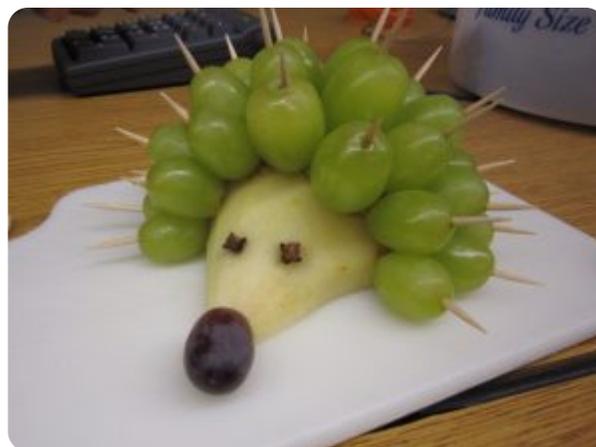


Food Art

Overview

As a kid, did anyone ever tell you to stop playing with your food? "Playing with your food" by creating food art is a great way to introduce healthy foods in a fun and interactive way. What is food art? Think fruit and vegetable turkeys for Thanksgiving, fruit trays in the shape of a rainbow or balloons made out of grapes. It's fun, creative and delicious!



Take Action

- Incorporate a food art activity in a nutrition education lesson to help students make the connection between knowledge and behaviors.
- Make food art part of your classroom birthday celebrations. Ask the birthday child to pick their favorite food art and create it as a class to celebrate.
- Create a food art cooking class at your school as an [after school healthy cooking club](#).
- As an activity, provide fresh fruits and vegetables (or ask students to sign up to bring them in) and allow students to create whatever comes to mind. Guide them with a topic such as "The First Thanksgiving", "Mammals" or "Sports" and tie it back to learning standards.
- Host a school-wide "Top Chef Food Art Competition." Provide participating students with a selection of fruits and vegetables and let their creativity loose. Allow all students to vote during their lunch period.
- Ask school nutrition staff to use food art when displaying the fruits or vegetables of the day. With a little creativity, students might be more likely to pick the fun, healthy option.

Tips



Teach nutrition education using My Plate recommendations whenever doing food art.



Use cookie cutters to cut fruits and vegetables to make your designs.



If your school only allows students to consume pre-packaged or whole fruits and vegetables, use food art for demonstrations only (not consumption).



Cut fruits and vegetables ahead of time.

Additional Resources

[Food Art on Pinterest \(Action for Healthy Kids\)](#)

[Healthy School Snacks Tip Sheet \(ENGLISH\) \(Action for Healthy Kids\)](#)

[Healthy School Snacks Tip Sheet \(SPANISH\) \(Action for Healthy Kids\)](#)

[Food Art Ideas \(Iowa State University\)](#)

Related Activities

Healthy Cooking Club

Cooking with kids is a great way to educate them about good nutrition, what's in season, planning and preparing meals, and reading food labels.

Nutrition Education

Nutrition education is especially important for kids, as they establish food patterns that carry into adulthood. Teaching students about MyPlate and the benefits of each

food group can help promote healthy eating from a young age.

Valentine's Day Recipes

Swap out the sweet treats for Valentine's Day with these healthier (and fun to make) alternatives.

Smart Snacks Standards

Is your school smart snack savvy? The "Smart Snacks in School" rule set standards for all foods and beverages sold in schools that participate in the national school meal program.