

Munching Monsters

Why:

Children can have fun feeding hungry monsters while playing with a variety of different foods. It is a chance to talk together about how eating healthy tucker keeps bodies healthy and strong, and also keeps ears healthy and strong.

What you need:

- An empty shoe box, tissue box or ice-cream container
- A picture of a friendly monster, (or other character)
- Or cardboard triangles for teeth and circles or eyes
- Glue and scissors
- Cut out pictures of a variety of healthy foods

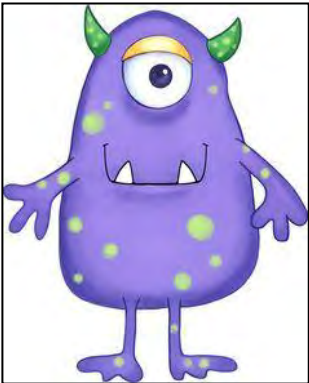
How to use this resource:

- Glue the monster's face to the front of the box.
- Cut out a slot for the monster's mouth.
- Spread out pictures of foods so they can all be seen.
- Help children pick foods and feed them to the monster.
- Talk about the monster eating healthy tucker and growing strong.

Talking points:

- You can help prevent middle ear disease by eating healthy foods that keep little bodies and little ears healthy and strong.

Example Pictures of monsters:



Example monsters boxes:



Example pictures of foods for feeding:

