

Food Art Snack Mats



Christmas edition

These snack mats are designed to introduce new vegetables to your children.

Engaging in the fun activity allows them to discover new foods by seeing, feeling, and smelling the new vegetables without any expectation to eat them. The goal is to eventually encourage children to taste and eat new vegetables. Laminate or put them in a large zip lock bag so you can reuse them. If your child has a strong dislike for certain textures, you can provide them with tongs or gloves, so they engage with the foods at a level that suits them.

You will need



Tomato cut into circle slices



Carrot cut into circle slices



Red capsicum cut into long strips



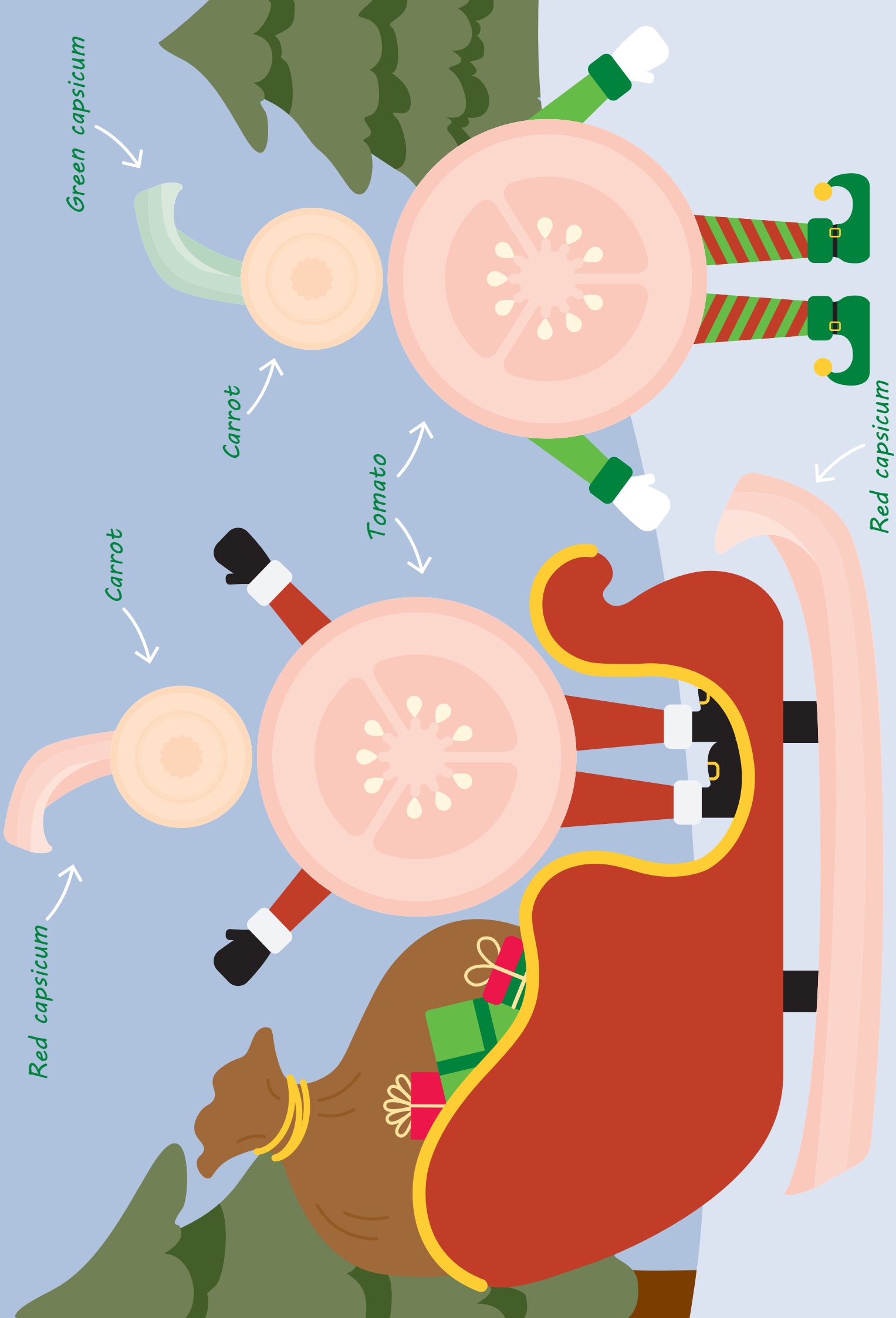
Green capsicum cut into long strips

Instructions

- Let's start with good hand hygiene and get everyone involved in the activity to wash their hands.
- Once all the vegetables are prepared, get the children to start placing the food pieces onto the template as instructed. This will help your child get used to the feeling of each vegetable.
- After they have put together their piece of art, encourage them to taste each of the vegetables, using the time to discuss their sensory experience (what it tastes like, feels like in their mouth and smells like). It is handy to have a spit-out bowl ready, this shows that they do not need to finish if it is too much, or they do not like it.

*** Do not force your child to try or finish the foods. We want to encourage and celebrate when they try a vegetable (i.e. well done for giving this a taste).*

- If you have some leftover food that was not eaten, you can cut it up and use it for dinner.



Green capsicum

Carrot

Tomato

Carrot

Red capsicum

Red capsicum

