



For Parents

Pre-School Edition

Get your kids excited about sharing family meals.

Why is this a good idea? Because the best way to share healthy foods is through family meals.

It's in the Bag

Show different shapes and textures of healthy foods. Start by getting different foods such as an orange, onion, banana, apple, lettuce or carrot. Place each item in a separate small bag. Pass the bag around the dinner table and have each child touch the item. Ask them to describe how it feels (soft, hard, rough, smooth, round, etc.) Have them guess what the healthy food item is. Then, take it from the bag to reveal what it is.

Placemat Fun

Let your kids design their own placemat. Give them large pieces of paper. Ask them to draw their favorite healthy foods with markers and crayons. Then, talk about their artwork while you eat together as a family. Talk about the importance of healthy foods. Everyone can think of ways to make meals out of the healthy foods they've drawn.

For more activity ideas, visit eatwellbewell.org



This material was funded by the USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-352-8401. This institution is an equal opportunity provider and employer.