Children enjoy learning about food and healthful eating through games and songs. They can be used alone or with other nutrition education activities.

**Singing**
Sing nutrition songs while you cook or do arts and crafts projects with the children. Use songs during active play or as transitional activities before meals and snacks. Ask questions to create active discussions before, during, and after these activities. Relate the song to learning about food and eating.

Young children may not be able to sing all the words, but they enjoy hearing others sing. Children understand what is being said long before they can talk fluently. Children enjoy using finger, hand, and body movements with songs. They are often able to perform the song before they can sing the words.

Make up new words for familiar children’s tunes.

**Homemade Activities**
Some of the best songs and games are homemade. You can use well-known children’s games and change them into a new nutrition education activity by using food pictures cut from old magazines.
I Spy
Play *I Spy* using pictures of foods or real fruits and vegetables.

**Tic-Tac-Toe**
Use pictures of vegetables, fruits, or other foods in the squares of a tic-tac-toe board. Let the children toss a beanbag and shout out the name of the food it lands on.

**Food Train**
Use clean, empty food boxes to make a food train. Let the children sort pictures of food in different ways—by color or shape, by fruit or vegetable. Older children can use *MyPyramid for Kids* to sort by food groups.

Check out the ideas for children’s activities in CARE Connection.

Have fun! When you have fun, the children will too.