Activity: Play a Game, Fishing for Food

Step 1: Why
Children can learn to identify different kinds of healthful foods.

Step 2: What
Introduce children to different foods. Children will fish for the different foods, using a magnet on a string attached to a pole, then name the foods they catch.

Step 3: How
Materials needed to get ready for the activity:
• a blunt stick or dowel, 2–3 feet long
• a string to tie to the end of the stick
• a small magnet that can be tied to the end of the string
• pictures of food cut from magazines
  (Select pictures of foods that are easy to identify like fruits, vegetables, and other foods you want children to learn about.)
• a large paper clip to be placed on each picture
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#### Step 4: When

After mid-morning snack

#### Step 5: Do the Activity

**Directions:** Place a string on the end of a blunt stick, 2–3 feet long. Tie a small magnet to the end of the string.

Place a large paper clip on each picture of food cut from a magazine.

Let the children take turns fishing for food. When a food is caught, the child can tell the name of the food.

“Banana!”

#### Step 6: Follow-Up After the Activity

When the foods are served at lunch or at snack, remind the children of the name of the food and talk about it.