

# 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 Shasta 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 Shasta at 229-8300 or visit  
[www.first5shasta.org](http://www.first5shasta.org).**

**FIRST 5  
S H A S T A**