## **CREATIVE FOOD ART**



## CHALLENGE: GET CREATIVE WITH YOUR FRUITS AND VEGGIES!

Design a picture using the fruits and vegetables on your plate, such as a flower with spinach petals or a scenic day at the beach with a pile of corn as the sun. Use your imagination!

## Fruit and Veggie Facts:

- Any fruit or 100% fruit juice counts as part of the Fruit Group.
  Fruits may be fresh, canned, frozen or dried, as well as whole, cut up or pureed.
- Any vegetable or 100% vegetable juice counts as part of the Vegetable Group.
  Vegetables may be raw or cooked; fresh, frozen, canned or dried/dehydrated; and may be whole, cut up or mashed.

What did you make? Tell us about it or draw a picture below.





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