



VIRTUAL CHILDCARE PARENT SUPPORT SERVICES

VOLUME #132 FOOD IS MY FUEL – POWERING HEALTHY BODIES

HELLO PARENTS,

The importance of healthy eating begins with your child's first bites of food and continues for the rest of their lives. As your child grows, they require food that promotes their development. This means that your child must eat nutritious foods that encourage their well-being. This newsletter provides activities that supports the notion that food is truly a fuel which powers healthy bodies.

ACTIVITIES

INFANTS (3 -18 MONTHS)

FEEDING TIME

MATERIALS:

- Fruits and vegetables

DIRECTIONS:

- When your infant is ready, you may start to purée fruit and vegetables.
- Choose a fruit (pears, apples etc.) or vegetable (sweet potato, carrots, peas etc.) for your infant to eat.
- You may steam, purée, and offer the fruit or vegetable to your child. Observe as your infant has their first tastes of this new food!
- Wait three to five days between each new food to check for any allergic reaction.
- Once your infant shows signs of readiness, offer them finely chopped soft fruits and vegetables.

[Click here](#) for a list of "superfoods" for infants.

TODDLERS (19 MONTHS – 2.5 YEARS)

FRUIT RAINBOW

MATERIALS:

- Different coloured fruits of your choice. For example:
 - Red grapes
 - Blueberries
 - Kiwi
 - Pineapple, etc.
- Plate

DIRECTIONS:

- Cut your fruits into small bite sized pieces, making sure they are suitable for your child.
- Together with your child, layer each set of cut fruit onto the plate like a rainbow!
- Once you are finished, eat the fruits.

[Click here](#) to learn how to make a fruit salad in an ice cream cone.

PRESCHOOLERS (2.5 – 5 YEARS)

THE VEGGIE GUESSING BAG

MATERIALS:

- Different types of vegetables. For example:
 - Broccoli
 - Lettuce
 - Carrots, etc.
- Paper or plastic bag

DIRECTIONS:

- Place each of the vegetables in different paper or plastic bags.
- Ask your child to feel inside the bag and guess which vegetables are inside.
- Tell your child they have five chances to guess the correct answer. When they say the correct answer, they may eat the vegetable.

[Click Here](#) to learn how to make healthy oatmeal cookies.

JK/SK (4 – 6 YEARS)

RISE AND SHINE PARFAIT

MATERIALS:

- 4 cups of vanilla yogurt
- 2-3 different types of fruits. For example: peaches, blackberries, strawberries, etc.
- 1/2 cup of granola pieces
- 4 cups

DIRECTIONS:

- Encourage your child to choose their favourite colourful fruits.
- With your child, cut the fruits that they have chosen.
- Layer 1/3 cup of vanilla yogurt into the bottom of the 4 cups.
- Alternate layers of fruit, granola and yogurt, until the cups are full.
- [Click here](#) for a reference picture.

[Click Here](#) to learn how to make homemade berry jam.

SCHOOL-AGERS (6 – 12 YEARS)

GROW YOUR OWN HERB GARDEN

MATERIALS:

- Gardening supplies
- Herb seeds. For example: cilantro, parsley, basil, dill etc.

DIRECTIONS:

- [Click here](#) for a beginner's guide to gardening.
- Fill pots with soil, and plant seeds.
- Ensure that your garden is regularly tended to. Water the herbs.
- Watch as your herb plants grow!
- Once ready, harvest the herbs and enjoy.

[Click here](#) for 10 top gardening tips for beginners.



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TIPS TO ENCOURAGE HEALTHY EATING

- Be a role model; your child will want to try new fruits and vegetables if they see other members of the family eat them.
- Vary the fruits and vegetables in the house to keep them interesting.
- Get your child involved in grocery shopping, and ask them which fruits and vegetables they would like to buy.