

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 San Joaquin 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 800-KIDS-025.**

**To learn more healthy habits for your family, call First 5
San Joaquin at (209) 953-5437 or visit www.sjckids.org.**

