

Looking Activities

Activity

Invite your child to give the focus food a new name. From now on use the name they picked for the food. The funnier and sillier, the better.

Read a children's book that contains the focus food or find a fun video to watch that includes the focus food

Go grocery shopping with your child and point to the focus food and other foods and name them. You put the focus food in your cart.

Examples

"x-ray vision carrots"
"pepper rockets"
"princess peas"
"bluebs"
"orange drops"
"purple brains"

"Veggies with wedgies"
"How do dinosaurs eat food"
"Chopped Kids"
"You are not an Otter"
"There is no Ham in Hamburger"

"Look, I see x-ray vision carrots!
I'm going to put some in our cart. What other foods do we see?"

Developmental Examples

Babies: "Happy Peppers."
Toddlers: "Olaf Noses" (Carrots).
Pre-Schoolers: "Tomato Minions" (Yellow Grape Tomatoes).
Ages 5+: "JoJo Siwa Bows" or "Bow Ties" (Bow Tie Pasta).

Younger Kids- Take the food in that book and then use it throughout the activity, pretend play with it
Older Kids- Talk about the show or book after. What was cool about it? Would they want to try it out at home?

Babies: Point & name foods.
Toddlers: Point and name items.
Talk about the different colors/shapes/textures of foods.
Ages 5+: Have a "scavenger hunt" where they look for certain items.

Touching Activities

Activity

Food artwork - put paper, art supplies (crayons, water colors, glue, etc.), and food to the table and invite them to create something using all of the items.

Invite your child to do food prep with you. Give them a job that is age-appropriate and teach them how to do it safely.

Play a counting game with foods. Invite them to take the foods out of a dish or put them into a dish as you count them together.

Examples

“What can you draw with beets?”
“Can you glue these beans to the paper and paint a picture?”
“Do carrots work like orange water colors?”

Peel foods
Use a kid-safe knife
Use a crinkle cutter
Tear leafy items
Wash food items
Crack eggs
Stir foods

“How many peas in this dish?”
“How many leaves here?”
“How many carrots in the bowl?”

Developmental Examples

Babies: finger paint or smear a food like beets or cherries on paper.
Toddlers: Use foods as colors or as paint brushes.
Ages 5+: make more elaborate art with food items.

Toddlers: Tear leafy items, Wash food items, Stir foods, pour
Pre-Schoolers: Scoop food and put it into containers, Peel foods, Crack eggs.
Older Kids: Use a kid-safe knife to cut things

Babies: Count the number of peas on their plate out loud.
Pre-Schoolers: “Can you put 2 peas in a row? Can you put 4 peas in a row?”
Older Kids: Math challenges where they put the food in groups. “You have 7 peas. I ate 2, how many are left?”

Smelling Activities

Activity

Put 3 different foods in a bowl. Invite your child to close their eyes and see if they can guess what the foods are by smelling them. You do it too!

Pretend the food is a phone and your child needs to put it up to their ear to hear it. Have a funny conversation.

Play a comparison game. Take different foods and talk about smell

Examples

Put oranges, banana and cinnamon in a bowl.

Banana phones, cucumber phones, carrots phones - all great options

You can use words like "cool" "warm" "strong" "mild" "sweet"
Try to avoid negative words by keeping it positive and descriptive.

Developmental Examples

Younger Kids: Get them to guess, have their siblings participate
Older Kids: Make it to be a science experiment. Create hypothesis.

Younger kids: Will think its funny!
Older Kids: You could get them to video it and edit it

Younger Kids:
"does the red bell pepper smell the same as a green pepper?"
Older Kids: Make it a science experiment and give them a special notebook where they can either draw pictures or write a hypothesis & conclusion