Ways to explore the market at home!

In this exhibit children get to be their own grocer. They can shop for a variety of items from the WOW! Market. Pick from fruits, vegetables, meat, canned goods, and more, put the items in your basket and head up to the cashier. Try these activities with your little grocer to explore food and the market more.

The Farmer and the Dell
Sing this classic nursery rhyme to open the discussion about food, farming, and the jobs at the farm.

Grocery store scavenger hunt
Cut out images of the items on your shopping list or, for older children, allow them to read the list you’ve written. Help them find the items! There are lots of child friendly printables online available as a resource.

Grocery store organizer
Allow your 2-4-year-old to sit in the back of the cart and organize the grocery items as you put them in.

Rainbow grocery store hunt
Similar to the above scavenger hunt but allow your child to find all the colors of the rainbow at the grocery store and when you get home, sort the items by color. Practice labeling the colors, notice which items are darker, notice any different colored spots, and pick your favorite colors.

Marketplace dramatic play
Using fruits, vegetables, food items you already have, create your own at home market. You can add elements by using a reusable grocery bag, grocery basket, and play money.

Wrap the food
Using some different sized pieces of tinfoil and play food or real food, allow your child to wrap the food. This is a great fine motor activity! Don’t worry about the foil, flatten it and reuse it or ball it up tightly and recycle it (Yes, you can recycle balled up tinfoil!).

For your infant and young toddler
Your infant/toddler is just beginning to notice textures, shapes, and all the different places they go every day. These activities will help you to expand on those experiences.

First foods
If your infant is beginning to eat, consider giving them what you are eating, in large pieces. They are still getting most of their nutrition from milk, so this is an experience to practice sucking, explore different tastes, and eat what caregivers are eating.

Wash that fruit!
Using play food or real, get one bin filled with water for washing and an empty bin for drying. Allow your child to wash their fruits and vegetables.

Felt board foods
Using felt, cut out different foods and allow your child to use their felt board to explore the foods.

Touching foods
Create a sensory table with foods that have different textures, allow your child to explore. Sit with them and describe what you feel with them.

Soft or hard?
Get a tray and place different foods on the tray with different levels of hardness. Some ideas to use are marshmallows, bread, crackers, apples, or bananas. Allow your child to touch, help them label each as soft or hard.
**Market Experiments & Projects**

### Kitchen chemistry
*(age 4-9)*

**What you'll need:**
(note: you will need to mix and measure these ingredients 4 times for the experiment)
- 6 tbsp of flour
- 3 tbsp of sugar
- Pinch of salt
- 2-3 pinches baking powder
- 2 tbsp milk
- 2 tbsp cooking oil
- ¼ tsp of vanilla
- 1/3 of an egg (break the egg into a cup, mix it, then use 1/3 of it—use the other 2/3 for 2 of the other cakes)
- Cupcake pan

**What to do:**
1. Mix the dry ingredients, then add the wet ingredients in the order listed
2. Bake at 350 degrees for 15-20 minutes
3. Label the first cake #1, it uses all the ingredients
4. Go on to make 3 more cakes, for the #2 cake, leave out oil; for the #3 cake, leave out egg; for the #4 cake, leave out baking powder
5. After all the cakes have cooled, notice the differences! Which cake is fluffier, which tastes better, which is the darkest in color, etc.

**What it represents:**
- Eggs=structure, richness, leavening, and color to cake. The fat in the eggs also adds tenderness and richness to foods.
- Oil=oil is fat, fat makes the cake moister and tender after baked.
- Baking powder= Makes the cake rise, the more it rises the lighter and tender the cake will be.

### Garden pretend play
*(age 18 months (with help)- 4 years)*

**What you'll need:**
- Recycled cardboard box
- Popsicle sticks
- Brown paint
- Green felt
- Tape or glue
- Drawn or printable vegetables
- Scissors

**What to do:**
1. Paint your box brown
2. Cut grass out of the felt, glue/tape it around the sides of your box
3. Print or draw your vegetables, cut them out (color them if needed)
4. Attach vegetables to your popsicle sticks
5. Cut slits in your box with scissors or an exact-o knife
6. Plant your veggies!

### Simple lettuce wraps
*(age 1-4)*

**What you'll need:**
- Large leaf lettuce
- Carrots, tomatoes, cucumbers
- Any protein in your fridge (deli meat and sliced cheese are great)

**What to do:**
1. Using a child-safe knife or hand over hand supervision, allow your child to shred the carrots, cut the cucumbers, and cut the tomatoes
2. Lay out the veggies on your lettuce leaf
3. Place the proteins on top
4. Allow your child or offer hand over hand support to roll up the lettuce wrap

**What it all represents:**
This is a great fine motor activity and child-safe knives can be purchased online or at a local superstore. Fine motor activities support your child with their future writing skills. This is also a great space to talk about healthy eating choices and start your child down the path of enjoying healthy eating!