

Materials	Chopped vegetables or fruits (or other preferred foods), toothpicks
Learning Outcome	Identify foods you enjoy eating and prepare a snack.

Description

Discuss with the child how eating can be fun and brainstorm a vegetable or fruit creation (or other preferred 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 preferred foods) to make their creation. Work closely with the child to safely and supportively wash and prepare the vegetables and fruits. The child designs their 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.

- *What are your favourite snacks?*
- *Can you think of other foods that you enjoy eating that you could use to create a fun snack?*