Do You Play With Your Food?

Supplies:
- Various hard fruit, veggies, and crackers (building material)
- Soft Cheese, Peanut or Sun Butter (concrete)
- Butter knives (for spreading concrete)
- Toothpicks
- Plates

Directions:
- Wash hands first!
- Use any variety of healthy snacks to build structures! Place an abundance of edibles on a table and allow girls to get creative and “play” with their food!
- Discuss eating healthy and dietary needs.
- Discuss how girls designed their structures and why.

STE(A)M Subject(s):
Engineering, Art, and Health Science

Related Badge(s) or Journey(s):
(B,J,C,S,A) Legacy – Cook, Healthy Living

Additional Resources:
Food Science: http://www.sciencekids.co.nz/food.html
Health Science: http://kids.niehs.nih.gov/topics/healthy-living/healthy-eating/index.htm

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