

## Kid Food Nation



School



Home



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**PHE Curricular Competencies:** Health and Active Living, Social and Community Health, Mental Well-being

**Audience(s):** Grades K-7

**Hyperlink:** [Kid Food Nation](#)

### Description

Kid Food Nation is an excellent site to get kids interested in cooking. Here you will find many videos, activities, games and recipes that will make learning to cook a fun experience. It will even challenge kids to step outside their comfort zone and try foods from different cultures.

### Objective(s)

Kid Food Nation is an easy to navigate website that has something for everyone. Cooking with kids fosters skill development in reading, problem solving, following directions, measuring and more. The **free** recipes offer options for every eater out there.

### Curricular Connections

This resource relates to the following Curricular Competencies:

- Developing healthy relationships help us feel connected and supported
- Identify and explore a variety of foods and describe how they contribute to health

*Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to [dashbcresources@gmail.com](mailto:dashbcresources@gmail.com)*

*Resources mentioned in this document were created by Presidents Choice Children Charity and Boys and Girls Club of Canada*