

Have fun with your children:

Here are some fun games you can play with your children anytime and a healthy snack you can make together.

Try the ABC Food Game

Have your children find foods in a grocery store flyer that start with the letters of the alphabet. Use the first letter of the name of the food (for example, "A" for apple, "B" for banana). Choose five letters each time you play this game.

Guess What Food Am I?

- I am orange and crunchy. I am a vegetable rabbits like.
- I am crunchy and green. I am a vegetable shaped like a tree.
- I am an orange colour fruit. My name is the same as my colour.

Ask your children to make up more of these using different foods

(Answer: carrot, broccoli, orange)

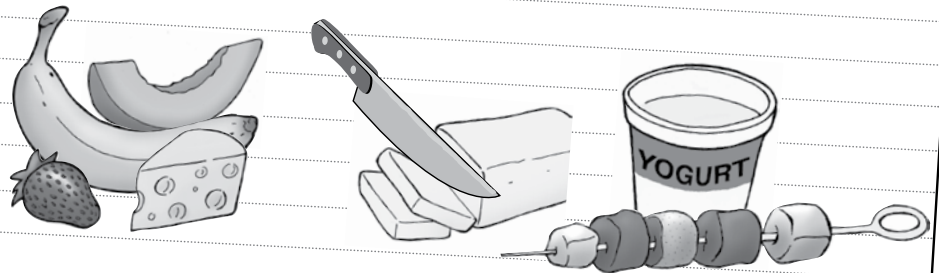
Yummy Kabobs

You will need:

- Different fruits (for example, strawberries, bananas, peaches, melon balls)
- Different vegetables (for example, cherry tomatoes, cucumber slices, peppers)
- Cheese* cubes

Here is how:

1. Cut the foods into bite-size pieces.
2. Help your child put fruit and vegetables onto a kabob stick or straw.
3. Try dipping these kabobs into yogurt before eating them.



*choose cheese with less than 20% Milk Fat (M.F)