?
- Is the food seems to be sweet or salty?
- Does the food like good?
- Which food group does it belong to?

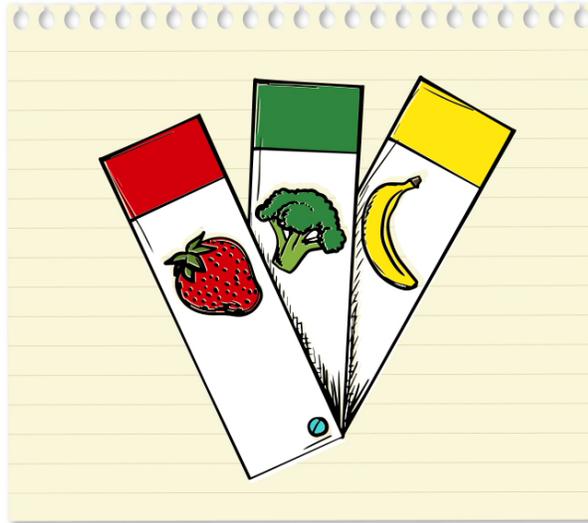
As a group:

1. Choose X number of food items.

Example: For a group of 20 or more, choose 5 food items, then break into 4 groups of kids.

2. Distribute the food to the group.
3. Regroup kids with the same food item.
4. Ask the groups to list the characteristics of their food item.

2. NOTICE THE VARIETY OF FRUITS AND VEGGIES



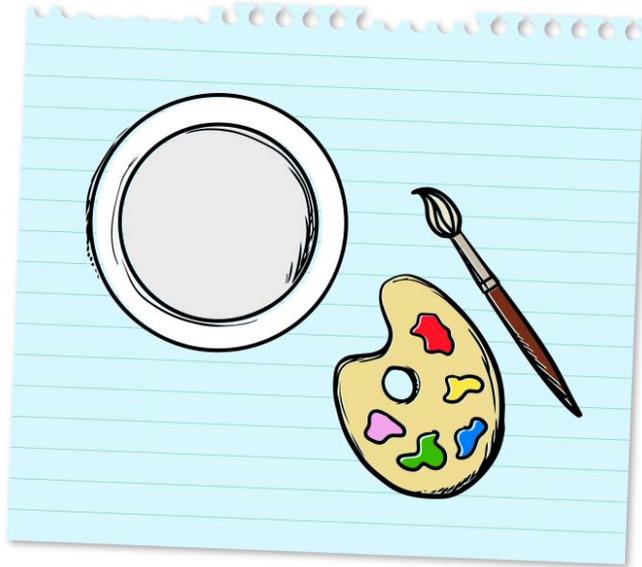
1. Try to identify “weird” veggies; in other words, those that don’t have a standard shape.
2. Identify the differences and what they make you think of.

Example: A carrot with two “legs” becomes a carrot that can run!

As a group :

1. Buy fruits or veggies that are “weird”.
2. Ask the kids what is different about them, what is the same.

3. CREATE A WORK OF ART IN YOUR PLATE



1. Cut different food into pieces.
2. Ask the kids to create an arts and crafts piece in their plates with the food they've been given.

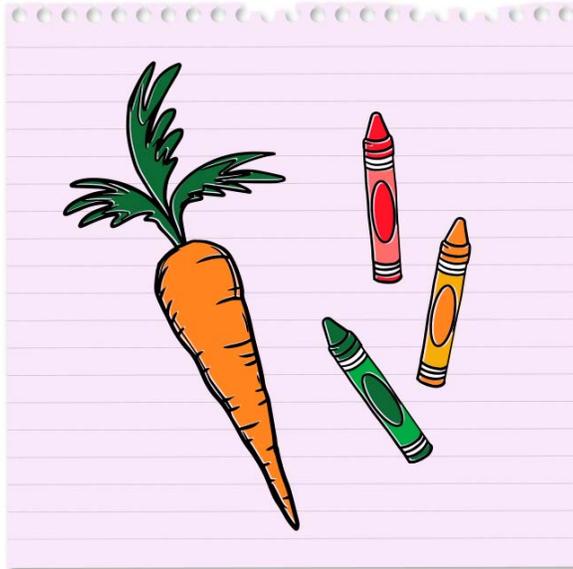
Some dishes work well for this exercise like pizzas, wraps and tortillas.

3. Taste your work of art!

As a group :

1. Cut out fruit and veggie shapes out of Bristol board.
2. Ask the kids to create a person, landscape or anything else that comes to mind using the fruits and veggies.

4. DRAW A FRUIT OR VEGETABLE THAT'S IN SEASON



1. When you're at the grocery store, ask the child to choose a fruit or vegetable that's local and/or in season.
2. Buy or take a picture of it.
3. At home, ask them to draw the fruit or vegetable and write their name, season and/or where it came from on it.

As a group :

1. Buy a fruit or vegetable that's local and/or in season.
2. Ask the kids to draw it and write their name, season and/or where it came from on it.

5. TOUCH MYSTERY FOOD

1. Blindfold the kids.
2. Have them touch a food item that they know.



* Food allergy warning! It's advisable for a groups of kids to avoid smelling peanut butter.

As a group :

1. Put a food item in a box covered with a sheet.
2. Ask the kids to take turns to touch the mystery food.
3. Ask them to write on a piece of paper without showing anyone what they think it is.
4. Count the votes.
5. Unveil the mystery food.

6. SMELL HIDDEN FOOD

1. Hide a food item in an opaque container.
2. Cover the container with a tissue or blindfold so they can't see it.
3. Let the kids smell it to see if they can figure out what it is.

