

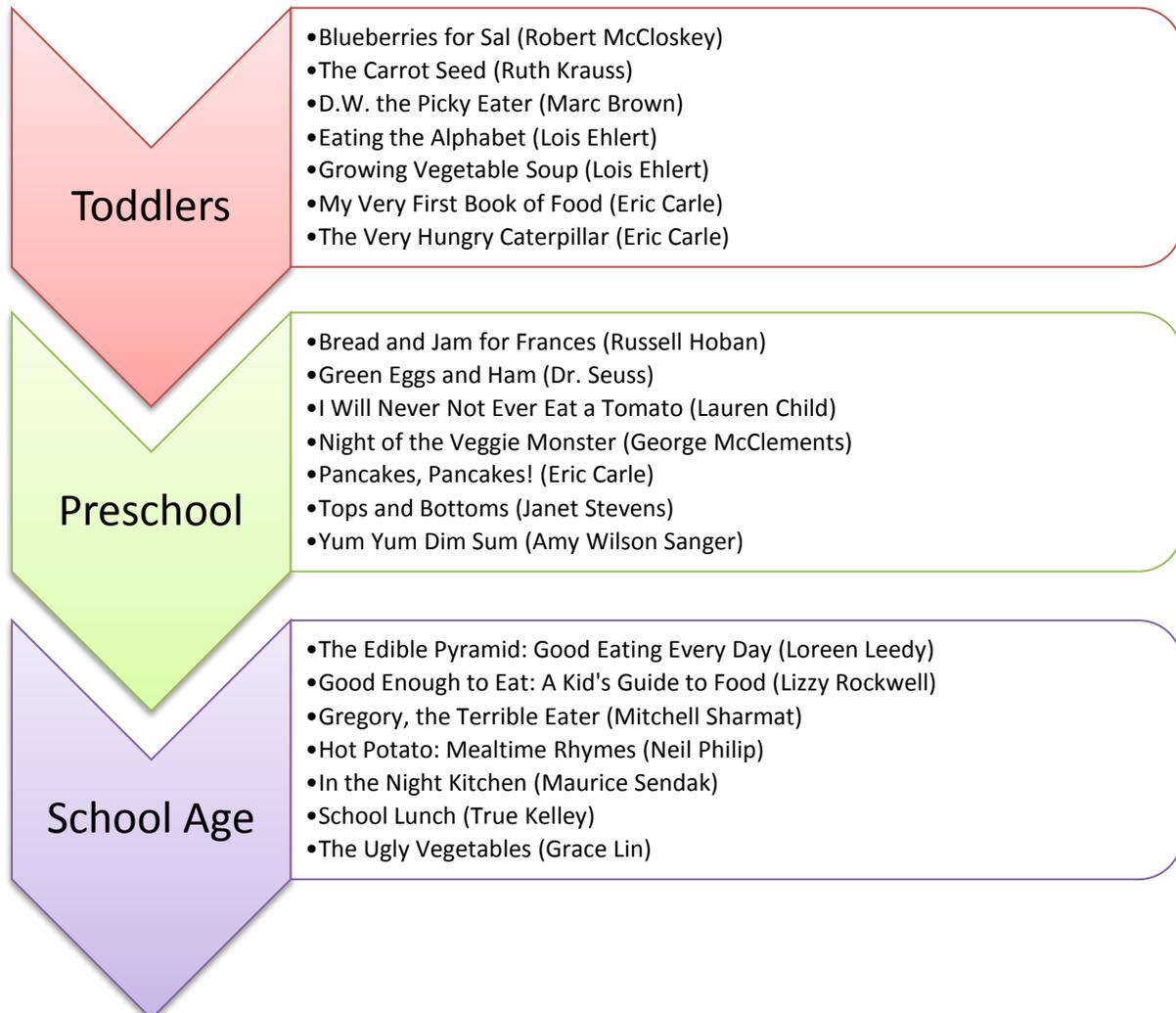
# Food & Nutrition Activities for Kids

Presentation Link: <http://bit.ly/nutrition4kids>

## Ways to Incorporate Food & Nutrition...

At the Table	In the Classroom	Cooking Practice	In the Garden	Away from the Center
<ul style="list-style-type: none"><li>• What's on the Plate?</li><li>• MyPlate</li><li>• Theme Days</li><li>• Fun Snacks</li><li>• Family-Style Dining</li><li>• Describe, Taste, Enjoy!</li></ul>	<ul style="list-style-type: none"><li>• What's on the Menu?</li><li>• Eater Meter</li><li>• Arts &amp; Crafts</li><li>• Games &amp; Dancing</li><li>• Food-Related Books</li></ul>	<ul style="list-style-type: none"><li>• Play Kitchen</li><li>• Water/Sand Table</li><li>• Use Measuring Cups &amp; Spoons</li><li>• Tear Lettuce</li><li>• Stir Batter</li><li>• Spread Peanut Butter</li><li>• Assemble Simple Dishes</li></ul>	<ul style="list-style-type: none"><li>• Use a Plot, Raised Beds, or Containers</li><li>• Plant Seeds</li><li>• Water</li><li>• Weed</li><li>• Harvest</li><li>• Eat &amp; Enjoy</li></ul>	<ul style="list-style-type: none"><li>• Farmers' Market</li><li>• Zoo</li><li>• Farm</li><li>• Community Garden</li><li>• Fruit Picking</li></ul>

## Books about Food:



## Resources:

- Exploring Food Together: Teacher Guide  
[http://cookingmatters.org/sites/cookingmatters.org/files/Exploring-Food-Together\\_%20English.pdf](http://cookingmatters.org/sites/cookingmatters.org/files/Exploring-Food-Together_%20English.pdf)
- Comprehensive Book Lists:  
[http://healthymeals.nal.usda.gov/hsmrs/MI\\_Preschool\\_Booklist.pdf](http://healthymeals.nal.usda.gov/hsmrs/MI_Preschool_Booklist.pdf)  
[http://www.nal.usda.gov/fnic/pubs/fun\\_elementary.pdf](http://www.nal.usda.gov/fnic/pubs/fun_elementary.pdf)
- More Than Mud Pies: A Nutrition Curriculum Guide for Preschool Children  
<http://www.nfsmi.org/documentlibraryfiles/PDF/20120910010100.pdf>
- Health and Nutrition Information for Preschoolers  
<http://www.choosemyplate.gov/preschoolers.html>
- Grow It, Try It, Like It:  
<http://www.fns.usda.gov/tn/grow-it-try-it-it>
- Got Dirt?  
<http://www.dhs.wisconsin.gov/publications/P4/p40112.pdf>
- Got Veggies?  
<http://www.dhs.wisconsin.gov/publications/P0/P00228.pdf>