

# Snack Art

## RUSTY'S MEADOW Active & Healthy Living



### The Adventure:

You can have fun with healthy fruits, vegetables and other foods by making some art on your plate before you eat! Peanut butter (or spreadable cheese) on celery with raisins on top looks like “ants on a log”—but it tastes great! What about a beaver made out of a watermelon, filled with fruit salad?

You can make lots of other great snacks by using different foods and some imagination.

### Online Resources:

- Ants on a log
- Apple and grape cars
- Super Fruit Face
- Canada's Food Guide



### Safety note:

- Do any Beaver Scouts in your Colony have food allergies?
- If you need anything cut up, ask a Scouter for help.
- Remember to wash your hands before touching food.

### Plan:

- What are some of your favourite healthy snack foods?
- What can you imagine making out of those foods?
- Other than snack foods, what do you need for this Adventure? What will you put your creations on?
- What can you use to stick things together?
- When will you share this Adventure?

### Do:

- Create some healthy and delicious snacks.
- Gobble them up!

### Review:

- What do you know now that you did not know before?
- Were your snacks more fun to eat if they were made to look like something new?
- What were some of your favourite creations?
- What did you make yourself?
- What will you try to make next time?