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](image1)

Example monsters boxes:

![Example monsters boxes](image2)

Example pictures of foods for feeding:

![Example foods](image3)