

Food Art Snack Mats



Vegetable rainbow

This resource is designed to introduce new vegetables to your child. Engaging in this activity allows children to discover new vegetables by seeing, touching and smelling the foods. The goal is to encourage children to taste and eat new vegetables as they feel ready. Laminate or store the snack mat in a large zip lock bag so it can be reused. If your child has a strong dislike for certain textures, provide tongs or gloves so they can interact with the foods at a pace that suits them.

You will need



Tomato cut into round slices



Carrot cut into circle pieces



Corn kernels tinned or frozen (if tinned drain and rinse)



Spinach leaves



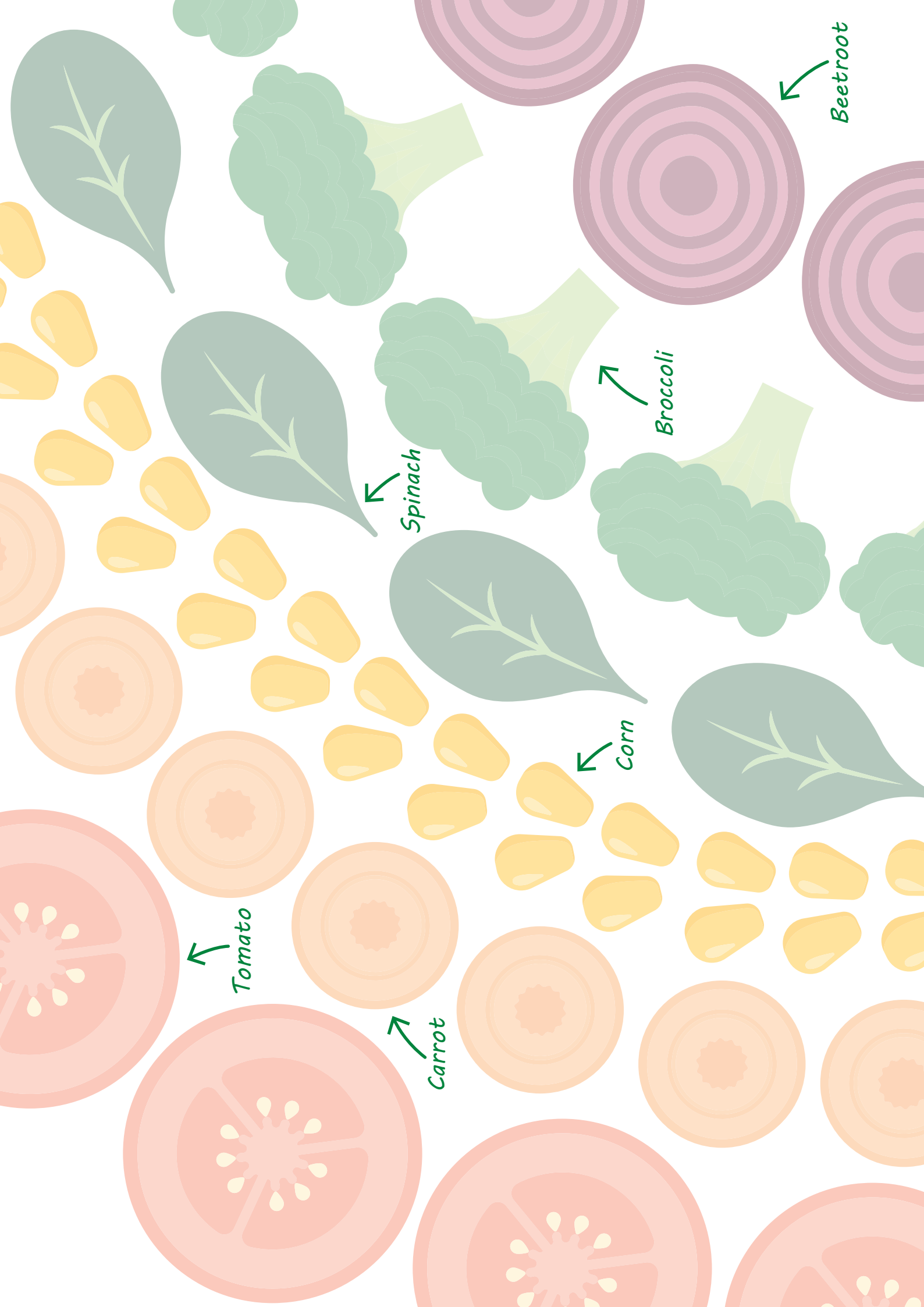
Broccoli steamed and cut into small pieces



Tinned sliced beetroot (drain)

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 cook it at dinner time.



Beetroot

Broccoli

Spinach

Corn

Tomato

Carrot