

Food Experiences

Positive food experiences at school and at home can help children learn healthy eating habits that stick! Positive food experiences help children:

1. feel good about eating.
2. become comfortable with new foods.
3. enjoy a greater variety of foods.



Food experiences include seeing, touching, preparing, and tasting foods. Studying where food comes from and who eats what foods are also great experiences.

Try some of these ideas:

- ✓ **Food Scavenger hunts** - Use food pictures, or search for different foods at the grocery store, farmer's market or community garden.
- ✓ **Share favourite family recipes** –Share stories of how the food is part of family traditions and how it is made.
- ✓ **Beans, beans the magical fruit** - Gather a variety of dried beans, chickpeas, and lentils. Let the children touch, sort and guess the name of the beans. Sample different recipes made with beans. Soak the beans in wet paper towel for a few days to show children how they sprout and grow.
- ✓ **Read books about food and eating** – Check your local library for “Stone Soup” by Jon Muth or “Eating the Alphabet” by Lois Ehlert.
- ✓ **Conversation starters about food** – Talk about your favourite foods and ask your child which foods they like. Together see how many red vegetables you can list.
- ✓ **Tasting parties** – Cut up small amounts of different coloured vegetables and fruit or make small amounts of cultural foods. Taste the foods and offer them to the children.
- ✓ **Include children in helping to cook, prepare and preserve food**
- ✓ **Learn where food comes from** –Try growing your own food, visit a community garden or farm. Check out a local farmers market. Go berry picking.
- ✓ **Enjoy meals together**

