

Nutrition Month Activities

Infants (Birth–12 months)

Activity 1: Mealtime Feel-Good Routine

What you need: Your usual feeding setup (bottle/breast/solids as appropriate).

How to do it:

1. Use the same simple script each time: “It’s time to eat. You are safe. I’m here.”
2. Pause and watch baby’s cues (turning away, leaning in, opening mouth).
3. Narrate respectfully: “You’re telling me yes,” or “You’re telling me you need a break.”
How to show it to babies: Warm voice + slow movements. Keep it calm and consistent.

Activity 2: “Food Color Picture Talk”

What you need: Printed pictures of foods (banana, strawberry, broccoli, etc.) or a simple board book with foods.

How to do it:

1. Show one picture at a time: “Yellow banana!” “Red strawberry!”
2. Let the baby look as long as they want.
3. Copy baby sounds back and smile.
Tip: This is a great “nutrition month” activity without introducing any choking risks.

Activity 3: “Safe Sensory: Sealed Smell Jars”

What you need: Small containers fully sealed (tape around lids) with a cotton ball dabbed with a tiny amount of safe kitchen scents (vanilla, cinnamon).

How to do it:



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1. Hold the jar a few inches away and say: “Smell... vanilla.”
 2. Watch the baby's reaction. If they turn away, stop (that's communication!).
Important: Keep jars sealed and supervised the entire time.
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Toddlers (1–2 years)

Activity 1: Taste-Test Words

What you need: A familiar food + one “learning food” (always allergy-safe).

How to do it:

1. Introduce: “Today we practice food words, not ‘you have to eat it.’”
2. Teach 3 words: **crunchy** / **soft** / **sweet** (or sour).
3. Model: “I think this apple is crunchy. Crunch-crunch!”
4. If a child says no, respond: “Okay! You can smell or look.”
How to show toddlers: Make it playful and choice-based.

Activity 2: MyPlate Color Sort

What you need: Toy food OR printed food pictures + 5 colored bowls/plates.

How to do it:

1. Say: “Let’s feed our pretend family with a colorful meal!”
2. Children sort foods by color or type (fruits/veg/grains/protein/dairy).
3. Celebrate: “Look how many colors you found!”
Optional tie-in: MyPlate has kid-friendly food group resources.

Activity 3: Helper Job: Snack Builder



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What you need: Pre-portioned ingredients + safe utensils.

How to do it:

1. Offer 2 choices: “Crackers or yogurt?” / “Banana or berries?”
2. Let toddlers help scoop, pour, stir (with support).
3. Narrate: “You are helping your body grow strong.”

How to show toddlers: Use short phrases and praise the helping, not the eating.

Preschool (3–5 years)

Activity 1: Rainbow Plate Challenge

What you need: Paper plate + magazines/printed food pictures + glue stick.

How to do it:

1. Say: “Our goal is a plate with many colors!”
2. Kids cut/tear and glue foods by color around the plate.
3. Ask: “What color do you have the most of?” “Which color is missing?”

How to show kids: Model one section: “Red... strawberries!” then let them lead.

Activity 2: Crunch & Munch Sound Lab

What you need: 2–3 safe foods with different textures (allergy-safe).

How to do it:

1. Say: “We’re food scientists. We listen to our food!”
2. Take one bite (or pretend with pictures) and describe: “Crunchy!” “Chewy!”
3. Kids vote with thumbs: crunchy/soft.

Safety reminder: Watch choking hazards and prep foods safely.



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Activity 3: Where Food Comes From

What you need: Pictures of foods + labels: **Grows on a tree / underground / on a plant / comes from animals**

How to do it:

1. Show a picture: “Carrot—where does it grow?”
 2. Let kids place it in the right category.
 3. Add a fun fact: “Carrots grow underground!”
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School Age (6–12 years)

Activity 1: Build a Balanced Plate (MyPlate-style)

What you need: Paper plate + markers or cutouts.

How to do it:

1. Teach the 5 groups (simple overview).
2. Kids design a meal and label each part.
3. Share-out: “What’s one swap to add color or fiber?”

Resource: MyPlate kid activities are ready to use.

Activity 2: Sugar Detective

What you need: Empty clean food packages (or printed labels).

How to do it:

1. Say: “We’re detectives—marketing vs facts.”
2. Kids find serving size, added sugars (if listed), and ingredients.



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3. Discuss: “What’s a smart everyday choice vs sometimes choice?”

Teacher tip: Keep it neutral—no “good/bad food” talk.

Activity 3: Meal Planning on a Budget (Team Game)

What you need: A pretend budget + grocery flyers or printed food cards with prices.

How to do it:

1. Groups plan a day of meals within the budget.
2. Bonus points for: fruits/veg variety, protein, whole grains.
3. Reflection: “What choices helped us stay in budget?”



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