

TEACHING KIDS ABOUT FOOD



KNOW YOUR FARMER

Take a trip to a local farm or visit your local farmers' market. Get to know who grows your food. Ask questions about how the food is grown. This will help give kids a personal connection to the foods they eat.

PLANT SEEDS

Teach children about seeds and how they grow by sprouting some in a paper towel and transferring them to the soil when ready. Encourage your children take care of the seedling and observe how it grows. This will help them understand the time and effort that goes into producing food. Children are also more likely to eat what they grow.



WHAT'S REAL? WHAT'S NOT?

When you go to the grocery store, or from your classroom, play a game with your kids. Ask them what food they think is real, and what's not. Compare ingredient lists and hunt for the shorter list. This will teach kids the difference in real and manufactured food. It will also help them observe how marketing plays a big role in our food choices.

TRY SOMETHING NEW

Each time you go grocery shopping, let your kids pick out a new, real food item that they haven't tried. In your classroom, incorporate a new food into your weekly lessons. For this one, exposure from many different avenues is key to helping kids understand, appreciate and eat real food.



MEAL PLAN & COOK

Involve the kids in the whole process. In the classroom, kids can participate in creating a class meal. Give them some meal options to choose for the week. Kids of all ages can help with different tasks in the kitchen. This helps them appreciate the work that goes into preparing a meal and will encourage them to eat it too.