

Colorful Food Collage!

Materials You'll Need:

- Old magazines or grocery store flyers
 - Child-safe scissors (adult supervision required!)
 - Non-toxic glue stick
 - Construction paper (different colors like red, orange, yellow, green, blue/purple, and white)
 - Optional: A paper plate
 - Optional: Crayons or markers
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Let's Make Healthy Art!

Hi there, Super Artist! Today, we're going on a food adventure and making art with pictures of yummy, healthy foods! Did you know that eating foods with lots of different colors helps our bodies grow strong and stay healthy? It's like eating a rainbow!

Step 1: Food Hunt!

Let's look through these magazines and flyers together. Can you help me find pictures of healthy foods? Look for fruits like red apples, orange oranges, yellow bananas! Look for vegetables like green broccoli, purple eggplant, and yummy carrots!

Step 2: Snip, Snip! (With Help!)

Carefully cut out the pictures of the healthy foods you find. Remember, scissors are sharp, so let's do this part together or I can help you.

Step 3: Rainbow Food Collage!

Now for the super fun part! Let's use our glue stick.

- **Option 1 (Rainbow Sorting):** Take different colored construction paper. Can you glue all the red foods onto the red paper? All the orange foods onto the orange paper? Keep going for all the colors you found!
- **Option 2 (Eat a Rainbow Plate):** Take a piece of white paper or a paper plate. Let's try to glue one food picture from *each* color of the rainbow onto your plate! Red, orange, yellow, green, blue/purple! This shows a plate full of healthy colors.
- **Option 3 (Freestyle Fun):** Use any color paper and arrange your healthy food pictures however you like to make a beautiful collage!

Step 4: Talk About Our Food!

While we're gluing, let's talk! What's your favorite fruit? What color is it? Is this vegetable crunchy or soft? Point to a food picture "have you tried it before? Eating colorful foods is so good for our eyes, our energy, and our whole body!

Step 5: Show Off Your Art!

Wow! Look at your amazing Colorful Food Collage! It looks healthy *and* beautiful. You learned about healthy foods and practiced your cutting and gluing skills. High five! Maybe we can try one of the

healthy foods from your collage for snack time later?