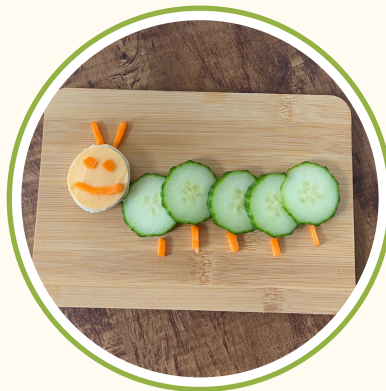


# Spring Snacktivities

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**Snacktivities:** Turn everyday snack time into something more engaging and meaningful for kids. Instead of just eating, I wanted them to explore food—learning where it comes from, following simple recipes, and building confidence by choosing add-ons and getting creative. It's a playful way to encourage curiosity, independence, and positive food experiences, one snack at a time.

## SNACKTIVITIES

# FRUITY BUTTERFLIES

Make a butterfly with fruit for a fun, hands-on snack kids will love! Have a grown-up pre-chop the ingredients so it's easy to follow along, and customize it with fruits of your choice too—like kiwi or orange slices for the wings.



### What you need:



½ banana (body)



4 strawberry slices (wings)



2 chocolate chips (eyes)



3 grape thin slices (antennae and smile)

### Instructions:

- Place the banana in the center for the body.
- Arrange the strawberry slices on each side as wings.
- Add chocolate chips for the eyes.
- Use grape slices to create antennae and a smile.

## SNACKTIVITIES

# VEGGIE HUNGRY CATERPILLAR

Create a fun veggie caterpillar for a hands-on snack kids will love!

Have a grown-up pre-chop the ingredients for easy assembly, and optionally customize with veggies like bell peppers, zucchini, or olives for different colors and shapes.



### What you need:



Round cucumber slices (body).



1 round slice of bread (face)



1 round slice yellow cheese (face details)



Small carrot sticks/slices  
(legs, eyes, and mouth)

### Instructions:

- Line up cucumber slices to form the caterpillar body.
- Add the round bread and cheese slice at one end for the face.
- Use carrot pieces to add legs, eyes and smile.

## SNACKTIVITIES

# TULIP GARDEN

Create your own edible garden with veggies and cheese for a fun, hands-on snack kids will love! Have a grown-up pre-cut the ingredients for easy assembly, then let kids build and customize their own tulips using different veggies to create a bright, colorful garden.



### What you need:



Cheese cube (vase base)



Cucumber stick/slice (stem)



Cherry tomatoes (petals)



Carrot pieces (petals)



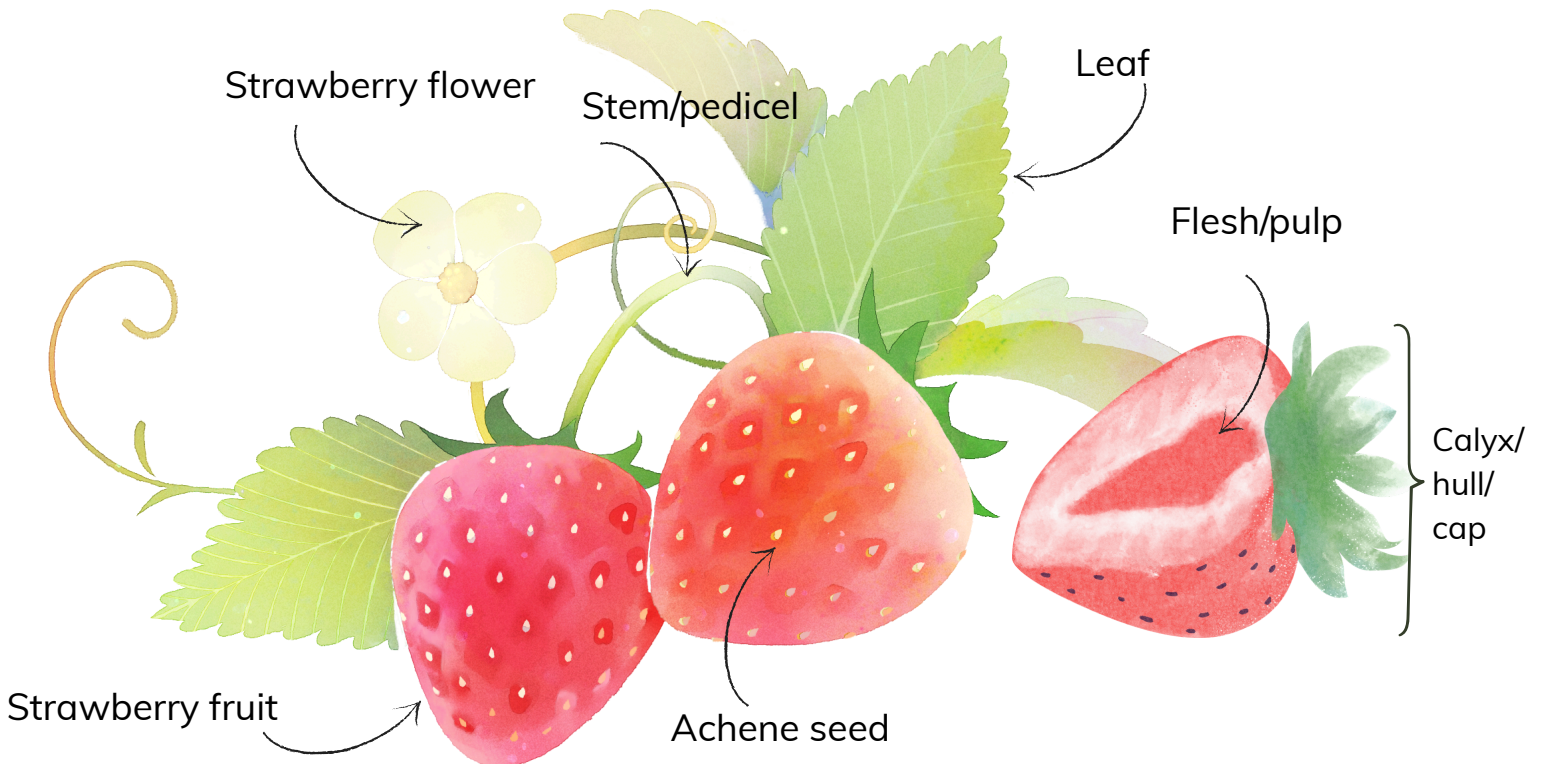
Toothpick to hold pieces together (optional). Make sure to have an adult help if using a toothpick!

### Instructions:

1. Place the cheese cube at the bottom as the base.
2. Add the cucumber on top or in front as the stem.
3. Cut carrots and cherry tomatoes into tulip shapes.
4. Arrange them at the top of the stem to form the flower.

## SNACKTIVITIES

# STRAWBERRY ANATOMY



### Instructions:

Wash a strawberry and look at it closely. With a grown-up, cut it in half so kids can see inside. Let kids gently feel, observe, and taste the strawberry while naming each part out loud—the seeds, flesh, and green leafy cap. Talk about how strawberries grow on low plants close to the ground and how they start as small white flowers before turning into fruit.

### Strawberry Fun Facts:

- Strawberries are the only fruit with seeds on the outside.
- Each strawberry can have about 200 seeds.
- Strawberries have lots of vitamin C, which helps keep your body strong and healthy to fight off germs.
- They are part of the rose family of plants.