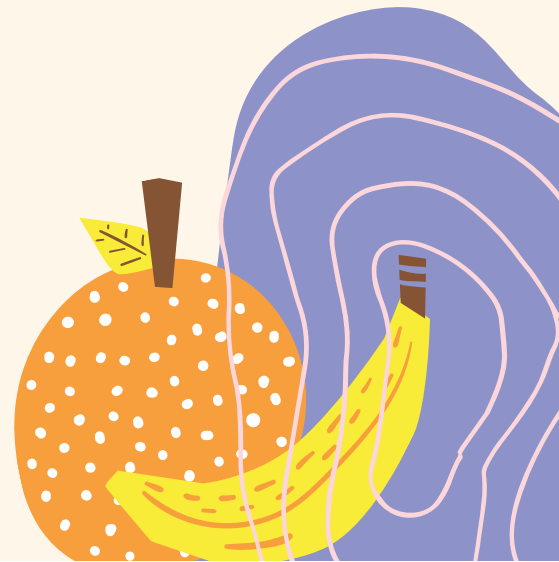
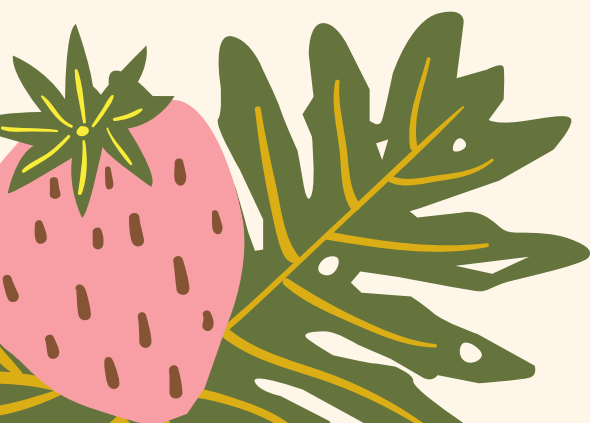


KIDS FOOD ART

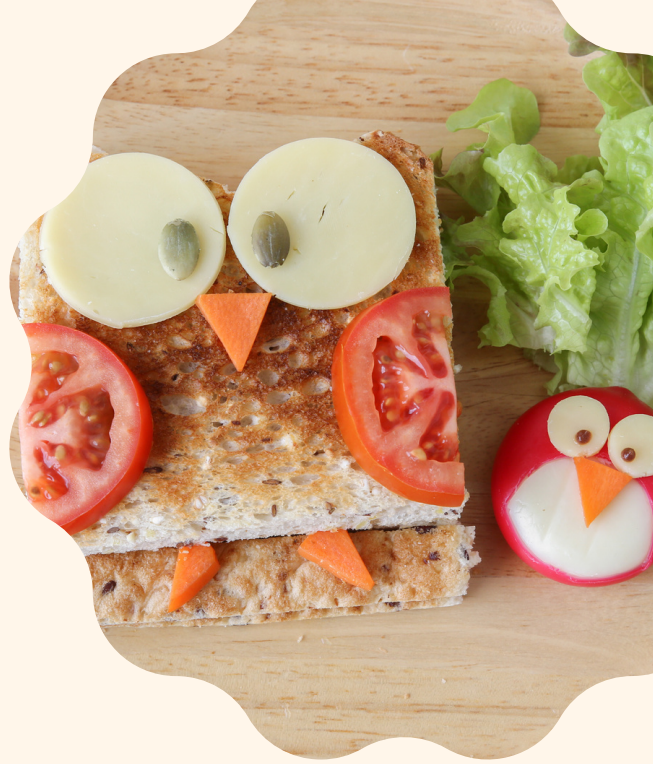
Healthy eating doesn't have to be boring!
There are plenty of fun ways to eat your fruits
and vegetables.

Let's get creative in the kitchen!





OWL TOAST FOR BREKKY!



To make your owl toast:

Body = lightly toasted bread

Eyes = cheese slices cut into circles with sunflower seeds

Nose & feet = carrot sliced into a triangle

Wings = tomato slices

You can also experiment making owls out of raddish, lettuce and boiled eggs!



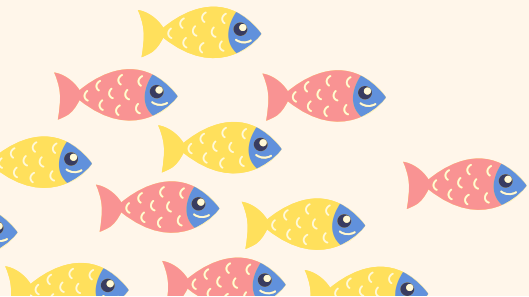
RAINBOW FISH FRUIT SNACK



Can you use your fruit to make a
colourful fish?

Use all of the colours of the rainbow!

Strawberries, kiwi, grapes,
mango, pineapple, apple, blueberries,
banana, mandarin





Do you love food that makes you smile?
Let's see who can create the most
monstrous snack!

To make your monster:

Body = 1x mini naan with a blob of hummus!

