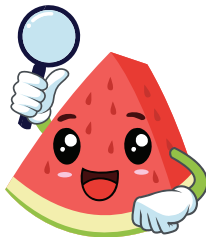


Little Food Explorers



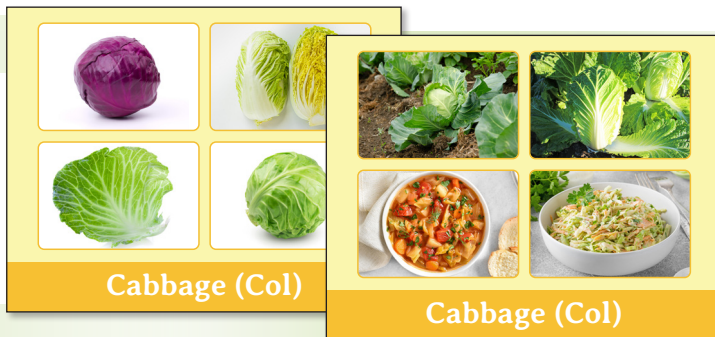
What is Little Food Explorers?

Little Food Explorers is a nutrition education program designed for preschool age children to explore a variety of different fruits and vegetables through fun, low-pressure experiences. Sessions use colorful visuals and early learning themes to help children become more comfortable with new foods—without needing to taste!

Designed for Use In:



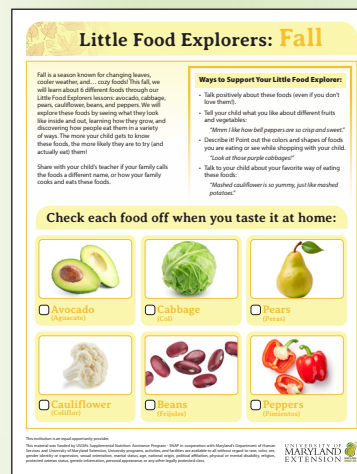
- ✓ Pre-K classrooms
- ✓ Head Start
- ✓ Judy Centers
- ✓ Childcare centers and homes
- ✓ Other early education settings



What's Included:



- 24 foods organized into four seasonal groups
- 2 educational cards per food with photos and simple, scripted activities
- Color and descriptive word cards to build vocabulary
- Exploration song to build routine and excitement about new foods
- Optional activity suggestions to expand the sessions
- Seasonal newsletters and graphics to engage families



Why You'll Love It:



- 🍷 Easy to teach—no special materials or food tastings required
- 🍷 Flexible for many early learning routines (circle time, small groups, centers)
- 🍷 Aligns with early learning standards and themes including counting, seasons/weather, colors etc.
- 🍷 Encourages curiosity and joyful exploration of food, leading to increased willingness to try new foods



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