

Ideas for your
healthy family

cookchildrens.org

CookChildren's



Scavenger hunt

Swap places. Let the kids pick the objects and the parents search. Try splitting into teams and see who finishes first!

Find something...

with a pattern	shiny	round	that turns on and off
you can eat	square	that lights up	that makes noise
made of metal	you can wear	with buttons	squishy
with wheels	you can see through	smelly	full of water

