

## Senior Fun Activities

3 to 5 Years



### ● Learning Objectives

- To learn healthy eating habits.
- To develop fine motor skills.

### ● Materials Needed

- Old magazines & newspapers
- Child-friendly scissors
- Glue
- Two A4 sheets of chart paper - coloured or white

### ● What to do?

- Draw a smiling face on one A4 sheet at the top centre and one sad face on the other sheet.
- Write 'Healthy Food' below the smiling face and 'Junk Food' below the sad face.
- Using the child-friendly scissors, cut out pictures of food items from the magazines and newspapers.
- Sort the cut pictures into healthy and junk food and paste them on the appropriate sheets.