



Eating Well: Here and There

Eating nutritious foods helps build strong bodies and minds for all! Together, we can help children build healthy relationships with food that set the stage for a lifetime of well-being.

The resources below can be used as a guide for ideas, tips, and strategies to help children build healthy habits around eating and nutrition—at home or on the go!



Making a colorful meal together

Eating a rainbow of fruits and veggies is about more than having a beautiful plate. Watch this video together with little ones for a fun recipe that looks and tastes good (and helps us feel good, too!)



sesame.org/roasting-a-rainbow/



Where does healthy food come from?

Children are curious about everything—and that includes where their food comes from! Play this game together to help grow some colorful and nutritious fruits and veggies with Sesame Street friends.



sesame.org/grow-your-colors/



Let's get ready to eat!

Mealtime is an important part of our daily routines, but on busy days, it can sometimes feel like a chore. This playful podcast can help children prepare for the transition into mealtime—and spark conversations about food and the senses.



sesame.org/mealtime-tips-for-children/



Get wacky with water

Getting children to drink enough water can be a tough ask, but finding creative ways to make it taste different can make it fun and delicious. Read this storybook together to encourage children to drink more water and experiment with flavors.



sesame.org/summer-sips/
