

Food as “Art”

This is a fun activity for kids to make and eat—there’s something special about artistic food that you’ve made yourself! The possibilities are endless, as a quick google search for food art ideas will demonstrate. Here are a few to get you started--of course, providing kids with an array of healthy ingredients and letting their imaginations do the work is lots of fun as well!



Teddy Bear Pancake

What you'll need

- Pancake batter
- Sliced apples or pears (for eye brows)
- Red grapes or blueberries and bananas (for eyes)
- Strawberries, tops cut off (nose)
- Orange slices (mouth)

What you and your child will do

1. Place vegetable oil in pan and heat over medium-high heat.
2. Pour batter into pan to form a large circle, then two small circles at the top of the large circle to form ears.
3. Cook few minutes, until you see bubbles forming then flip and finish cooking
4. Assemble face as seen in the picture.

Substitute any of your favorite fruits and/or vegetables. Always wash fruits and veggies first.



Simple Flower

What you'll need

- Small orange segments (e.g./clementine)
- Sliced kiwis
- Celery, leaves left on

What you and your child will do

1. Arrange orange slices in a circle, leaving a hole in the center.
2. Place kiwi slice, or other round sliced fruit or veggie, over the center hole or fill with blueberries or cherry tomatoes.
3. Use a thin celery stalk and leaves as the flowers stem.

Check out this Choose MyPlate video for more inspiration:
<https://youtu.be/KnP6vSCL88I>



Butterfly Cheese & Bean Quesadillas (makes 2 butterflies)

What you'll need

- 2—8-inch whole wheat flour tortillas
- 2 ounces (or slices) low fat cheese; cheddar works well
- ½ cup rinsed & drained canned black beans
- 1 small tomato, diced
- 6-8 grapes, cut in half
- 4 blueberries
- 4 thin slices of carrot, about 1-1/2" long

What you and your child will do

1. Place one tortilla on a plate, top with cheese, beans, and tomato then cover with second tortilla.
2. Spray a pan with cooking spray, warm pan over low heat, place tortilla in the pan and cook until the cheese melts, about 2 minutes, or warm in a microwave.
3. Cut into 4 quarters and separate to form “wings” then assemble the body as seen in the picture.