

Title: Make Your Own Dinner

Age Group: Toddlers

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Type of Activity: Art / Fine Motor

Materials:

- Paper plate
- Flyers / brochures / magazines, or any papers with photos of food on it
- Glue
- Child-safe scissors

How to Do it:

- Prepare an area where your child can cut and glue all the materials.
- Have them look through pictures and pick what food items they like to eat. Assist them with cutting by using hand-over-hand motions while they cut the picture out.
- Place glue onto the paper plate and encourage your child to place on the cut food photos.
- Let your child design their favourite plates of food!

Root Skill / Extension:

Cognitive – 4.1 Attention Regulation

Language – 3.3 Expressive Language Skills

This activity promotes creativity and self-expression. In addition, it fosters children's fine motor and hand-eye coordination skills by using their finger muscles to sort through flyers, to cut photos and to practice gluing onto the paper plate.

Ask your child open-questions while engaging in this activity e.g. "What did you pick to put on your plate?" "What is your favourite?"

Extend the learning: Use real food items to create a food plate such as: dry cereal, rice, beans or any items available to you.