

healthy
bodies

Ages 3
and up



Hungry caterpillar – create, learn and taste!

This fun activity is all about creating snails and caterpillars using vegetables, fruit and dip, encouraging children to develop a curiosity to try different foods.

Learning benefit/skill development

- Opportunity to try and explore different foods, using senses in an engaging way
- Encouraging creative thinking
- Fosters hand eye coordination
- Boosts fine motor skills

What you'll need

- Celery sticks
- Cucumber slices
- Grapes (cut in half)
- Dip (hummus or cheese spread)
- A blunt knife (under adult supervision)
- Cutting board

Instructions:

- Set up a table with ingredients in separate bowls and display a completed snail and caterpillar on a separate plate for your child's reference.
- Join your child in this sensory food experience
- Demonstrate how to use the knife to spread the dip in the celery stick.
- Let your child choose cucumber slices to make snails or use grapes for a caterpillar.

- Allow children to taste the foods before making a decision.
- While creating the snails/caterpillars, engage in expressive language and ask your child to describe the items.
- Encourage the child to try making both a snail and caterpillar so they can try and taste both the cucumber and grapes.

Tips/advice

- If you wish to try this with younger children (infants/toddlers), use a hand over hand technique to support construction of snails/caterpillars. This will prevent children from feeling frustrated if bits and pieces fall off from their snail/caterpillar. The ingredients can be changed to suit the needs of the individual child (e.g. instead of grapes you can use cherry tomatoes, or instead of cucumber you may use orange slices).

