

**Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.**

## Activity: Happy, healthy smiles

**World Smile Day is a day dedicated to smiling. When we smile our widest smile, we show our teeth and today's activity focusses on some of the foods we need to keep our smiles big, bright and beautiful.**

### Learning aims

- Enhance vocabulary by recognising and naming a variety of fruit and vegetables
- Understand why we need nutritious food for good health, including oral health
- Develop fine motor skills for handling, chopping and arranging fruit and vegetables.



### Resources

- A variety of fruits and vegetables, e.g. bananas, apples, grapes, cucumber, bell peppers
- Cutting tools, e.g. child-safe knives
- Peeler to make long thin strips
- Plates or small trays to arrange the fruit and vegetables.

### Activity outline

1. Explain that the theme of this year's World Smile Day is, "Do an act of kindness. Help one person smile." Ask the children what makes them smile. Discuss how when we smile, we often show our teeth. To keep our teeth strong and healthy we need to eat nutritious food like fruit and vegetables. Discuss why fruit and vegetables are good for our bodies
2. Show a range of fruit and vegetables to the children. Ask if they can name them and if not, tell them the name. Let them explore the fruit and vegetables using their senses. Ask them what they look like, feel like, smell like and, if they've eaten them before, what they taste like
3. Explain that, using the fruit and vegetables, we are going to make a smiley face on our plate and as an act of kindness, we are going to make the smiley face for the person next to us
4. Model asking a child which of the fruit and vegetables they would like on their plate. Make up a face using the requested food. Demonstrate how to cut the fruit and vegetables safely and into suitable shapes, for example, round cucumber slices for eyes, half a grape for a nose, peeled carrot for the hair, and long slices of pepper for the big smile. However, encourage the children to experiment with different shapes and colours of food to make faces as unique as our own

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5. End the activity by sitting together, sharing and eating their prepared faces, reinforcing the importance of eating nutritious food and sharing smiles with each other.

### **Extension ideas:**

- Take photos of the smiley food faces and display them next to photos of the children smiling or use the photos to create a book of smiles.

### **NDNA products to support you with this activity:**

- [Physical Activity and Nutrition Coordinator qualification](#)