

MAKE YOUR FOOD-NIGHTMARE COME ALIVE

Watch Finish Your Plate (4+) via <https://tflix.nl/eet-je-bord-leeg/>

You can either do the assignment before or after watching.

You may have been hoarding your groceries and you must have bought some vegetables your kid doesn't really like. With these veggies we're going to make our food-nightmares come alive.

- Let your kid pick the veggie he or she doesn't like and pick your least favourite veggie yourself.
- Print the 'Eyes, ears, noses'- sheet (preferably in colour).
Download it here > <https://toneelmakerij.nl/media/2099/toneelmakerij-stickervel-eet-je-bord-leeg.pdf>
- Now stick ears, eyes and a nose to your horror veggie.

Now the game starts!

- Look your veggies deep in the eye. How does it feel? Angry? Happy? Afraid? Tell each other how your food feels.
- Ask your kid if his/her veggie is a man or a woman, what hobbies it has and what it's room looks like.
- Tell your veggie why you dislike it. Maybe it even answers. Put the veggie to your ear and make sure your house is really quiet; no one can speak. Do you hear it's voice? How does it sound? Hoarse, high or low pitched, does it speak English, German or a totally different language?
- Now your veggies get in touch with each other. Do they shake hands, no that's too dangerous. How do they say hi? Let your food dance with each other. What dance fits them?
- Maybe your kid has to encourage you to eat your veggie. Maybe you will start eating if they try it nice. But maybe it helps when he/she gets angry at you so you eat it out of fright.
- Now it's your turn to try to get your kid to eat his/her veggie. Your kid can come up with all sort of excuses and methods: keeping the mouth shut? Spit everything out? Be extra nice to you? Explain in a very convincing way why he/she doesn't want it?
- Take a photo of yourself, your kid and/or your food-nightmare and share it on Instagram with #blijfbezigtmetdetoneelmakerij and tag us (@toneelmakerij)!