

BOOK 1: WELCOME TO THE LAND OF GRUB ACTIVITY GUIDE: AGES 4-7

BEFORE READING ACTIVITIES

1. Food Sorting Game

What You Need: Pictures of different foods (from magazines or printed)

What To Do:

- Create two piles: "Everyday Foods" and "Sometimes Foods"
- Let children sort foods into categories
- Talk about why certain foods go in each pile
- Emphasize: NO food is "bad" — some are just for special times!

Learning Goal: Understanding that all foods have a place

2. Meet the Characters

What You Need: Paper, crayons

What To Do:

- Draw yourself as a character in the Land of Grub
- What would YOUR magical tool be?
- What would YOU want to learn about food?

Learning Goal: Personal connection to the story

DURING READING ACTIVITIES

3. Snack Time Science

What You Need: Two snack options (simple cookie vs. whole grain crackers with cheese)

What To Do:

- Try both snacks
- Notice how your tummy feels after each one
- Which one keeps you feeling good longer?
- Draw a picture of how each snack makes you feel

Learning Goal: Body awareness and comparing simple vs. complex carbohydrates

4. The Moderation Bridge Challenge

What You Need: Building blocks or LEGOs

What To Do:

- Build a bridge using blocks
- Try building with too many blocks (it falls!)
- Try building with too few blocks (it's not strong!)
- Find the "just right" amount
- Talk about how this is like eating treats

Learning Goal: Visual understanding of moderation

AFTER READING ACTIVITIES

5. Create Your Own Compass of Curiosity

What You Need: Paper plate, brass fastener, construction paper, markers

What To Do:

- Draw four sections on paper plate: Adventure, Caution, Discovery, Home
- Make an arrow from construction paper
- Attach arrow to paper plate with brass fastener so it spins
- Decorate compass with colorful designs

Use It: Before snack time, spin your compass and talk about making good choices!

6. Body Listening Game

What You Need: Just you!

What To Do:

- Sit quietly before eating
- Put your hand on your tummy
- Is it growling? (Hungry!)
- Is it quiet and comfortable? (Not hungry!)
- After eating, check again—does it feel "just right"?

Learning Goal: Recognizing hunger and fullness cues

7. Cookie Science Experiment

What You Need: Two types of cookies (regular and whole grain/oatmeal), timer, paper

What To Do:

- Eat one type of cookie
- Set timer for 30 minutes
- Draw how you feel (happy face, sad face, so-so face)
- Next day, try the other cookie type
- Compare your drawings—which cookie made you feel better longer?

Learning Goal: Direct experience with how different foods affect energy

8. My Portion Control Bracelet

What You Need: Pipe cleaners, colorful beads

What To Do:

- String beads in different colors:
 - Red beads = Fruits (and courage!)
 - Orange beads = Vegetables (and kindness!)
 - Yellow beads = Grains (and patience!)
 - Blue beads = Proteins (and gratitude!)
 - Purple beads = Dairy (and joy!)
 - Twist into bracelet
 - Wear it to remember balanced eating!
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9. Cookie Crumble Canyon Art

What You Need: Brown construction paper, scissors, glue, chocolate chips (real or paper)

What To Do:

- Cut brown paper into "cliff" shapes
- Glue onto larger paper
- Add chocolate chips
- Draw yourself exploring Cookie Crumble Canyon!

Learning Goal: Creative engagement with story setting

10. Family Snack Planning

What You Need: Paper divided into sections for each day of the week

What To Do:

- Plan one "everyday snack" for each day (fruits, veggies, cheese, etc.)
- Pick ONE day for a "sometimes treat"
- Color or draw each snack
- Post on refrigerator, message board/wall

Learning Goal: Practical application of balance concept

DISCUSSION QUESTIONS FOR YOUNG CHILDREN

Simple Questions:

1. What happened to Brunch when he ate too many cookies?
2. How did Snax show she was brave?
3. What does "moderation" mean? (Not too much, not too little!)
4. Can you eat cookies? (Yes! Sometimes!)
5. What are "everyday foods"?

Reflection Questions:

6. How does your body tell you it's hungry?
 7. Have you ever eaten so much your tummy hurt?
 8. What's your favorite "sometimes food"?
 9. If you visited Cookie Crumble Canyon, what would you do?
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SONGS & RHYMES

The Balance Song (Tune: "Twinkle Twinkle Little Star")

Everyday foods help me grow,
Fruits and veggies, don't you know!
Sometimes foods are special treats,
Cookies, candy, birthday sweets!
Balance is the special key,
Eating well makes healthy me!

MOVEMENT ACTIVITIES

Sugar Rush Relay

What To Do:

- Run in place REALLY fast (sugar rush!)
- Then slowly get slower and slower (crash!)
- Finally, walk at a normal, steady pace (balanced energy!)
- Talk about which feels best

Moderation Freeze Dance

- Play music
- Dance wildly (too much!)
- Stand completely still (too little!)
- Dance at a nice, fun pace (just right!)

COOKING TOGETHER

Whole Grain Cookie Recipe (*Adult supervision required*)

Ingredients:

- 1 cup whole wheat flour
- 1 cup oats
- 1/2 cup honey or maple syrup
- 1/2 cup nut or seed butter
- 1/4 cup dark chocolate chips
- 1 egg
- 1 tsp vanilla
- 1/2 tsp cinnamon

What To Do:

1. Mix all ingredients in a big bowl
2. Make small balls and press flat
3. Bake at 350°F for 10-12 minutes
4. Let cool (hardest part!)
5. Try one cookie as a "sometimes treat"

Talk About: How this cookie has oats and whole wheat to give steady energy!

TIPS FOR PARENTS/CAREGIVERS

- ✓ **Read at snack time** to make connections to real food
- ✓ **Let children help prepare snacks** to build positive food relationships
- ✓ **Avoid labeling foods as "good" or "bad"** – use "everyday" and "sometimes" instead
- ✓ **Model the behavior** – let children see you enjoying treats in moderation
- ✓ **Celebrate trying new foods** without pressure
- ✓ **Make the magical tools real** – create physical versions to use at home

LEARNING OBJECTIVES (Age 4-7)

By engaging with this book and activities, children will:

- ✓ Understand that no food is forbidden
- ✓ Recognize the difference between "everyday foods" and "sometimes foods"
- ✓ Begin to notice how different foods make their bodies feel
- ✓ Practice listening to hunger and fullness signals
- ✓ Learn that treats are special because they're occasional
- ✓ Develop a positive, non-shameful relationship with all foods

Remember: The goal is progress, not perfection! Celebrate every small step toward food literacy and body awareness.

Where Food Becomes Adventure and Nutrition Becomes Fun!