

# **Foodie Fun For Kids**

## **Activity Ideas List**

### ***25 Ideas To Getcha Cooking!***

*Ask an adult to help you with cooking especially if you need to use a knife, oven, stovetop or other tools that can be dangerous. All ages can do these activities—younger children may need more adult help than older children though.*

1. **Learn how to cook something new.** Then name your signature dish a fun name and serve it to your family or friends.
2. **Look at a globe or world map and choose a country to learn more about.** Then learn how to make a classic dish from that country.
3. **Go to a Farmer's Market.** Find one near you by visiting [www.localharvest.org/farmers-markets](http://www.localharvest.org/farmers-markets) What new foods will you discover?
4. **Make a meal plan for one day for your family: breakfast, lunch, dinner and a snack.** Ask a grown up to help you get the ingredients to make the meals for that day. Don't forget the fruits and vegetables!
5. **Set up a restaurant in your home using things you may already have around like placemats, napkins, silverware, music and more.** You can get creative and even make and decorate menus for your guests (family or friends) and serve your next meal in style!
6. **See how many different colors of fruits and vegetables you can eat in one day.** Check out [www.CrunchAColor.com](http://www.CrunchAColor.com) or [www.todayiatearainbow.com](http://www.todayiatearainbow.com) to help you keep track. How many can you eat?
7. **Keep track of how much water you can drink in one week.** Set a family goal to drink a bathtub amount of water (5,000 8 oz. cups!) and see how long it takes you to reach that goal!
8. **Go fruit picking at a local pick-your-own farm.** Find one near you by going to [www.pickyourown.org](http://www.pickyourown.org).
9. **Learn how to cook something new from scratch that you might normally buy** (like macaroni and cheese, chicken nuggets, pizza, spaghetti, etc.)—no boxes allowed!
10. **Have a holiday themed cooking party.** Any day is a great day for a party—choose a holiday and menu, invite over some friends and cook together!
11. **Choose a theme for a meal and have a grown up help you make it.** How about a meal that is all miniature foods or everything that is all one color (naturally, of course!)

12. **Have a bake sale and choose a cause to donate the money too.** Some ideas: [www.cookiesforkidscancer.org](http://www.cookiesforkidscancer.org) or [www.shareourstrength.org](http://www.shareourstrength.org) Don't forget the healthy goodies too, and even treats for pets!
13. **Watch a cooking show on television, online or on video.** We like *Food Detectives*, Food Network's *Challenge*, *The Chew* and *Good Eats*.
14. **Host a cook-off challenge for your friends.** Have a grownup help choose some "secret" ingredients for the challenge and have them time you to see what delicious things you can make using them. Then share!
15. **Watch a movie and then make food around that theme.** Like African food for Madagascar or Chinese food for Kung Fu Panda.
16. **Watch a cooking how-to show.** Then make something you learned from the show. We like ActivityTV.com (DVDs and online).
17. **Go to a food festival.** Look in your local newspaper or online to find one near you. What else can you learn about the theme?
18. **Do a blind taste test of fruits and vegetables for your family or friends.** Cut up samples of several different varieties. For fun, keep track of what they liked and didn't like (and compare to what you thought they might or might not!)
19. **Learn how to read a nutrition label.** The website [www.nourishinteractive.com](http://www.nourishinteractive.com) has some great printables to help you learn how!
20. **Pick a fruit or vegetable to learn more about.** Make something using that as the main ingredient and share with your family what you learned about it.
21. **Read a food related book...**it can be a cookbook or a fiction book. Your local library has lots of cooking books for kids!
22. **Go on a grocery store tour.** Ask your local store if they do this (Whole Foods is one that does in our area) or visit [www.fieldtripfactory.com](http://www.fieldtripfactory.com) to find out about others. Get a group of friends together and make it a fun outing!
23. **Interview an older family member and find out what their favorite foods were when they were your age.** Help make a meal using some of those foods.
24. **Find out where your food comes from.** For example, when you buy produce, it will have a little sticker or sign that tells you how far it came. Meat and fish will often have a little sign that tells where it came from (or ask the butcher to tell you). Keep track for one week on a map to see how far things traveled to get to you. Then try to find foods that travel the least for the next week.

25. **Make a family history meal.** Ask your parents where your family is from and find out what traditional meal comes from that area then make it! (For example, Spain may make paella, the southeastern United States may make peach pie, etc.)