

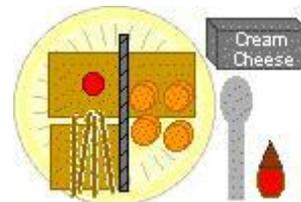
## Edible Art

1. Fire Truck Snack
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3. Eat 'em – Ideas for eyes, noses, hair, legs and glues
4. Eat 'em – Three Rice Mice
5. Eat 'em – Mr Tomato Head
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## Fire Truck Snack

### What do I need

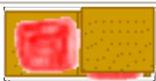
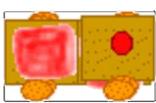
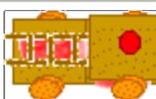
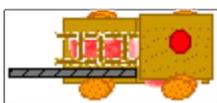
- Square crackers (1 1/2 per fire truck)
- Round crackers (for wheels)
- Stick pretzels or cheese straws
- Black licorice
- Softened cream cheese
- Red food colouring
- A red jellybean, a red round lolly, a cherry, or a strawberry



### Equipment I need

- A paper plate
- spoon
- blunt knife (if required)

### What do I do

	Mix a few drops of food colouring to the cream cheese (or frosting). The children will use this edible "glue" to put their fire truck together.
	Start with a whole cracker. Using the back of a spoon, spread some of the "glue" on one side of it.
	Put half a cracker on top of the "glue." This is the cab of the fire truck.
	"Glue" a red jellybean, a red round lolly, a cherry, or a strawberry on top of the cab. This is the fire truck's red light. "Glue" four of the round crackers to the sides - these are the wheels.
	On the back of the truck, "glue" two pretzels parallel to each other. Then "glue" in broken pieces to make a tiny ladder.
	"Glue" on a piece of licorice - this is the fire hose.  You now have a tiny fire truck that is great for snack time!

# Mashed Potato Forest

What do I need

Mashed potato  
Broccoli  
Mushrooms  
Yellow capsicum  
Cherry tomatoes  
Grated cheese



What do I do

1. Put the mashed potato into an ovenproof dish and smooth it out.
2. Sprinkle the mashed potato with grated cheese. Place trees of broccoli on the potato.
2. Add mushroom rocks then a capsicum sun.
3. Add a tomato bird to complete your Mashed Potato Forest.

## Eat 'em

You and your kids don't need to follow our designs exactly--especially if you don't have all the ingredients on hand. Simply scan your fridge and take out a selection of foods (limit the ingredients so you don't overwhelm your kids).

Offer a tool (a plastic or paring knife), a type of glue (choose one below) and a plate for a canvas. Then invite your kids to build faces, monsters, cars, flowers or other delectable designs.

**EYES AND NOSES:** Peas, corn niblets, carrot rounds, black olives, black beans, cereal, nuts, seeds or raisins.

**HAIR:** Broccoli or cauliflower florets, grapes, fresh dill or parsley, or cooked fusilli or other curly pasta.

**LEGS:** Thin celery or carrot strips or pretzel sticks.

**GLUES:** Peanut butter, mayonnaise, cream cheese, jelly, yogurt, catsup, mustard, pizza sauce or honey.

## THREE RICE MICE

Tell your kids it's time to make these tiny rice critters and see how they run to the kitchen. Combine 1/4 cup leftover cooked rice with 1 teaspoon cream cheese and 1/2 teaspoon plain yogurt (or use 1 teaspoon whipped cream cheese instead of the cream cheese and yogurt combo). Stir in a pinch of salt to taste.



With slightly dampened hands, roll the mixture into 1 1/2-inch balls. Now add the features: green-pea eyes, corn-niblet noses, chive or cheese-stick tails. For ears? Try olives, cheese, radishes or anything that, well, sounds good.

## MR. TOMATO HEAD

Bright and cheerful, these pea-brained fellows may actually tempt your child to eat vegetables. With a serrated knife (parents only), slice the top off of a cherry tomato or other small tomato. Reserve the top for the hat.



Scoop out the insides with a teaspoon, turn the tomato upside down to drain, then fill with peas. Ask your child to use cream cheese to glue on a pair of black-bean eyes, a yellow-pepper nose and a celery grin. Put his hat back on, and he's ready to paint the town red.

## YELLOW-PEPPER SUN

Your child can brighten up his or her dinner plate with this vegetable sun. Cut off one side of a yellow pepper and remove the inner ribs and seeds. Cut a 1-inch circle for the sun (or substitute a carrot round) and add 6 pepper-strip rays.

## FLYING FISH

Turn a handful of fresh snow peas into a school of fanciful fish. Begin with a snow-pea body, then add triangular fins cut from a yellow pepper (use a pair of clean scissors or a paring knife to do the job). For a tail, cut a second pea pod into a "V." Have your kids give their finny friend a sliced green-olive eye, glued in place with cream cheese. Who wouldn't take the bait?



