

Eat Healthy Be Active

Keeping Children
Healthy at Home
and School

www.eathealthybeactive.net

Use this activity to help
your child learn

FAMILY FUN

Fruit Faces

What You Need:

- Variety of fruit, such as:
 - Berries
 - Pineapple
 - Apple
 - Banana
 - Orange
 - Pear
- Plates



What To Do:

- Invite your child to help you make fruit faces
- Decorate a plate by making faces out of the fruit
- Enjoy eating a healthy snack of fruit with your child
- Talk about the fruit's taste, color, and texture as you eat
- "The tomato is red and sweet"
- "The orange is juicy"



EAT A VARIETY OF FOODS

Encourage your family to stay healthy by eating a variety of foods

Eating a Variety of Foods can be Fun!

For many families, eating a variety of foods can be a challenge. One way to encourage healthy eating in your family is to make nutritious snacks appealing. Start by being a positive role model. Your child is more likely to try new foods if he or she sees you eating them.

Many foods can be made appealing by preparing them differently. By making the food fun, your child will be more likely to want to eat it. Healthy snacks can be enjoyable when children help prepare them. Take the opportunity to create a delicious and nutritious snack with your child, then enjoy it together!

Here are some ideas of ways to make healthy foods interesting:

- Freeze grapes or other fruit
- Create a face with fruit
- Make designs on toast with peanut butter
- Present raw vegetables with low-fat dressing for dipping
- Create a colorful salad or soup

**USDA. (2011). MyPlate: 10 Tips for Making Healthy Foods More Fun for Children. Retrieved from <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet11KidFriendlyVeggiesAndFruits.pdf>*