



Plate Full of Food



Materials Needed:

- ✓ One Paper Plate
- ✓ Sharpie/Marker/Pencil
- ✓ Printed Out Pictures of Food (Optional – you can also draw the food)
- ✓ Scissors (Optional)
- ✓ Tape/Gluing (Optional)

Steps:

1. Divide your plate up into the food groups you want to include.



2. Draw the food items you'd want to include on your plate, in their correct categories (I.E. apples in the fruit section). If you chose to print out your pictures this is where you would cut and glue your chosen food into the correct categories.



3. Bring your plate to the dinner table and see how it compares to your meal! How many food groups do you have?

Additional Skill Practice:

Here are some additional skills you can work on with your kiddo related to this craft:

- Cutting
- Fine Motor Skills
- Preferences
- Drawing