

Brain Building Activities™ for Mealtime

Sharing a meal with a child is a great way to connect. With simple activities like the ones below, you can turn breaks between bites into Brain Building Moments™! Learn more at vroom.org.

The Big Game

Ages 3-5

Play "The Big Game" by naming something big. Then ask your child, "Can you name something that's bigger?" Take turns and keep playing until you come up with the biggest, most gigantic, huge thing you can think of. Switch it up and name the smallest thing you can think of.

Brainy Background™

Playing "The Big Game" helps your child see connections between the size of things, then organize them according to size. These are thinking skills they'll need in school and work.

Mealtime Math

Ages 2-5

Are you eating crackers or other food like that? Ask your child how many they want. Give them that amount and say, "Eat one. How many are left?" Count together, encouraging them to count out loud. Then you take a turn. Continue this game until the crackers are all gone.

Brainy Background™

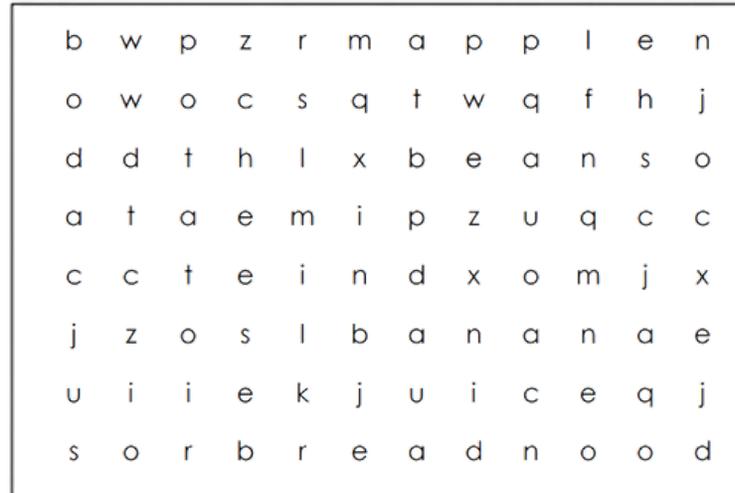
In "Mealtime Math," your child is thinking in symbols—that the numeral 3 represents three of something. This game helps them begin to understand how to add and subtract in everyday life. Games like this help build a strong foundation for learning math later on.



LET'S PLAY I SPY! Do you see any of these items around you?

- I spy something that you eat with...
- I spy something in the shape of a circle...
- I spy something that is the color red...
- I spy something cold...
- I spy something bigger than a fork...
- I spy something smaller than my hand...

FOOD WORD SEARCH

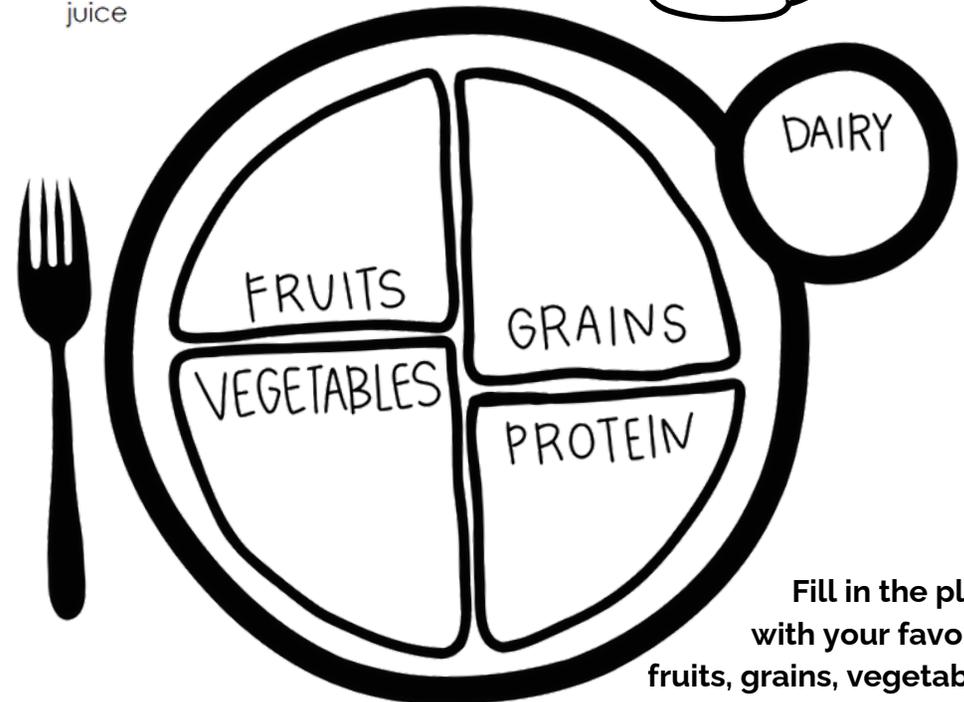


Find the following words in the puzzle.
Words are hidden → and ↓ .

banana
potato
cheese

beans
bread
juice

apple
milk



Fill in the plate with your favorite fruits, grains, vegetables, protein, and dairy foods!