

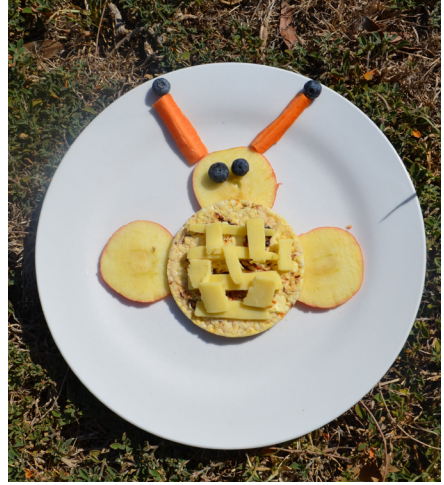
# Bumble Bee Snack

Let's get creative in the kitchen! Trying a variety of different foods and learning about where food comes from helps to build healthy habits from a young age. Enjoying the food process and creating fun experiences in the kitchen and garden makes meal times all the more meaningful. As some children can be picky eaters, try and involve them and have fun making meals together. Try out this healthy and yummy snack.



## What you need:

Rice cakes or slice of bread  
Cheese  
Vegemite or hummus  
Butter  
Carrot/Celery  
Apple  
Blueberries/raspberries/nuts



## What to do:

1. Spread butter and Vegemite (or hummus) on rice cakes or bread. If you are using bread, cut the crust off and shape the bread into a circle shape. Place bread or rice cake in the middle of the plate
3. Cut cheese into long slices and place like stripes on top of rice cake or bread
4. Cut apple into thin slices. Place two slices of the apple on the side of the rice cake/bread to create wings and one slice at the top as the head
5. Slice carrot or celery thinly and use as antennae
6. Place blueberries as eyes

Enjoy!

## INSPIRATION:

[Check out our Bumblee Bee snack video here!](#)