



EVENT IN A BOX ACTIVITY SUGGESTIONS Preschool Edition

Getting kids excited about being a Champion for Change by eating Healthy Proteins!

Who is this for? Kids and their parents

Why is this event a good idea? Healthy proteins are a healthy choice for growing kids.

Humpty Dumpty Puzzle

Included is a template for an egg with puzzle pieces drawn on it. Make enough copies for each child in the group and help them cut apart all the pieces. Then have them color and design their own egg pieces with crayons or colored pencils and put their puzzle together. After having designed each piece separately, it will be funny to see how it looks after being put together again! Encourage the kids to take their egg puzzle home and share it with their family!

Protein Moves and Sounds

Have everyone stand up. Tell them about what makes each protein healthy and then have them act it out. For example:

- "The iron in beef helps keep you from getting tired. What does a cow say?"
- "Chicken gives you strong muscles and bones! What does a chicken say and do?"
- "Some fish have lots of healthy fat that are good for your heart. How do fish swim?"
"What does a school of fish swim like?"
- "Pork gives you lots of energy! What sound does a pig make? What does a pig look like?"
- "Beans have lots of protein and fiber. Show me how a bean stalk grows!"
- "Nuts are good for your heart. Go nuts!"

Pin the Feathers on the Chicken

Included is a poster of a chicken and several paper feather templates with healthy messages. Help the kids cut out the feathers, and have them each color a feather of their own. Tack the poster up on a wall, blindfold the children, spin them around one at a time and have them tape their colorful feathers on the chicken! Afterwards, discuss the healthy messages on the feathers!

To join the conversation and talk about game ideas with other Nutrition Network partners, visit the discussion board at EatWellBeWell.org/partners.