

 **Fun With Food**

Mealtime is family time. Preparing the food is as much fun as eating!
Use this process to make a healthy meal.

Set the Table:

Arranging the plates and utensils sets up a clear, calm place to enjoy your food.



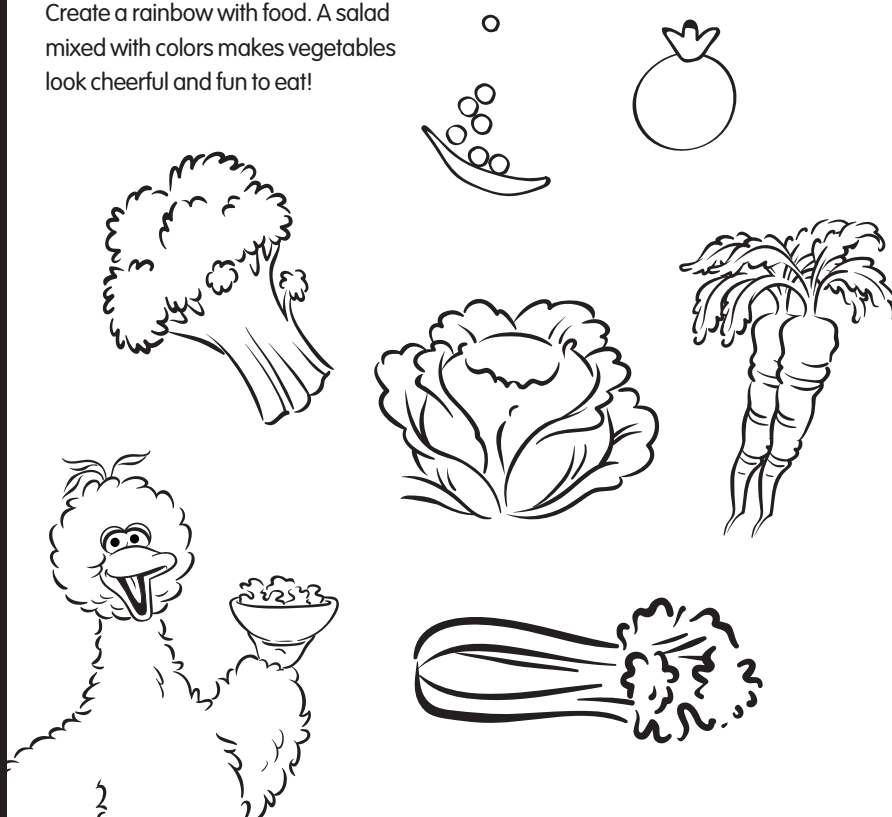
What's Inside? What's Outside?

Show how food looks different on the outside and inside, such as a hard-boiled egg, banana, slice of bread with crust. Point out parts you can or cannot eat.



Eat Your Colors:

Create a rainbow with food. A salad mixed with colors makes vegetables look cheerful and fun to eat!



Making Food Faces

Use pieces of food to make silly faces. For a special breakfast, add blueberries for eyes on a pancake and draw on a smile with the syrup.

