Create a fun and nutritious snack while learning about the sun, the seasons, and some of our favorite fruits and vegetables! Making “Edible Sunshine” is a great way for kids to kick off the summer season in a uniquely delicious way.
**MATERIALS**

**Yellow, orange, and red fruits**

- **Suggestions:**
  - Pineapple
  - Strawberries
  - Mangoes
  - Papayas
  - Apples
  - Peaches
  - Apricots
  - Raspberries
  - Bananas
  - Cantaloupe
  - Grapefruit

**Yellow, orange, and red vegetables**

- **Suggestions:**
  - Shredded or whole carrots
  - Red, orange, or yellow bell peppers
  - Yellow squash
  - Roasted sweet potato fries
  - Corn
  - Golden or red beets
  - Pumpkin
  - Yellow beans
  - Red, orange, or yellow tomatoes

**Additions**

- **Suggestions:**
  - Sliced cheeses
  - Pretzel sticks
  - Raisons for faces

**Dips**

- **Suggestions**
  - Yogurt
  - Hummus
  - Ranch
  - French onion dip
  - Guacamole

**INSTRUCTIONS**

1) **Draw a picture of what you want your sun to look like.** Do you want it to have a face? Lots of different colors? Spiral rays or straight rays? Do you want to make its surface and flames visible?

2) **Assemble your ingredients.** What types of fruits and vegetables do you want to you? Will you use any additional items like pretzels or cheese or raisons?

3) **Chop up your fruits and vegetables into sunny shapes before you begin or wait and chop them as you go along and your creative vision unfolds.**

4) **Create your sun!** Appreciate your beautiful work! Eat and enjoy and ingest some edible sunshine!
Turn this fun edible craft into a science lesson as well by exploring the links below!

What is the sun?
Why do we have summer?
Sunburns, sunbeams, and sunspots!
Fun facts about fruits!
Fun facts about vegetables!

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