



Children enjoy treats that are fun and nutritious by making their own healthy, tasty sandwiches.

Supplies

Note: Below are some ideas. Allow children freedom to use their imaginations!

- ★ Paper plates
- ★ Plastic bowls
- ★ Whole wheat bread or English muffins (head)
- ★ Low fat cream cheese or low fat cheese spread
- ★ Pitted Olives – sliced and whole (eyes, nose)
- ★ Peas (eyes, mouth, nose, hair)
- ★ Corn (mouth, teeth, eyes)
- ★ Carrots, some cut, some grated, (eyes, hair)
- ★ Grated jack and cheddar cheeses (hair)
- ★ Broccoli, small pieces (hair)
- ★ Cucumber slices (eyes, mouth, half slices for ears)
- ★ Tomato slices (half slices for ears)
- ★ Bean sprouts (hair, mouth, eyebrows)

Face Sandwiches

Skills Learned: Healthy Eating Habits, Fine Motor Skills, Decision Making, Language Development and Social Skills

Directions

- 1 Supervise the children as they wash their hands well.
- 2 Gather everyone around the work area; then ask the children to name the foods they see. Do they know where these foods come from?
- 3 Tell the children they will each get to make a “face sandwich”.
- 4 Demonstrate by making one together.
- 5 First spread the cream cheese or cheese spread on a slice of bread or on an English muffin. Explain that this will be the face.
- 5 Include the children by asking them to name the parts of the face.
- 6 Ask them which part of the face to add first and what to use.
- 7 Continue by asking questions such as: What shall we use for the eyes? The nose? Should we give it a happy smile? What can we use for hair? Is there something else we can add?
- 8 Allow the children to create their own face sandwiches!
- 9 Enjoy the healthy treat together!

Tips For Mixed Ages:

Toddlers can do this one-on-one with an adult. 4's and up will enjoy this activity needing only moderate supervision. Hint: It might be easier for the children to spread the low fat cheese spread if the bread is lightly toasted.



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