



# Holiday Activity & Food Programme

Learn – Experiment – Share



## Activity Suggestions

If your chosen activity is messy or wet, remember to let parents know in advance so that they can provide suitable clothing or a change of clothing. Your activities don't have to be food related, you could play games such as football and rounders or organise a scavenger hunt in your local park. If you would like some suggestions for activities that *do* involve food, here are a few!

-  Remember to check for food allergies and dietary requirements.
-  Hand washing is an essential – for young children see our handwashing song.



## Ages 2-5

---

**Colouring sheets** – there are lots of free sheets downloadable from the internet, try and find fruit and veg based images.

**Printing with fruits and vegetables.** Cut them in half, dip in poster paint and print on paper. You could use wallpaper or a giant roll of paper for a group painting.

**Finger painting with coloured yoghurt** (Edible food colouring will produce a variety of colours. Use a plate instead of paper – eat your art when you have finished!)

**Plant seeds** – cress will grow on dampened kitchen paper or cotton wool. If you like, you can draw a face on a carefully cleaned eggshell with a permanent marker. Put the planting material and a few seeds inside – in a few days, your face will have “hair”. Other ideas include planting herbs in mini pots to take home, especially if you are using herbs in your recipe that day.

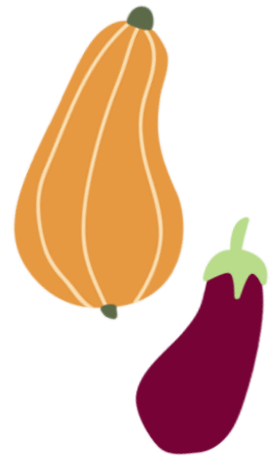
**Use chalks to draw your favourite meals** on hard surfaces such as paving stones, or playgrounds. Either wash them off with water, or if it’s appropriate, leave them there until the rain does that job for you.

**Make salt dough foods** – only if you will have time to bake and cool them, or if the makers can collect them another time. Find recipes on the internet.

**Play food or a mud kitchen.**

**Make faces on rice cakes.** Spread the cakes with cream cheese or hummus (guacamole makes a great Halloween or monster base). Add cut up vegetables to make a face and hair (e.g. peppers, tomatoes, olives, sweetcorn) and then eat your creation

**Fruit Kebabs** (edible googly eyes on the end to make a creature for extra fun!). This activity requires careful supervision as wooden skewers have sharp ends.



## Ages 5–8

Make a **food rainbow**, either individually or as a group activity. You can do this with real fruit if you are lucky enough to have such a variety, or cut out pictures of fruit and vegetables from magazines. It's a good idea to start collecting these a few weeks before your activity to make sure you get the full range of colours.

**Eat them to defeat them activity books** (available from Good Food Oxford)

**Draw seasonal fruit and vegetables.**

**Blindfold food tasting** (use familiar foods and get children to guess what they are tasting. As an extension to this, try tasting the same foods when holding your nose – then discuss the relationship between taste and smell)

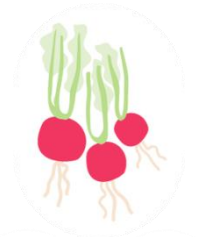
**Colouring sheets** – there are lots of free sheets downloadable from the internet, try and find fruit and veg based images.

**Printing with fruits and vegetables.** Cut them in half, dip in poster paint and print on paper. You could use wallpaper or a giant roll of paper for a group painting.

**Finger painting with coloured yoghurt** (Edible food colouring will produce a variety of colours. Use a plate instead of paper – eat your art when you have finished!)

**Plant seeds** – cress will grow on dampened kitchen paper or cotton wool. If you like, you can draw a face on a carefully cleaned eggshell with a permanent marker. Put the planting material and a few seeds inside – in a few days, your face will have “hair”. Other ideas include planting herbs in mini pots, especially if you are using herbs in your recipe that day.

Use chalks to draw your favourite meals on hard surfaces such as paving stones, or playgrounds. Either wash them off with water, or if it's appropriate, leave them there until the rain does that job for you.



**Make salt dough foods** – only if you will have time to bake and cool them, or if the makers can collect them another time. Find recipes on the internet.

