



# EATING GAMES FOR KIDS



Get in Touch with Their Natural  
Imagination!!!

## Magnetic Glue Mash



Adult - The storyteller

Child - The big wide mouth.....and the big, strong  
body!

Mashed potato (any mashed veggie) is magnetic glue that attracts and makes all other veggies, meat, fish, chicken, eggs and anything else on the plate stick to it like glue.

Veggies like peas, carrots, broccoli, corn, beans, cauliflower, mushrooms, tomatoes, cucumber, celery and pieces of meat, fish, chicken, egg on the plate can't help jumping onto the spoon/fork of mash, and once they're stuck.....they just cannot get away!!!

The potato mash loves to be eaten - because it knows there is a prize waiting for it - and the other things that are stuck to it just can't get away before the big wide mouth gobbles them all up!!!

### **Suggested script**

**Adult performs the first mouthful**

"Oh oh oh.....I must have used the magic magnetic mash mix when I was cooking. This mash is magic magnetic glue!!!"

"Oh noooo!!! Look what's happening!!! A valuable veggie, (or a piece of marvellous meat, fabulous fish, charming chicken and eggcellent egg) has jumped



onto the spoon/fork of magnetic glue mash. Now it's stuck because it's magic magnetic glue!"

"Oh noooo!!! The big wide mouth is opening....and the mash is going straight toward it. It knows when it is all inside the big gurgling tummy that the big strong body will be healthy and happy, and it will get a prize. Oh....the big wide mouth is going to gobble it all up!!!"

"Oh dear!....That valuable veggie is gone, (piece of marvellous meat, fabulous fish, charming chicken and eggcellent egg, etc)"

You may need to do this a few times, so your child has time to become interested in doing it themselves. Be patient.....and stay playful and positive. Don't make any negative comments. Only focus on their plate when your child shows signs of being interested in doing it too.

### **Now your child**

"Be careful when *you* load *your* spoon of mash, wont you?"  
(Pop a piece of something onto your child's spoon of mash)



"Oh noooo.....it's happening again. Something's jumped onto your mash. Oh no....now your big arm is taking it to your big wide mouth. Ahhh....no!.... your big wide mouth is opening, and the mash is going straight for it....it knows that when it's all inside your big gurgling tummy that your big strong body will be healthy and happy, and you'll get a prize too. Oh....your big wide mouth is gobbling it all up."

Repeat this over and over.....kids love repetition. Be dramatic, playful and go with it.

If your child only does it a few times, that's OK. When you're sure they've eaten as much as they're going to, comment on what they ate, and the prize.

"Wow, you tried/ate little trees (broccoli). They were nice. I ate mine too. Look how big and strong you're getting - and your body gets a prize"

Use their 'My Favourite Rewards' list to choose a prize. The prize should be something the body likes to do....something active or creative. Don't use food, sweets, dessert as a prize. If the family is having desert, they should be offered a small amount as well anyway, but not as a reward.