

Make Your Own Friendly Fruit & Veggie Faces

Ask Mum or Dad to help



1. Look in your fridge for fresh food
2. Look for different shapes and colours.
3. Draw the outside of the each shape.
4. Colour in each shape with pencils, crayons or paint
5. Draw eyes, noses, mouths, hair, hats - anything you like on your fruit and veggies
6. Cut them out and ask Mum or Dad to put them on the fridge

**MAKE FACES FOR OTHER HEALTHY FOODS TOO -
TRY FISH, CHICKEN, MEAT, BEANS, BREAD, MILK, YOGHURT,
CHEESE, NUTS, RICE, AND WATER - HAVE FUN!!! ☺**