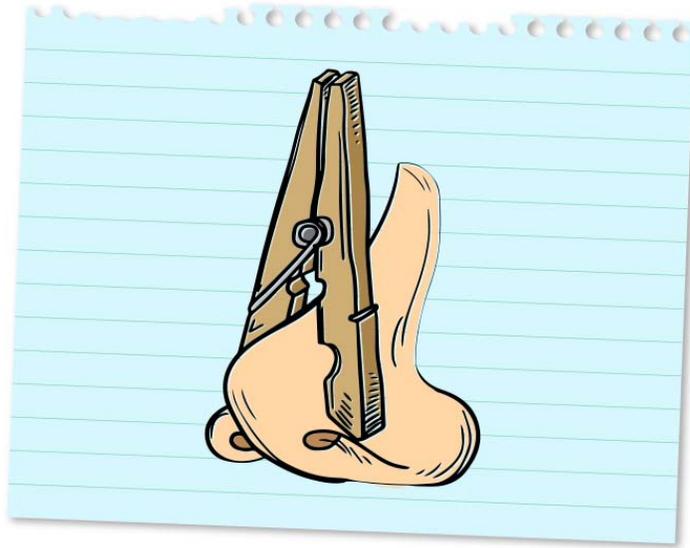


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As a group :

1. Put a food item in an opaque container.
2. Cover the container with a tissue or blindfold so they can't see it.
3. Let the kids smell it to see if they can figure out what it is.
4. Ask them to write on a piece of paper without showing anyone what they think it is.
5. Count the votes.
6. Unveil the mystery food.

7. TASTE FOOD WITHOUT BREATHING

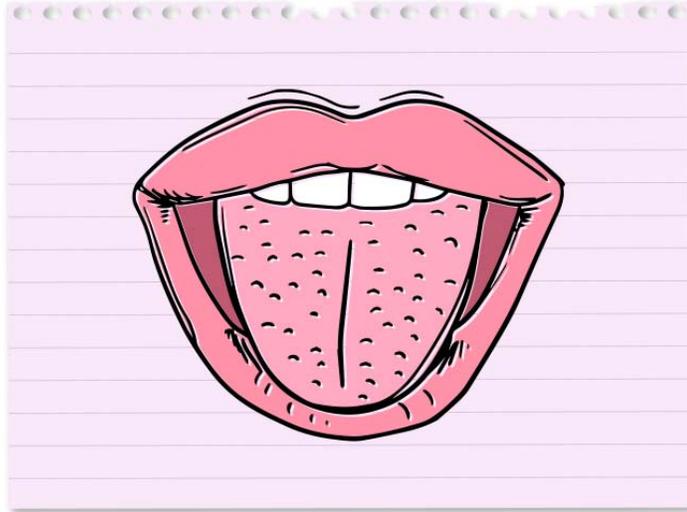


1. Ask the child to taste some food, then to do it again while pinching their nose.
2. Ask the child if they tasted a difference.

As a group :

1. Ask the kids to taste some food, then to do it again while pinching their nose.
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8. TASTE WITH DIFFERENT PARTS OF THE TONGUE

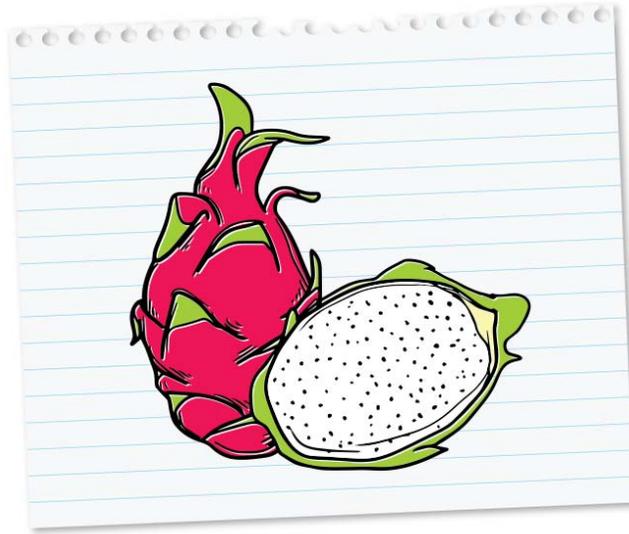


1. Prepare several pieces of food.
2. Ask the child to eat a piece from the front, back, left and right side of their tongue.
3. Ask the child to eat a piece from the front, back, left and right side of their tongue.

As a group :

1. Prepare several pieces of food.
2. Ask the kids to eat a piece from the front, back, left and right side of their tongue.
3. Eat time, ask them if they taste any difference from the one before.

9. DISCOVER NEW FOOD



1. At the grocery store, ask the child to choose a food item they don't know.
2. At home, taste it with the child.
3. Make a descriptive sheet for the food. Quel est le nom de l'aliment?
 - a. What is it called?
 - b. What food group does it belong to?
 - c. What does it smell like?
 - d. Is it sweet or salty?
 - e. What is the texture?
 - f. What other food does it make them think of?
 - g. Note if they liked it or not.

As a group :

1. Choose an exotic fruit or vegetable of your choice.
2. Show it to the kids.
3. Distribute a piece of it to the kids.
4. While tasting it, make the descriptive sheet as a group.

10. LISTEN TO SOUNDS IN THE KITCHEN



1. When preparing a meal, ask child to pay special attention to the sounds in the kitchen.
2. Ask the child to use verbs to define these sounds.

Examples :

- Pour a soft drink into a glass: fizz
- Crunch a carrot: crack
- Chew a piece of cheese: smoosh

As a group :

1. Record kitchen sounds.

Examples of sounds:

- Cutting veggies
- Blender blending
- Grilling a piece of meat
- Etc.

2. Let the kids listen to the sounds.
3. Ask them to identify the actions that make them.