

EDIBLE SUNSHINE



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
- Cantaloup
- 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 use? 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!

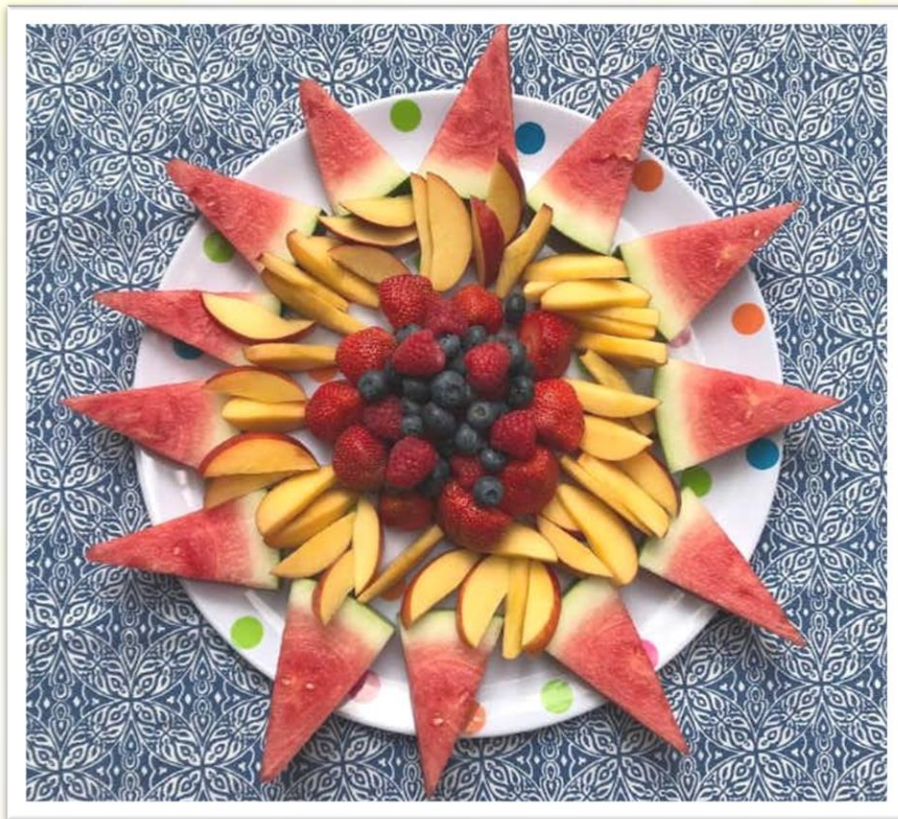
[What is the sun?](#)

[Why do we have summer?](#)

[Sunburns, sunbeams, and sunspots!](#)

[Fun facts about fruits!](#)

[Fun facts about vegetables!](#)



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