## GREEN-BEAN SERPENTS

Snakes for lunch? Don't worry, all these serpents will scare up is a healthy appetite. Poke dry-roasted sunflower seeds into the back of a fresh green bean.

If the seeds fall out, keep them in place with dabs of mustard or cream cheese.

# Cup o' Fish

Make an edible aquarium in a cup. This is a great party treat you can make with your child. You will need:



- blue jelly
- gummy fish
- clear plastic cups.

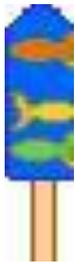


- Make blue jelly according to the What do I do on the box.
- Pour into clear plastic cups.
- Let them cool in the refrigerator until partially set - about an hour.

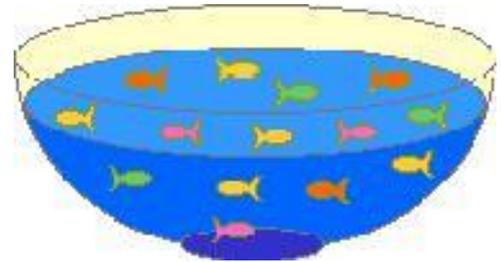


- When they're partially set, place a few gummy fish in each cup.
- Put them in the refrigerator until they're completely set.
- Eat and enjoy!

Variations include:



- Frozen fish-popsicles (just freeze the jelly in popsicle molds - add the gummy fish when they are partially set – Remove from mould very gently when entirely frozen). These are really messy to eat and are best eaten outside.
- An entire punch bowl of fish jelly (made like the cup o' fish)!



# Cookie Paintings

Egg yolks and food colouring make paints that look shiny and vibrant when baked on a cookie canvas.

What do I need

4 eggs

Food colouring (your choice of colours) Pre-mixed Cookie dough

What do I do

1. To make the egg yolk paint, first separate the eggs.
2. Add 5 to 6 drops of food colouring and beat until the colour is evenly distributed. Repeat with the remaining eggs and colours.
3. Roll out the dough to just over ½cm thickness using plastic wrap at the bottom. With a butter knife, cut out rectangular 'canvases' (we suggest 8cm by 12cm).
4. Have kids pretend they're painting with watercolours and let their imaginations loose. Even mistakes will taste good. Using the paints and a brush, kids can paint anything.

Chill these works of art until firm.

Bake at 180°C for 8 to 12 minutes or until the edges begin to brown. Let set on the baking sheet for 2 minutes, then transfer to cooling racks. Makes 8 to 12.

# Fruit Loop Necklaces and Bracelets

(a simple tool for reinforcing "patterning")

Give the children a piece of elastic cord approximately 18-inches long and a bowl of dry fruit loops. Help them sort the fruit loops into colours and decide on a pattern to string on the elastic cord (example: red, yellow, red, green, red, yellow, red, green, etc.)

Encourage students to explore Fruit Loops by smelling them and feel their texture on different parts of their bodies e.g. lips, cheeks etc.

# Candy Bracelet and Necklace

What do I need

- String or yarn long enough to be a necklace -
- Candy: Any candy that has a hole in the middle (e.g. Life Savers)
- Needle (Substitute - Wool with tape around tip so it makes it easy for students to thread) (optional)

What do I do

Tie your string around one piece of candy and knot securely.

Complete threading candy and tie 2 ends together



# Grilled Cheese People

What do I need

Slices of bread

Grated Cheese

Bacon bits

Carrot and celery sticks

Keep bread left over from cutting out the circles

What do I do

1. Ahead of time, use a round cookie cutter to cut out circles from slices of bread. Let the children top the circles with cheese.
2. To make each cheesy person, use two circles (one for the head and one for the body).
3. Place them on a cookie sheet, add bacon bits eyes, noses and buttons on the body.
4. Broil until the cheese melts and give one cheesy person to each child. Let them then add the arms and legs (carrot and celery sticks) and the 5. Left over bits of bread can now be used as shoes, gloves, hats, neckties, bows, etc.

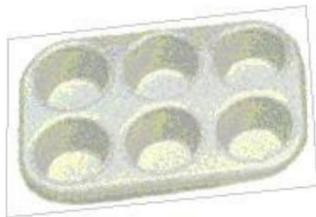
# Candy Bird Nests

What do I need:

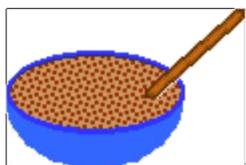
- A large mixing bowl and a spoon
- 1 cup chocolate chips
- 1 1/2 cups chow mein noodles and/or cereal (like crispy rice cereal, cornflakes, or crumbled-up shredded wheat)
- A muffin pan or a flat baking pan
- Aluminum foil or Waxed paper
- Candy that looks like bird eggs (peanut M&M's, jelly beans)



