



### ***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:**

Alternative option: <http://littlebinsforlittlehands.com/edible-structures-for-snack-time-stem/>

Art and Food: <http://www.topdreamer.com/20-creative-food-designs-make-kids-enjoy-meal/>

Food Craft: <http://www.curbly.com/users/matt-allison/posts/15104-roundup-10-easy-food-crafts-to-make-with-kids>

Food Science: <http://www.sciencekids.co.nz/food.html>

Health Science: <http://kids.niehs.nih.gov/topics/healthy-living/healthy-eating/index.htm>

NOTE: The links provided here are to other sites that are not maintained by Girl Scouts of California's Central Coast or Girl Scouts the USA (collectively, "Girl Scouts"). The links are provided solely for the purpose of providing additional information related to the activity presented here. Girl Scouts is not responsible for the content of those sites. The inclusion of any link to such sites does not imply endorsement by Girl Scouts and make no representations whatsoever about any other Web site which you may access through this one.