**Play food or a mud kitchen** – or set up a play café, complete with menus.

**Make faces on rice cakes.** Spread the cakes with cream cheese or hummus (guacamole makes a great Halloween or monster base). Add cut up vegetables to make a face and hair (e.g. peppers, tomatoes, olives, sweetcorn) and then eat your creation.



## Ages 8–11

---

Guess the sugar levels in a range of popular drinks (see <http://www.giveuplovingpop.org.uk/free-downloadable-resources/>)

Printing with fruits and vegetables. Cut them in half, dip in poster paint and print on paper. You could use wallpaper or a giant roll of paper for a group painting.

Plant seeds – cress will grow on dampened kitchen paper or cotton wool. If you like, you can draw a face on a carefully cleaned eggshell with a permanent marker. Put the planting material and a few seeds inside – in a few days, your face will have “hair”. Other ideas include planting herbs in mini pots, especially if you are using herbs in your recipe that day.

Use chalks to draw your favourite meals on hard surfaces such as paving stones, or playgrounds. Either wash them off with water, or if it’s appropriate, leave them there until the rain does that job for you.

Make salt dough foods – only if you will have time to bake and cool them, or if the makers can collect them another time. Find recipes on the internet.

Make a food rainbow, either individually or as a group activity

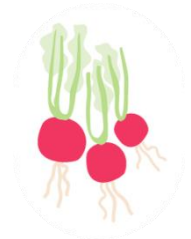
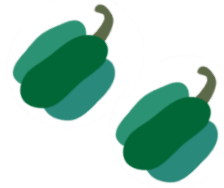
Eat them to defeat them activity books (available from Good Food Oxford)

Draw seasonal fruit and vegetables.

Blindfold food tasting (use familiar foods and get children to guess what they are tasting. As an extension to this, try tasting the same foods when holding your nose – then discuss the relationship between taste and smell)

Design an advert for a favourite fruit or vegetable.

Make your own flavoured water – provide an attractive range of fruits (or veg – try cucumber), cocktail umbrellas and let your imagination go wild.



## Ages 11–15

---

Create a social media campaign about our sugar intake – there are loads of ideas at

[https://www.sugarsmartuk.org/get\\_involved/actions/?sector=12&action=2](https://www.sugarsmartuk.org/get_involved/actions/?sector=12&action=2)

**Recipe mix up** – provide a recipe, but cut up the instructions and get the children to arrange them in the right order. If possible, you can then cook the recipe, or provide tasters of a pre-made dish (using the recipe with the instructions in the right order, of course!)

**How many food related idioms can your group think of?** Cool as a cucumber, selling like hotcakes, sweet as honey – here are a few to start you off. Divide into groups and make it a competition. Look here <https://examples.yourdictionary.com/examples-of-food-idioms.html> for more if you get stuck.

**Design a healthy tuck shop for your group.** Children can research potential products for sale, look at pricing and sourcing, and design posters to make healthy food look attractive.

## Mixed ages (can include adults)

---

**Use some food “slogans”** and cut them up into separate words. Some examples of slogans you could use are “focus on fruit”, “vary your veggies”.

Place individual words from each slogan inside balloons and inflate them. Talk to the group about advertising slogans they will recognise “I’m lovin’ it – McDonalds, for example, and ask them to come up with others they know. Explain that you have devised some healthy eating slogans but that they need to assemble them from the words in the balloons. Divide into groups and give each group a balloon, tape and pen and paper. The group



will pop the balloon and assemble the slogan, then make up a promotional slogan of their own.

How many food related idioms can your group think of? Cool as a cucumber, selling like hotcakes, sweet as honey – here are a few to start you off. Divide into groups and make it a competition. Look here <https://examples.yourdictionary.com/examples-of-food-idioms.html> for more if you get stuck.

Blindfold food tasting (use familiar foods and get children to guess what they are tasting. As an extension to this, try tasting the same foods when holding your nose – then discuss the relationship between taste and smell)

Guess the sugar levels in a range of popular drinks (see <http://www.giveuplovingpop.org.uk/free-downloadable-resources/>

## Adapting activities for recipe bags or other home use

Many of the activities can be easily adapted for home use and materials can be provided, for example in take home recipe bags. It's important not to assume that items such as glue sticks and colouring pencils will always be available, so you need to make sure you budget for them and put them in the bags.