Eyes = cucumbers and olives

Nose = cherry tomato cut in half

Teeth = carrot sticks, different sizes

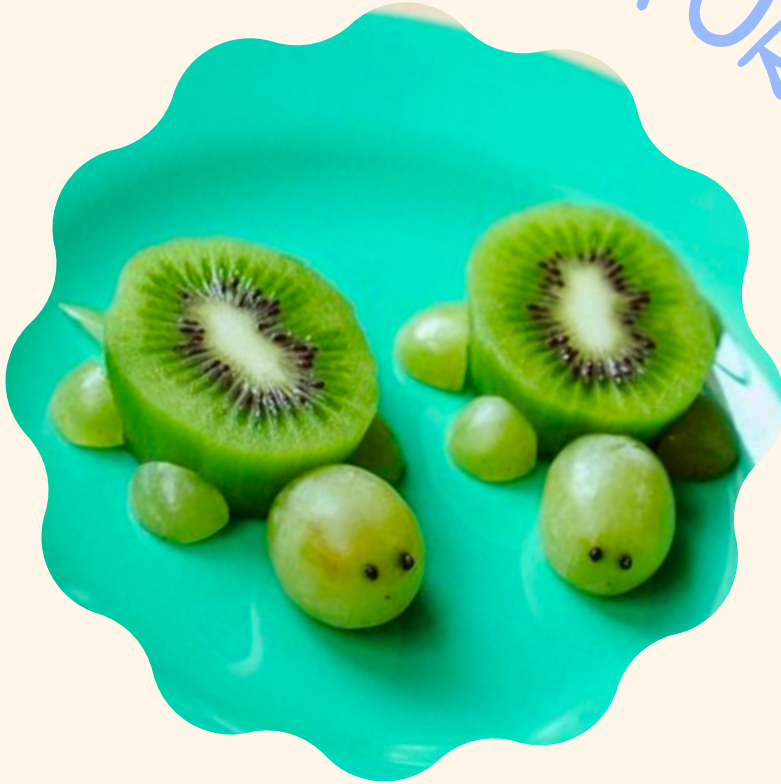
Ears = apple slices

Hair = broccoli

Body = cucumber and tomato

Or... surprise us with your
own monster lunch creation!

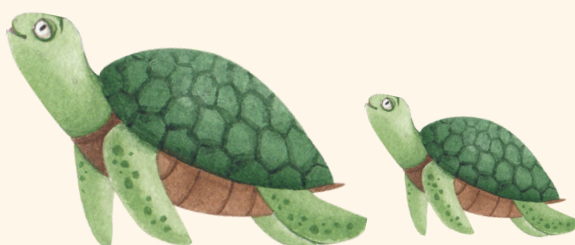
GREEN FRUIT TURTLES



Let's make some green sea turtles out of kiwi fruits and grapes!

Slice your kiwi fruit in half, then cut the rounded edge so that you have a flat base. Use one whole green grape for the head, and cut a couple in half to make the legs.

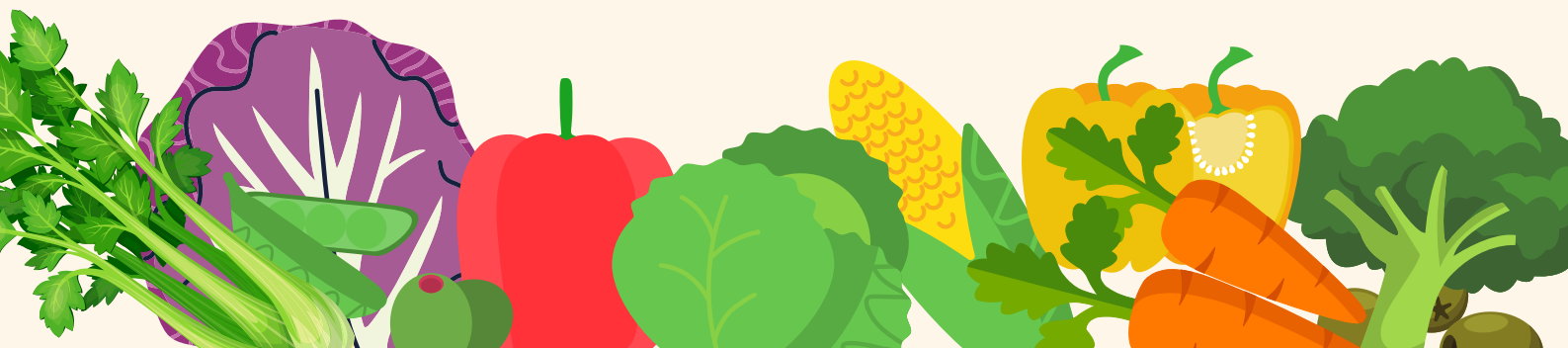
You can even use a couple of the kiwi fruit seeds to make eyes for your little turtle friend!





**Can you create your family
using only vegetables?**

We think these veggies will work best:
celery, peas, broccoli, capsicum, lettuce,
carrot, sweetcorn and olives





SWEETIE SUSHI

After all that healthy goodness,
it's time for a sweet treat



The 'sushi' filling:

1/4 cup melted butter
1 cup marshmallows or
3 cups mini marshmallows
6 cups Kellogg's Rice Bubbles

Method:

Mix all the ingredients together in a bowl, then squish and shape into square and round sushi!

To wrap around
the 'sushi' filling:
Swedish Fish
Gummy Worms
Sour straps



Now you must have
plenty of awesome
ideas to create your
own foodie creations!