

NUTRITION EDUCATION ACTIVITY

EXPLORING THE WORLD OF FOOD

Children learn best when they can see, hear, touch, smell, and taste things. Allowing children to assist in food preparation is a great way for them to learn about the world of food through all five senses. Start with simple, nutritious foods such as the following recipe for Funny Faces.

FUNNY FACES

Begin with an English muffin, rice cake, tortilla or piece of bread. Spread a layer of peanut butter on top. Then decorate with various foods. Use shredded cheese or carrots for hair. Ears or eyes may be banana slices or chopped grapes and pineapple tidbits could be teeth. Provide several toppings and let your child use his/her imagination. Allow the child to experiment and explore the foods. Worry about the mess later.

Talk to the child about each ingredient. Is a food round? What color is it? How does it feel in your hand and in your mouth? How does a food smell? Where does it grow? Why is the food important for a healthy body?

Results of the USDA's Healthy Eating Index and Nutrition Information study show that the more a person knows about health and nutrition; the more likely they are to choose a healthy diet. Allowing young children to use all their senses to explore a wide variety of nutritious foods lays a good foundation to help them make wise food choices as they grow.

