

Food faces

Equipment

- Paper or plastic plate
- Pieces of vegetable

Instructions

Make a face out of pieces of raw or cooked vegetables.

Cut a variety of vegetables into small pieces. For example, peppers, carrots, celery, tomatoes, red cabbage, sweetcorn, peas, broccoli, cucumber. Try and use as many different colours as possible to add variety.

Encourage your child to use the vegetable pieces to make a picture of a face on her plate.



Variations

Use fruit and yogurt to make a fruity face.

Make simple pizza faces using muffins and vegetable toppings, and cook under grill.

Use cream cheese and bread or crackers with the vegetable toppings for a no-cook lunch.

Precautions

Children may choke on food if it is not cut into small pieces.

Be aware of any food allergies or sensitivities.



benefits

- Developing imagination.
- Trying new food, tastes and textures.
- Identifying foods and colours.
- Learning to interact with others.
- Giving children a sense of achievement in making their own snack.
- Developing fine motor skills, by picking up small pieces of food, which will be beneficial for later writing skills.