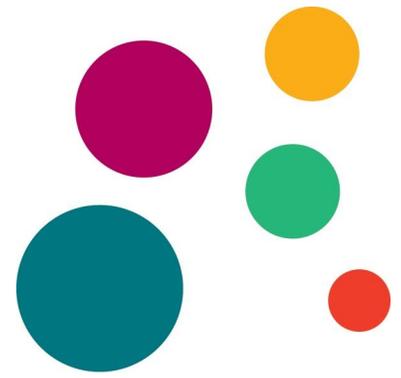


BOOMbox at Home

Making Fun Faces with Food

Different kinds of foods have different kinds of nutrients to help us grow and stay healthy. Make nutritious meals fun by using lots of different kinds of ingredients to make a face on a plate.



Supplies

Here are some ingredients you can use:

- A **complex carbohydrate** to give you a slow source of energy. This can include whole grains, like whole grain bread, brown rice, or oats, or other sources of starch like plantains, maize, or potatoes.
- A **simple carbohydrate** to give you a fast source of energy. This can include sweet vegetables, like bell peppers and frozen sweet corn, or sugary fruits like apples or bananas.
- A source of **fat** to help you build healthy cells. This can include nuts, seeds, avocados, egg yolks, and cheese.
- A source of **protein** to help you build muscle cells. This can include beans, nuts, eggs, a can of fish, meat, or a meat replacement product.
- A source of **fiber** to help you move waste out of your body. This can include leafy greens like spinach or collards, or other unprocessed foods like whole grains, beans, fruits, and vegetables.

All of these different kinds of foods have different **vitamins and minerals** as well.

Instructions

Turn your ingredients into a fun meal:

- Place a layer of carbohydrates and/or vegetables on the plate. This will act as a canvas for the rest of the ingredients.
- Ask an adult to help you slice up the other ingredients into smaller pieces and place them around the plate.
- Place one ingredient in the middle of the plate to be the nose. Use the other ingredients to make two eyes above the nose and a mouth below the nose.
- You can make the face even more special by adding more ingredients to create hair or glasses.
- Eat and enjoy!

Want to explore more?

Try out different combinations to make different kinds of healthy meals.

- Use toast, a nut spread, and sliced fruit to make a dessert shaped like a dog or a cat face.
- Bake cheese and vegetables on top of flatbread or a tortilla to make a funny face on a pizza.

Before you chow down on your tasty creations, count out loud how many types of foods are on your plate. Think about how many colors you've included in your meal. Can you guess what kinds of nutrients you will be eating?



This face has:

- a canvas made of rice and millet
- a mouth of carrots
- hair made of broccoli and spinach
- eyes made of boiled eggs



This face has:

- a canvas made of oats
- a beak made of frozen strawberries
- feathers made of bananas
- eyes made of peanut butter with frozen blueberries on top

What will you learn today?

Send a photo of your meal to mycreation@skokielibrary.info and we may feature it on social media.