

# FRUIT FACES



Juniors



15 – 30 minutes



All About Me



Baking

## WHAT YOU NEED

- Variety of fruit
- Chopping boards
- Child friendly plastic knives
- Bowls
- Paper plates

This activity will give the young people in your group a chance to discuss the world around them such as where fruit comes from, how God created the world in six days and how He provided Adam and Eve with everything they needed. God does the same for us. This could tie into any healthy eating activities that the leaders carry out with the young people during the year and will encourage them to try new food that they may never have tried.

This activity will encourage conversations, working together and looking after our bodies as they make their faces using fruit. Please keep in mind any allergies and check the young people's annual consent forms.

## INSTRUCTIONS

1. Sit the young people down and show them different fruits, encouraging them to guess what they are and discuss where they might come from. Then explain the activity.
2. Next the young people will wash their hands.
3. Cut up fruit together with leader supervision.
4. Make faces using the different pieces of fruit – ideas include using an orange segment for a smile, half a strawberry for a nose, and bananas or small blueberries for eyes.
5. Take pictures of each person's fruit face and a portrait picture of the young person and put them side by side for the young people to see another time.
6. Enjoy the fruit together or allow them to take them home to eat.