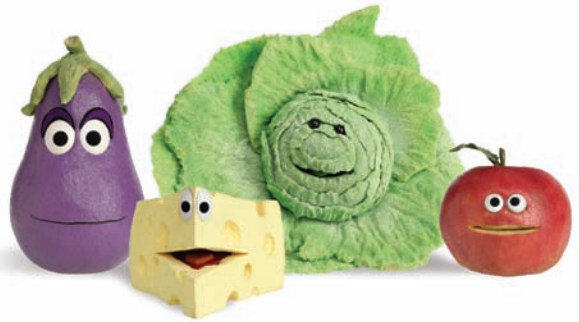


Activity

Mystery Food Box



Children can begin to understand what “healthy food” means by exploring the variety of foods that make up a healthy diet and talking about the foods they like.

* Try This!

When finished, wash and cut up fruits and vegetables and have a taste test during snack time. This is a great opportunity to explore foods from around the world.

Children will:

- < Use their senses to explore healthy foods
- < Learn about the health benefits of different foods
- < Taste fruits and vegetables

Materials:

- < An assortment of real fruits and vegetables, whole grains, and lowfat dairy products
- < Empty cardboard box (cut a hole in it so children can reach inside)
- < Scissors

Ask children:

What’s your favorite vegetable? Your favorite fruit?
When do you drink milk? When do you eat yogurt and cheese?

Activity:

1. Show children the foods you have brought (e.g., an apple, banana, orange, cucumber, broccoli, yucca, bok choy, small piece of cheese, whole wheat pita, empty yogurt container, clean dry lowfat milk carton, etc.) and talk about their colors and shapes. Tell children that this box is a healthy food box.
2. Turn around so children can’t see what you are hiding in the box and place a fruit or vegetable inside the box.
3. Encourage children to take turns reaching inside the box, feeling the food (or the container it’s in) inside, and guessing what it is. Ask the child to describe what he feels to the other children. Is the food smooth? Bumpy? Is it big or small? What could it be? What makes you think that’s what might be inside?
4. Open the box and show the food inside. Discuss the health benefits of each food.