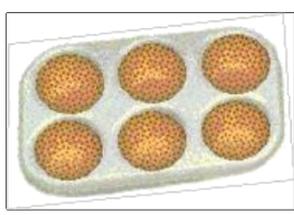
What do I do



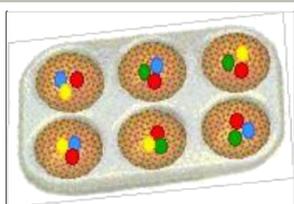
Put a piece of aluminum foil (or waxed paper cut into squares) on top of a muffin pan or a flat baking pan (a flat baking pan makes flat nests). If using a muffin pan, make indentations in the paper or foil in each of the depressions. If you're using waxed paper, try cutting individual squares of paper for each of the muffin holes (this makes the waxed paper maintain the cup shapes).



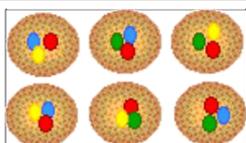
Have an adult melt the chocolate chips in the microwave or in a double boiler (do not overheat the chocolate or it gets grainy). When they are melted, mix the chocolate with the chow mein noodles or cereal in a large bowl.



Working quickly (before the chocolate solidifies), put a few spoonfuls of the chocolate mixture in each cup of the muffin pan, forming little nests (or if you're using a flat pan, after putting the mixture on the pan, make an indentation in it with the back of a spoon).



Put a few egg-shaped candies in each of the little nests. If they won't stick, use a dab of peanut butter to glue them in.



Let the nests cool. You now have cute candy nests to eat and enjoy.

# Jelly Treasure Hunt

What do I need

large bowl or other  
container packets of jelly

What do I do

1. Get about 5 same colour packets of the cheapest jelly that you can find.
2. Break them up in the bowl. The children will love doing this step.
3. Once all the jelly is all broken up, put enough water in to fill the bowl.
4. When the jelly and water mix together, have the children add the treasure. ( eg. plastic spiders, snakes, ponies, marbles, ...)
5. Leave to set. It may take overnight for the jelly to set as a large bowl may not fit in the fridge.

Once the jelly treasure has set, let the children loose to dig out the toys. They will have lots of fun hunting for the treasure.

# Rainbow Sandwiches

What I need

slices of bread

food colouring

milk

paint brushes

cups

toaster



What do I do

Pour milk into several small cups and add food colouring to each one. Use new, clean paintbrushes to paint the milk on a piece of white bread. Tell your child not to let the bread get too soggy. Place each piece in the toaster and fill with your child's favorite filling. The heat of the toaster causes the colours to become vibrant.

# Fairy Bread

You will need:

Bread

Butter (or margarine or what ever spread you want)

Hundreds and thousands

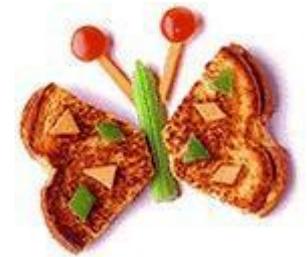
Cookie cutters

Method:

Butter the bread, then sprinkle hundreds and thousands on the bread. Cut out shapes with the cookie cutters. For a variation you could try different spreads - Nutella for a dark (and tasty) background colour or perhaps honey for a stickier surface (and stickier fingers).

# Butterfly Cheese-wich

Butterfly fans will flutter at the sight of this grilled-cheese sandwich on their lunch plates. Make a regular grilled cheese, then cut out the wings as shown.



Ask your kids to place a celery stick in the center for the butterfly's body, poke cherry tomatoes onto carrot sticks for antennae, then add carrot or pepper spots.

# Edible Dog

What do I need

4 sandwich cookies (cookies with icing filling)

Icing

Miniature marshmallows and strawberry liquorice

Larger M&M's

Fruit gummies cut into triangle shapes

What do I do

Begin with 4 sandwich cookies. Glue these together with icing. Take a fourth cookie and glue in to the others a little higher for the head. Paint the face with icing. Stick two miniature marshmallows for cheeks. Next add an M&M nose, and tongue, and two M&M eyes. The ears are made by cutting fruit gummies into triangle shapes. The tail is a thin piece of cherry or strawberry liquorice. You may wish to add a miniature marshmallow to the end of the tail for an additional touch. Finally add four legs with miniature marshmallows. The pieces are all glued onto the dog with icing.



# Pizza Monsters

What do I need

1. Ready-made pizzas
2. Lots of extra cheese in white and yellow
3. Any extra toppings you want to add
4. Green & red whole peppers, cans of whole black olives, pepperoni



What do I do

2. Open ready-made pizzas.
3. Add extra toppings. Cover entire top of pizza with plenty of extra white or yellow cheese to give your face a good solid background colour.
4. Use peppers, olives, pepperoni to make funny faces by cutting nose, mouth, eyes, eyelashes etc.
5. Cook following package instructions.