

Make and bake

Yummy Insects and Bugs

These yummy insects and bugs would make a great lunch to have as a outside or indoor picnic

This “make and bake” does not need any “baking” or cooking.

Some ingredients will need cutting with a sharp knife, but an adult can help you with this

Ingredients:

You can use what vegetables, salad and fruit you have, to create your own designs.

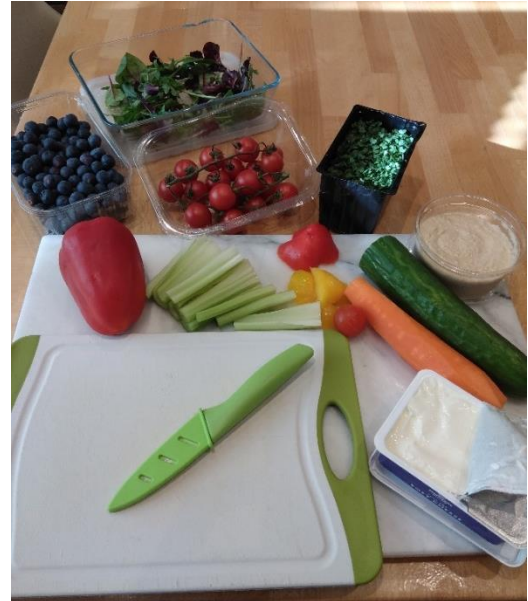
You will need something to help “stick” it together for example Hummus or cream cheese.

Example of fruit and vegetables we used :

Celery	Carrot	Cucumber	Cress
Pepper	Tomatoes	Blueberries	Apples
Oranges	Lettuce	Rocket	Grapes
Sweetcorn	Orange		

Example of what you could use for the eyes (optional)

Nuts or Marshmallow or Rolled icing
icing pen or food colouring



1) Make the bodies

Celery is a good vegetable to use for the base

Fill the piece of celery with hummus or cream cheese.

Put some small pieces of vegetable or salad on the hummus or cream cheese to make a colourful body.

Use a different colour to make the head.

We have used a blueberry as a head and pepper for the body.

2) Sit the insect on a leaf

Put each "insect body" on a piece of lettuce



3) Make some "eyes". You do not have to do this.

Making eyes is a bit fiddly. You will need something that is white or light coloured. This could be a little piece of marshmallow, or a little bit of ready to roll icing, or a piece of nut

When the eyes are made stick them to the head with some cream cheese or hummus

Lastly create a little dot on the eye, here we used some gel that is used to make blue icing, you could use an icing pen, or a little grain of cereal

4) Enjoy

Arrange your "insects" on a plate.

Tell everyone they are ready to eat.

Enjoy as part of a snack, lunch or tea.

You could tell everyone the tale of Frances the Firefly as you eat!



Don't forget to help clear up and wash and dry up