



Cuyahoga County
Public Library



Nuts About Nutrition!

TALK

Explain to your child that healthy food can help their body stay healthy and that it will help them learn and pay attention better.

Play a categories game. Name as many fruits, vegetables, meats, or dairy items as you can think of in 3 minutes!

Learn the names of new foods (i.e. wheat toast, papaya, radish, flax seeds, etc.)

SING

"Peas Porridge"

Peas porridge hot (blow hot)

Peas porridge cold (shiver)

Peas porridge in the pot (pretend to stir), nine days old

Some like it hot (blow)

Some like it cold (shiver)

Some like it in the pot (stir), nine days old

READ

Try reading the first five ingredients on food labels with your child. If you see added sugar or syrup, trans fat (partially hydrogenated or tropical oils such as palm, food coloring/dyes, enriched flour vs. 100% whole grains, nitrates/nitrites) it is not a good product. You can also read recipes as you cook and shopping lists as you shop.

We recommend the book *Eat Your Peas, Louise!* by Pegeen Snow.

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See reverse.

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PLAY

Eye Spy - Look for "healthy" foods in the grocery store or market. Name as many as you can, especially uncommon ones (i.e. kiwi, eggplant, tilapia, kale, nectarine, lime, kefir etc.)

Involve your child in the cooking process. Young children can stir, pour, chop soft things with a plastic knife given supervision, spread, crack eggs with supervision. Children learn math concepts when they measure and weigh, science concepts when they see ingredients take different forms, and literacy when they learn new vocabulary (i.e. beat, whisk, flour, broil, puree etc.) Picky eaters are also much more likely to eat what they themselves have cooked.

Introduce new foods into your family diet. Ethnic foods such as hummus, sushi, fish tacos etc. can be new and different healthy options. Introduce fruits and vegetables often (research shows you should offer at least nine times...tastes CAN be acquired!)

Pretend play restaurant or kitchen. Write out menus with healthy choices. Save boxes and containers from healthy foods (i.e. oatmeal, frozen peas etc.) and use them as props.

Stay active as a family. Hike, bike or swim together. Walk to and from school or a playground. Keep active all seasons!

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