



HEALTHY KIDS CORNER

Making a Food Collage

What does healthy food look like to you? Use art supplies, magazines, newspaper, or a camera to design a food collage! You can cut out and paste pictures together, draw, or take photos of things in your world that show...

- Different types of food such as vegetables, fruits, grains, meat, dairy, and beans.
- Foods of different colors.
- Foods that are fresh and foods that are processed.
- Foods you like, foods you don't like, and foods you want to try.
- Foods that keep our bodies strong.
- A healthy lifestyle or a healthy community.

Share with us!

Send your photos, or a photo of you collage or drawing in a message to

<https://www.facebook.com/KCFoodSense>

FARMERS MARKET NUTRITION EDUCATION FROM WSU KING COUNTY EXTENSION SNAP-ED

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.
Adapted from Leah's Pantry Food Smarts Workshop (leahspantry.org)