

Free Resources Make At-Home Nutrition Education Easy

Teaching kids healthy eating habits early in life helps ensure their wellbeing now and into the future. The earlier they learn good habits, the more likely they are to embrace those habits throughout their lives. We rounded up some free resources, interactive tools and a few of our own suggestions you can use at home.

- **Interactive Lessons:** [USDA TeamNutrition](#) has several free interactive resources, lessons, sign-along-songs, games and quizzes to teach kids about the benefits of being active and eating well. Several focus on MyPlate, the federal government's healthy-eating-made-simple model. The resources are generally suitable for a wide age range, with the "[Fueling My Healthy Life](#)" student portal specifically developed for 6th graders. It includes breakfast tip sheets, assessments and an interactive lesson on breakfasts eaten in countries around the world.
- **Quizzes:** Have your child take each of the online quizzes from [ChooseMyPlate.gov](#). There are quizzes to educate kids on protein, dairy, fruits, vegetables and grains. Kids answer the true/false or multiple choice questions and then instantly see if their answers are correct and receive an explanation about the nutritional benefits of the food in question. Younger kids may need some assistance answering these questions. Consider pairing each quiz with snacks that correspond to the quiz questions. For example, provide a snack of almonds or sunflower seeds with the protein quiz.
- **Shop and Cook:** Encourage family bonding by choosing an easy-to-make recipe to prepare with your child once a week or month. You can find suitable recipes at [EatRight.org](#) or in the [searchable library of recipes](#) available at [ChooseMyPlate.gov](#). [Video cooking lessons](#) from Jamie Oliver and his son Buddy ([#KitchenBuddies](#)) are fun and engaging and will inspire the whole family (recipes are in metric measurements). As you shop and prepare the meals, your child could read about nutritional benefits of ingredients via online sources. Older kids may find a new sense of confidence and pride by individually preparing the meal for the family.
- **Bingo:** Provide kids with a [bingo card customized](#) to foods they may find in their meals during a given week. At each meal, they can cross off the spots for the foods they eat. It's a good way to encourage them to try new foods! Whenever your child gets bingo, offer a small prize or reward, such as having the opportunity to choose a meal the family may eat the following week. [EatRight.org](#) also offers its [Nature-based BINGO card](#) to encourage kids to get outdoors and be active.
- **Nutrition-Based Physical Activity Games:** [The Healthy Eating Toolkit](#) from Action for Healthy Kids has a lot of great ideas for teaching kids about nutrition and physical activity. The [nutrition-based physical activity games](#) - the MyPlate Relay Race, Musical Fruits and Vegetables, and the Eating Healthy Dance Party - can be fun, unstructured ways for kids to learn while spending time with family or friends.



If you try one of these activities at home, share your experience on social media to encourage others to take part!