

# Fun with Food

## Help children accept new foods and textures

- Play with a farm using animal crackers instead of farm animals. Make a mud puddle from chocolate pudding.
- Stack cheese cubes and crackers. Knock down the tower and do it again!
- Write your child's name on a piece of paper. Have them trace their name with cereal, such as Cheerios®.
- String noodles or cereal to make a necklace.
- Roll round foods, such as peas or grapes, down a car ramp.
- Use a toy hammer to crush food, such as crackers and cereal, then roll cars on top or draw shapes with your finger.
- Create a jungle using broccoli as trees. Play with toy dinosaurs and animal crackers in the jungle.
- Use play dough toys in crumbled food, such as cereal, bread, or crackers; use rollers to crush food.
- Make blue spaghetti (cook then add blue food coloring) as an ocean, swim toy fish and Goldfish® crackers in the 'ocean.'
- Play with a dollhouse; use gummy bears instead of little people.
- Play with dump trucks. Load them with small foods such as cooked corn or beans.
- Play with gummy worms or cooked spaghetti 'worms' in 'mud' made of chocolate pudding and/or crushed chocolate cookies.
- Roll cars down a ramp or people down a slide into a 'JELL-O® pool.'
- Place a variety of foods on the table and play a matching or sorting game (i.e. put all the green foods together, small foods, vegetables, etc.).
- Paint a picture using broccoli, cauliflower, spaghetti, or celery as a paintbrush.

SOURCE: SpeakingSpanglish 2019

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