

# Three Healthy Food Activities For Kids

Hassle-Free Healthy Lunch Box Tips with Belinda Smith.



One of my favourite things I love about being a Health & Wellness Coach is seeing the lightbulb go on in the heads of children when they get a simple message about healthy eating. Children love to learn when it's fun, so this week I've included 3 Healthy Food Activities for your children.

## 1. A Thinking Activity

Find a word, crosswords, join the dots, they are all activities children love. The beauty of thinking activities is they can create little messages in the mind of the child when they completing them.

## 2. Make Something Yummy To Eat

A fun way to get kids involved in healthy eating, is to have them create something to eat. When they make something, they always try it.

## 3. Experiments

One of the best ways for children to learn is through testing things to see how they work out.



*Healthy Kids Fun @therootcause.com.au*

## Ideas

- Visit our **Healthy Kids Fun** page to print off Thinking Activities, Recipes and Experiments. Go to <http://therootcause.com.au/healthykids>
- Our Healthy Kids Fun page will be continually expanding over the coming months. Keep visiting to get the latest activities to help your children grow their

These Hassle Free Healthy Lunch Box Tips are brought to you by Bel Smith, Health & Wellness Coach. For more lunch box inspiration and a FREE eBook, subscribe via email at [therootcause.com.au](http://therootcause.com.au).

