

Funny Food Faces

Make Fruits and Vegetables Fun for Everyone!

Looking for fun ways to get your kids to eat their fruits and veggies?
First 5 Fresno County offers creative activities to help make eating healthy fun for
the whole family!

Go ahead, play with your food!

**Making funny faces out of fruits and veggies helps introduce your kids to
new flavors, and they will be more likely to eat food they help prepare.**

**Bell pepper, eggplant or
a head of lettuce for the face**

**Pear, cucumber or
radish for a nose**



**Olives, grapes, peas
or cherries for eyes**

**Sliced orange for
a mouth**

**Red berries or tomatoes
for rosy cheeks**

**Banana for a smile, zucchini
for a smirk or a carrot for a
not-so-happy look**



**Don't forget hair!
Try parsley, grapes, cauliflower or broccoli**

**For a free copy of First 5 California's mini cookbook
"Yummy For Your Tummy" with easy, healthy and
affordable recipes, call 1-800-KIDS-025.**

**To learn more healthy habits for your family, visit
First 5 Fresno County at www.first5fresno.org.**

