

Nutrition Education

Nutrition education can help children learn and develop healthy habits that can last a lifetime. Aim to include nutrition lessons and activities at least once per week. Classroom ideas include:

- Make a nutritious collage** using pictures cut out from old magazines. Laminated collages can be used as placemats.
- Read a book** with a positive nutrition message. Many books can be borrowed for free from the local library.
- Discuss the foods served during lunch**-what is their color, shape, texture, temperature, and taste?
- Plant a garden.** Children learn about where our foods come from, and gardening keeps them physically active!
- Have a taste-test.** Bring in a new fruit or vegetable, and discuss how it looks, smells, tastes, feels, and sounds when you are eating it.
- Invite a special visitor** like a dietitian or farmer.
- Use play food** from the home-living center to teach children about healthy foods.
- Plan cooking activities**-children can help wash produce, mix dry ingredients, knead dough, and put together salads and sandwiches.
- Take a field trip** to a local farm or farmer's market. Some farms may allow children to pick their own fruits or vegetables.
- Use a curriculum**, such as Eat Healthy, Be Active, available to rent from your Child Care Resource and Referral Agency.