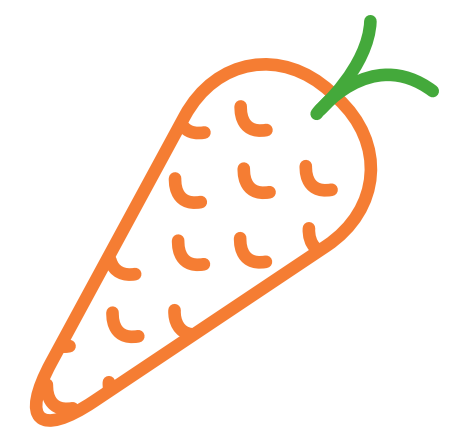




HOLIDAYS



Healthy Eating Activity Ideas (For Parents & Caregivers)

Veg Power

Veg Power is a campaign designed to encourage children to eat more veg.

For fun cooking activity ideas and more, visit the vegpower.org.uk website.



Food Riddles

Hide a healthy food item in a box or dark bag and ask your child to guess what the item is by providing clues for e.g. its crunchy in salad, it can be green or red, it is round etc.



Household duties

Try to involve your child in planning the meals for the week and even help out with the cooking and shopping. You could set them a task of finding healthy recipes they would like to eat as a family and sharing these with you.



Sorting activity

Print pictures of a variety of foods from all food groups or buy a food game card deck. Support your child in arranging the foods into healthy and unhealthy groups and discuss with them why they are to be eaten often or less often.



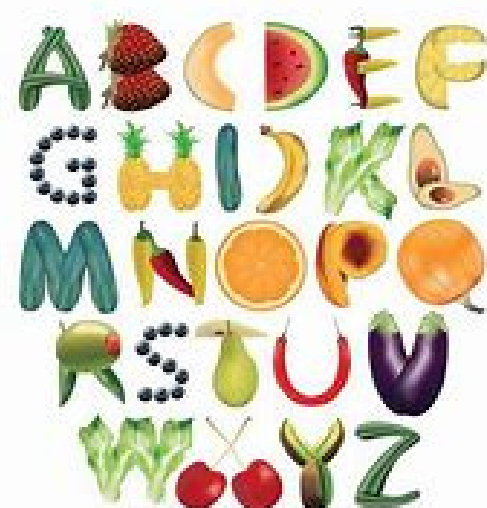
Food Rainbow Collage

Outline the sections of the rainbow on paper and place images of healthy foods that match the colour of the section.



Food Alphabet

Match healthy food items to letters of the alphabet and create a work of art! Your child could even match the letters in their name with a healthy food item for e.g. the name Tom : T (tomatoes), O (onions) M (melons)



Watch videos and read stories

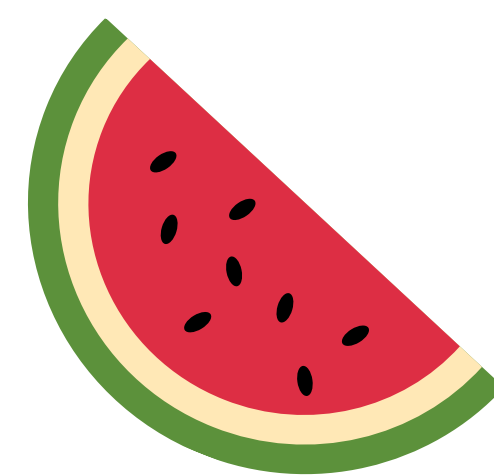
Reading list: Jasper McFlea would not eat his tea, The boy who loved Broccoli, Oliver's vegetables, Creepy Carrots, Are you eating something green?, Beautiful bananas.

Videos:

[The hungry Caterpillar](#)
[Broccoli is not so bad](#)
[Learn vegetables](#)



More ideas...



Food group hunt

In a selected space, each wall should focus on one food group. Hide images of foods or pretend food around the room for your child to find. When an item is found, discuss what food group it belongs to and place it at the chosen wall for that food group.



Change 4 life

Change 4 life is a national campaign that provides resources to support families with living healthier lifestyles. For fun cooking activity ideas and more, visit the [change4life](https://nhs.co.uk/change4life) website at nhs.co.uk/change4life.



Shopping obstacle course

Ask your child to pick up any 3 items from a pretend store. However, they need to go through an obstacle course to get to the store. Have them follow the course to the "store". Once there, they need to pick up the items and then follow the course back to the beginning. Assess what was chosen and give praise when healthy food items have been picked.



Singing and dancing

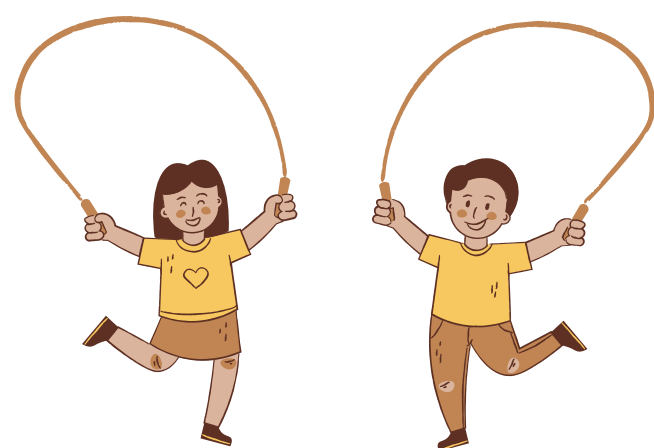
Sing and dancing are powerful tools to help children enjoy learning.

Music recommendations:
[The Wiggles Nursery Rhymes](#)
[Sesame Street, Food Favourites](#)
[The Food Song](#)
[Banana by D millions](#)
[Apples & Bananas song](#)



Add a pinch of physical activity

Try to incorporate physical activity into your day to day life, including in activities you do with your child. Being physically active enhances **concentration**, **learning** and has many proven benefits to an individual's mental health & well-being.



There are plenty of physical activity opportunities for you and your family to get involved in Barnet. The [Barnet council website](#) lists parks and open spaces for physical activity. Also, the [Barnet local offer](#), [GLL Better](#) and [Direct Me](#) websites list more opportunities for physical activity that are available. For physical activity ideas, you can do at home, check out the [Change 4 life](#), [UK Active](#) and [Sport England](#) website.

Further help and information

[Barnet 0-19 Early Help Service – BACEHolidays](#)

