

CHILDREN'S HOME SOCIETY OF CALIFORNIA

Family Child Care Home Education Network (FCCHEN)
Parent and Provider Resource: Activities for Distance Learning

Learning about Healthy Foods

The following activity will support your child's learning while they are at home. Talk to your child and ask questions as you play. As your child listens to you, your child builds language and social skills, further reinforcing the concepts you are teaching. Match activities to your child's favorite books, songs, or toys to make them more meaningful learning experiences. Visit our website at www.chs-ca.org and click on the News and Events tab for more learning resources.

SCHOOL-AGE - Activity: I Spy Food

What you need:

- A large bag or box that hides what is inside
- Several different fruits, vegetables, and labels or empty containers from grain and dairy products (e.g. empty yogurt tub or the side of a cereal box)
- Paper and pencils

What to do:

- Place the food items in your bag or box and invite children to join you at the table. Do not let them see inside of the bag
- Pass out a piece of paper and a pencil to each child
- Explain that you will choose an item from the bag and describe it to them. They can use their pencils and paper to draw or write down the clues. When they know the answer, they can raise their hand
- Look into your bag and select one item. Without showing children what it is, begin describing it. For example: "I spy with my little eye something that is green. It tastes sweet. It has white seeds in the middle. The outside is brown and bumpy. It is round. It is a fruit. The first part of its name is honey" (honeydew melon)
- Once children understand how the game works, they can take turns being the ones to give clues
- If children decide they want to keep track of who makes the most right guesses first, the reward can be that the winner chooses which item will be the healthy snack that day. If they choose not to keep score, they can vote on the snack item at the end
- This is also an activity you can play with your child as you walk through the grocery store

What the activity does:

- Engages children in practicing deductive reasoning
- Introduces and reinforces vocabulary related to healthy foods and the food groups
- Provides children with an opportunity to be the "leader" in a game and decide the rules of the game
- Offers practice in summarizing and organizing what they hear into pictures and words (notetaking skills)

