



We're Going on a Food Hunt

Go on a scavenger hunt for foods (toy or real). Hide toy foods throughout the classroom or pretend to go food shopping. Allow children to search for foods then label and talk about the foods they find. During meals, prompt children to look around and find a food on their plate or on the table. For older toddlers, provide clues to prompt them to look for certain foods (e.g., “Can you find a fruit?” or “We’re looking for a crunchy food”).

More support: Place toy foods within reach and take turns choosing a food to explore or share with the group. Narrate children’s discoveries.

Model and Narrate Healthy Food Choices

“You found a spicy jalapeño pepper! A jalapeño is a grow food.”