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| Materials | Chopped vegetables or fruits (or other healthy foods), toothpicks |
| Learning Outcome | Identify healthy foods and prepare a snack. |

Description

Discuss with the child how healthy eating can be fun and brainstorm a vegetable or fruit creation (or other healthy foods) that you could make for a snack (e.g., car, flower, funny face, unicorn, fish, or a building block creation).

Ask the child to select vegetables or fruits (or other healthy foods) to make their creation. Ensure that an adult washes and chops the vegetables and fruits. The child designs their healthy snack creation and then EATS it. Consider taking a picture of the creation before it is eaten and have the child send it to a family member or friend and explain what they created.

Healthy Eating Competencies



THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the child the reflection questions below and discuss the answers together.

- Can you think of other healthy snacks that are from other food categories of the Food Guide? Refer to [Canada's Food Guide](#) if needed.
- Did the vegetables or fruits you used for your creation taste good together?