



Munching Foods

Edible Sensory Recipe

You will need:

Green laces sweets

A selection of foods mentioned in the book 'The Very Hungry Caterpillar' by Eric Carle
e.g. apple, pear, plum, strawberry, orange, cake, ice cream cone, Swiss cheese, salami,
watermelon and lettuce.

Apple corer

Skewer

tray

Method

1. Using the skewer and apple corer, make holes in the foods.
2. Add the food to the tray, along with the green laces.
3. Get playing!
4. Can you thread the green laces through the foods as if a caterpillar is eating them?

*This recipe is intended to be used as soon as it has been made and not to be stored for future use.

** Be aware of allergens contained in foods.

