

Best Play-With-Food Activities For Your Toddler



Pick a color

Ask your toddler to pick a color. Serve them a plate of vegetables and fruits of that color.

Build a picture

Allow your child to make images using the fruits and vegetables on their plate.



Make a funny face

Have your toddler make a funny face out of their pancake and fruits.

Paint a picture

Have your child paint a picture with the chopped ends of a vegetable from your kitchen.



Slimy slurpees

Have your child play with noodles, crushed banana, apple puree or a chia seed slime.

Edible dough play

Have them make figures using cookie dough or dough made from whole wheat flour.

