

# Snack Time

## Food Faces



**early years**  
the organisation for young children

### Potential Outcomes:

- Children may learn about different foods.
- Children may discuss their likes and dislikes regarding food.
- Explore senses: sight, smell, texture and tastes of different foods.
- Explore colour, shape and size.
- Exercise fine motor skills.
- Children may be creative.
- Family bonding.



### What you need:

- A base for the face, e.g. rice cakes.
- Fruits, vegetables or whatever food items are in the cupboards or fridge. This activity is very flexible and may be tailored to individual children
- A flat surface for the children to create the faces, such as a table or a plate.

### What you do:

- Prepare the fruit/veg, ensuring they are a suitable size and shape for children to swallow safely.
- Encourage children to participate within the preparation, selecting the fruits/vegetables and cutting them into suitable pieces.
- Talk to the children throughout the preparation stage, about their likes/dislikes/the colours and textures of the different foods etc.
- Parents and children engage within the activity together, parents modelling behaviour.
- Encourage children to be creative. They may create their own face, or the face of their parents or siblings etc.
- Children could help to wash dishes and tidy up after the activity

### More ideas:

- Different fruits, vegetables and other foods may be introduced, such as cheese, jam, yoghurt, bread sticks etc.
- Bread or crackers may be used as a base for the faces, whatever may be available within the home.