

Silly Food Faces



SKILL AREAS ADDRESSED:

- ✓ Picky Eating
- ✓ Sensory Processing



MATERIALS NEEDED:

- ❑ Common foods used: Bell pepper slices, cucumbers, grape tomatoes, carrots, onions, broccoli, lettuce, mushrooms, apples, raspberries, blackberries, blueberries, strawberries, grapes, banana, any food!
- ❑ Can include other food groups like pepperoni, sliced meat, string cheese, cheese cubes, chips, etc.



ACTIVITY STEPS:

- 1 Prepare a small plate of food, clean and cut up how you like.
- 2 Have your child make a face out of the food provided. Make as many faces as possible or make different emotions.
- 3 Eat your creation!

ACTIVITY TIPS

- Can have laminated paper with face printed on it, or draw facial features for kiddo to have an idea of where to put foods if younger.
- It's important to stress that you are just playing with the food, and there is no expectation to eat an item that your kid doesn't like. This is a fun way to introduce new fruits or veggies without placing the demand of actually trying the food.