



# Super Food Games To Play WITH CHILDREN



## String The Cereal

Give your child a plate full of colorful round cereals and a string. Ask them to arrange them as beads in the string to make jewelry.



## Marshmallow Tower

Instruct your munchkins to make a pyramid tower with marshmallows.



## Berries In The Mouth

Put berries in the yogurt and ask your little ones to eat them without using their hands. See who finishes first.



## Cookie Cutting

Take various shapes of cookie cutters, roll out the cookie dough on the clean counter or plate, and start cutting cookies in different shapes with your children.



## Decorate The Cupcake

Take some freshly baked cupcakes and tell your children to decorate their icing with fruits, sprinklers, chocolate sauce, jams, or tasty decoratives.



## Pluck'em Up

Take your little buddies to the backyard or nearby farm to pluck fresh vegetables and fruits, and teach them about farming.