

Caterpillar and butterfly home learning snacks

Fun Healthy Snacks



Cucumber Caterpillar

You will need:

Cucumber, 1 tomato, a lettuce leaf, some raisins, a knife and a plate.

What to do

Cut the cucumber into up to 10 slices, then cut the tomato in half. Place the lettuce leaf on the plate. Arrange the cucumber slices in the shape of a caterpillar as shown. Add half of the tomato as the face and the other as the sun. Use the raisins for the 'feet'. Cut 2 thin slices for the antennae.

Grape and Orange Butterfly

You will need;

grapes, an orange, a sharp knife and a plate

What to do.

Cut 2 slices of orange then cut them in half so you have 4 quarters. Arrange the grapes in a straight line in the centre of the plate. Add the orange quarters as wings. Use orange rind for antennae.

Try and think of other ideas to make healthy creative snacks. Send in your photos Have fun creating and enjoy eating them