



healthy body
happy me 2026
HEALTHY HEROES

Monday



Healthy Body, Happy Me 2026 Munching Monday



National Day Nurseries Association

*Brighter thinking
for early years

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Activity Munching Monday

Healthy Heroes are encouraged to develop healthy eating habits. It's a fantastic chance for children to explore healthy foods while supporting their individual needs. It's especially supportive for children who bite or chew as part of their sensory exploration.

Activity outline

- Gather the children and show them a basket filled with crunchy, healthy foods such as carrots, cucumber, apples, peppers and celery
- Invite each child to choose a food to taste. Encourage exploration - noticing colours, weight, sizes, textures and smells before tasting
- Urge children to share what they like about their chosen snack - taste, texture, colour or smell and model descriptive language to expand vocabulary: crisp, juicy, sweet, tangy, crunchy
- Ask the children to be 'Crunch Detectives' - listen carefully for the crunch sound and sharing whether it was a loud or quiet crunch
- Explain that crunchy foods like these help keep our teeth clean and strong, give us energy to play and are full of vitamins that help us to grow
- Sing the 'Crunch Crunch' song to the tune of 'Row, Row, Row Your Boat'. Change the words to include the crunchy fruit or vegetables the children have tried
- For children who use crunchy foods to meet their sensory needs, sing the song each time they have crunchy foods to link the action with the sounds.



Resources

- Basket
- Range of healthy foods e.g. carrots, cucumber, apples, peppers and celery.

Crunch Crunch

Crunch, crunch, crunch the veg,
crunch them nice and slow,
carrots, apples, cucumbers,
Help our bodies grow!

Crunch, crunch, crunch the veg,
listen to the sound,
healthy snacks for everyone,
pass them all around!



Tasty!



Further resources, links and stories:

Healthy Eating - NDNA
England Factsheet

ndna.org.uk/HealthyEatingFS



National Day Nurseries Association

At NDNA, we don't just provide nursery membership, lobby government and offer training, we are dedicated to making a difference. We are a charity that believes in quality and sustainability so we put our members' businesses at the very heart of ours. We enhance, support, nurture, cherish and challenge.

Every year we run an annual Healthy Body, Happy Me campaign to encourage better health and happiness by giving nurseries FREE resources for play, learning and fun. Get involved with our 2026 campaign and help keep your children happy and healthy.

Important: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.



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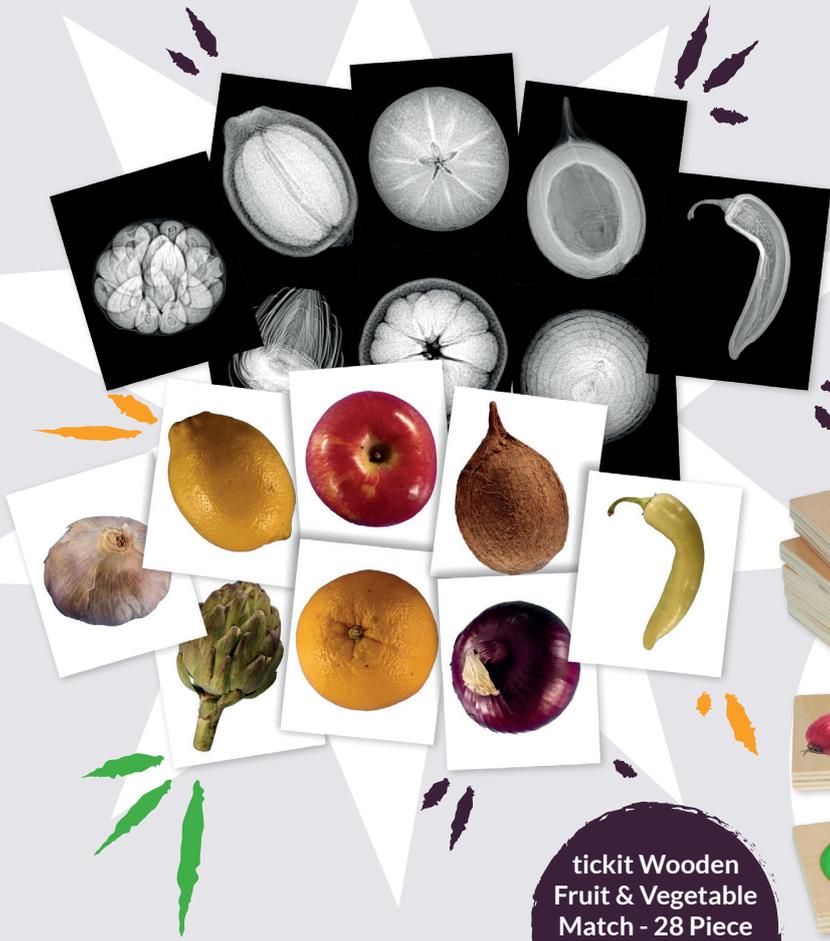
National Early Years Enterprise Centre, Longbow Close, Huddersfield HD2 1GQ
01484 407070 marketing@ndna.org.uk



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