

Let's make some fruit and vegetable bugs!

It's very important to eat healthily so that you can grow, be active and feel well.

This means eating a balanced diet, which includes a good amount of fruit and vegetables.

TOP TIPS

- Have some kitchen roll to hand to mop up any juice.
- Squeeze fresh lemon juice onto your fruit pieces. This will stop them turning brown.
- Use a small blob of cream cheese for eyes. Then use a straw to cut out a small piece of olive or dark fruit or vegetable for the pupils.

YOU WILL NEED

• You can use any fruit or vegetables you already have at home.

Here are some ideas:
blueberries / apple / kiwi / pear / banana / grapes / strawberries / cherry tomatoes / cucumber / black olives / celery

• Cream cheese or peanut butter to use as 'edible glue'

- Cocktail sticks
- Knife
- Cutting board



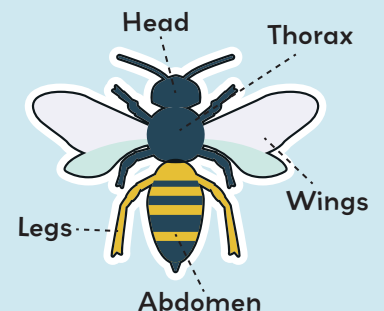
When using scissors or knives, make sure you have an adult to help you.

- 1** Wash your hands.
Next, wash your fruit and vegetables.

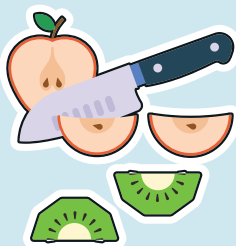


- 2** Before you start to make your bugs, think about which ingredients would make good shapes.

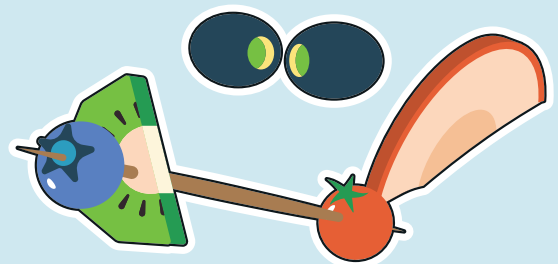
What would make good wings or bodies?



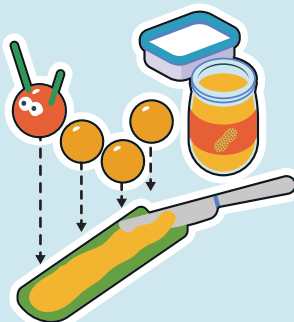
- 3** Ask an adult to help you to slice your fruit and vegetable pieces. Try different combinations of shapes and colours.



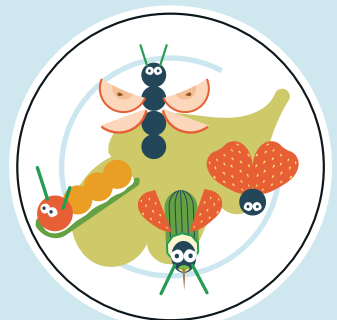
- 4** Carefully push your pieces onto a cocktail stick to hold them together. Ask an adult to help you.



- 5** Use some celery or cucumber as a base, then add the peanut butter or cream cheese to hold the rest of the bug in place. This will also make your bugs extra tasty! Next, add eyes to your bugs.

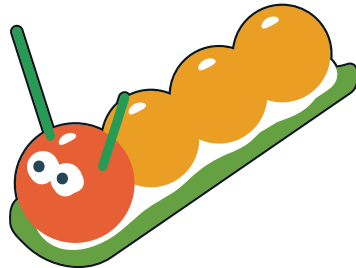


- 6** Place your bugs on top of a lettuce leaf on a plate. Now they are ready to eat! Why not have a bug party with your friends and family?



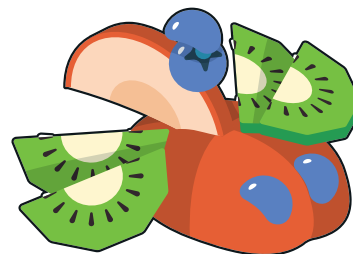
Yummy Bugs

Here are some bugs we made for you to copy.
You could even use your imagination and design your own bugs.



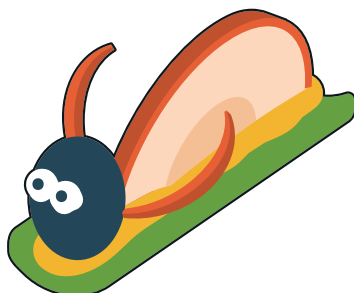
Caterpillar

"I am a baby butterfly or moth. I have strong jaws for munching on my favourite leaves."



Beetle

"I come in many different shapes and colours. I have a hard shell called an exoskeleton which protects my wings."

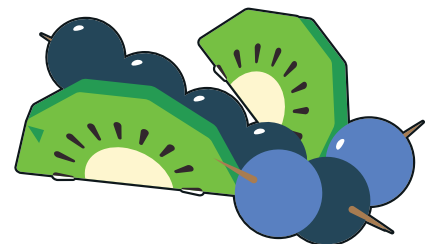


Snail

"I have a slimy body and a coiled shell for me to hide in. I eat all sorts of fruits and vegetables and have two long tentacles, or feelers on my head."

Fly

"I have wings, three pairs of legs and hairy pads which allow me to stand on most surfaces. I suck up food through my long mouth called a proboscis."



FOOD FACTS:

Pears - give us fibre which helps our tummies to digest food.

Blueberries - have antioxidants, which help to prevent sickness.

Cucumber - has Vitamin K, which helps to build and strengthen bones.

