


Edible Insects

Equipment

 Cutting board and knife

 Plates and trays to create on

Ingredients

Choose a few fruits and vegetables from each category.

Fruit options:

- Berries (blueberries, raspberries, blackberries, strawberries)
- Apples (sliced thinly)
- Bananas (cut into rounds)
- Mango or papaya

Veggie options:

- Bell peppers (red, orange, yellow, green)
- Fresh Leaf lettuce (makes great insect wings)
- Celery, cut cross-sections
- Carrots, cut into thin sticks and rounds
- Snap peas, use pods or peas inside
- Cucumber, cut into rounds

Fresh herb options:

- Chives (cut into 2-3" lengths for antennae)
- Parsley (cut into small pieces)
- Basil (whole leaves)
- Dill fronds

KinderCare Cooks Tip:
Use fresh, canned, or thawed-from-frozen fruits and vegetables.

Optional dips:

 Hummus

 Dressing

 Vegetable dips

Instructions

- 1** Cut up your produce.
- 2** Create a clean work space for bug building.
- 3** Encourage your child to arrange the different pieces of fruits and veggies to make as many insects as they can dream up.
- 4** Ask questions to get started and spark critical thinking and math skills, here are some examples:
 - *What sound does the carrot make when you bite it?*
 - *How many colors are on your plate?*
 - *How many legs do insects have?*
 - *How many colors are in a rainbow?*
 - *What does this vegetable or fruit taste like?*
- 5** Enjoy your edible insects!

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SHOPPING LIST



Notes: