

Our Mission

We're on a mission to nurture kids into healthy eating ambassadors — using all their senses and the power of movement. We bring energy, play, and discovery together!!!

Our Goals

- To empower the habits of enjoyable and healthy eating through the senses with movement: see, touch, smell, hear, and taste.
- To encourage children to explore and enjoy foods through play and games.

Anticipated benefits

Foods That Promote Overall Wellness



Counter any Negative Influence of Environmental Pollutants



Why are we unique?

We are using evidence-based concepts

STEM!
STEAM!! - (ARTS)
STREAM!!! - (READING)



Balanced nutrition from across all food groups

FOCUS ON 5 SENSES



Learning Activities

Guess the antioxidant-rich foods under the microscope using the food's vibrant color clues.

Map the natural colors and aromatic flavors of MyPlate breakfast, lunch and dinner menus. Mathematically code textures.

Learn about basic tastes (sweet, salty, sour, bitter), plus umami, building a richer food vocabulary.
Sour — lemon. Bitter — kale. Umami — mushrooms.

Transform mealtimes into food attributes prediction fun. Crunch predicts texture.

Curiosity inspires Creativity

I 😊
MOVE 🚲
A-MAZE-INGLY!!! 👍
GO ✈️
IMAGINE 🔍
NUTRITION 🍎
EVERYWHERE!!! 🌍



IMAGINE!!!

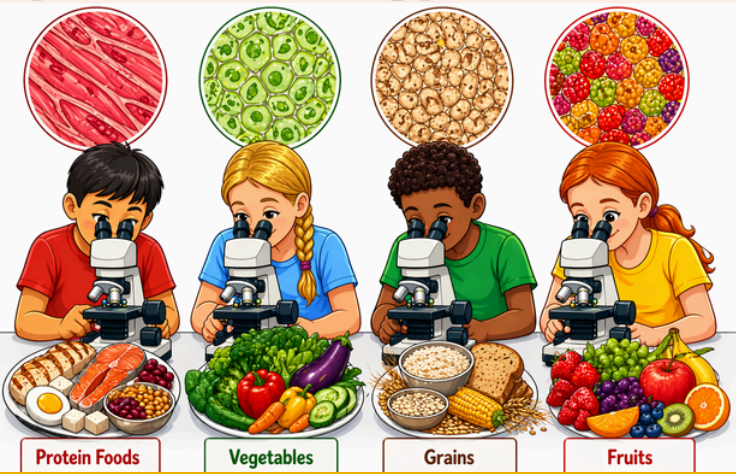
lee !!

I explore,
engage
enjoy!!!

Movement and Science based
Nutrition Education
Aligned with Learning Standards



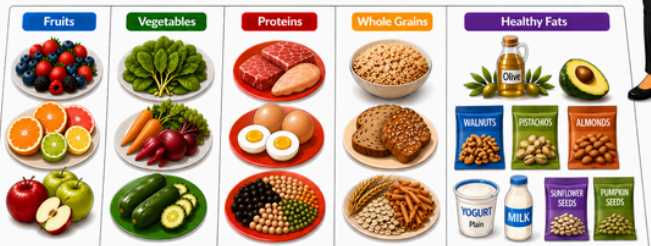
Food Microscopy



We introduce children to the different food groups, as well as culinary herbs and spices



Movement-based imaginative play activities mimic the sensory properties of fruits, vegetables, and spices (FVS).



Food Geography



NOTE TO TEACHERS AND FAMILIES
 We engage the children in motion, addressing wellness: social (community, laugh, cooperation), coordination (motor skills challenge for the body and mind), and wellness (relaxation)

Contact

To Learn More
 We will add QR code linking to the webpage here

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English-Spanish bilingual materials are available upon request

IMAGINE!!!

Teacher Testimonials

"I like the diversity of color and flavors, recipes, and food preparation types that are displayed. The images make the presentation engaging."

"The images showing where the foods are located help us see where our food comes from. This is good for visual learners."

IMAGINE!!! Featured Activities



Twist, twirl & steady - The Mighty Mango Tree

