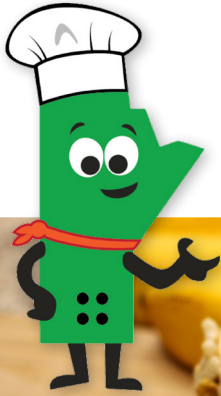


FAMILY ACTIVITIES & Recipes

Food gives your body the energy it needs to grow, play, and think. It is also an important part of celebrations, culture, science, math, geography, and much more. It can be fun to talk about food and learn about it in different ways. This booklet includes food and nutrition activities, ideas, and recipes. Have fun in the kitchen and use your creativity! Younger children may need to ask someone to help them with the recipes.



CRUNCHY BANANA BITES

Makes 1 to 2 servings



TIP

You can make a banana pop by cutting the banana in half, adding a popsicle stick to the bottom, and freezing.

SUPPLIES



Cutting board



Knife

INGREDIENTS



1 banana



1/2 cup crushed or whole cereal



2 Tbsp peanut butter/
alternative

INSTRUCTIONS

1

Peel banana.



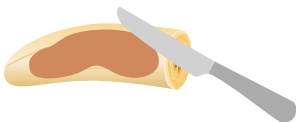
3

Roll the banana in the crushed or whole cereal pieces.



2

Use a knife to coat the banana in peanut butter/alternative.



4

Serve whole, cut in half, or cut in slices.



FIND THE SUPPLIES!

BLENDER

DISHWASHER

FORK

GLASS

GRATER

KNIFE

OVEN

SINK

BOWL

SPOON

FRIDGE

STOVE

KETTLE

TOASTER

PLATE

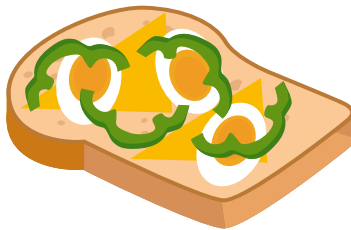
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V	Y	X	W	K	N	N	C	P	K	M	C	F	C	L
A	X	X	Y	V	P	S	Y	S	O	E	V	M	H	G

TOAST TOPPERS

Add some variety and creativity to your toast!

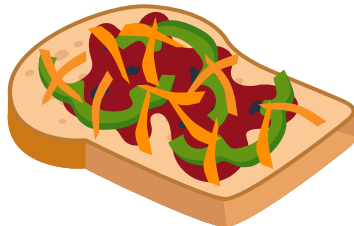
EGG AND CHEESE

Slice hard cheese and hard-boiled eggs. Add sliced bell peppers for extra crunch!



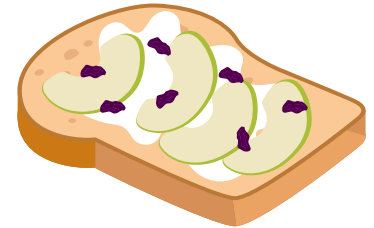
TACO TOAST

Mash up a can of rinsed black beans and mix with salsa. Top with sliced bell peppers and grated hard cheese.



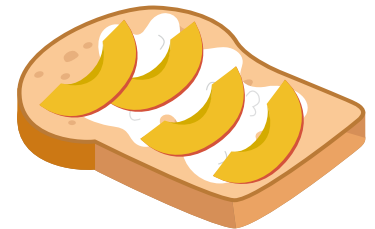
APPLE BERRY TOAST

Thinly slice an apple, top with yogurt, and sprinkle with berries (you can use raisins too).



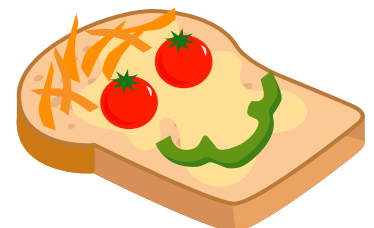
PEACHES AND CREAM

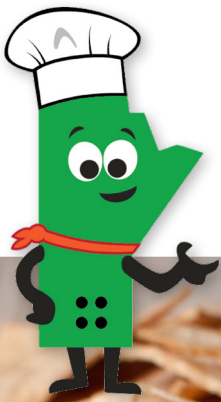
Spread cottage cheese and top with sliced peaches (canned peaches work too).



VEGGIE SMILES

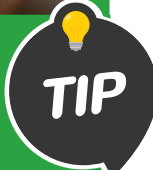
Spread toast with hummus. Use vegetables to create fun faces. Try shredded carrot for hair, grape tomato for eyes, and bell pepper slices for smiles.





TORTILLA CHIPS WITH DIP

Makes 1 serving



Try using a pizza cutter to cut the tortilla pieces.

Add yogourt to your peanut butter/alternative for a creamier dip.

INSTRUCTIONS

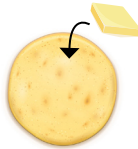
1 Preheat the oven to 350°F.



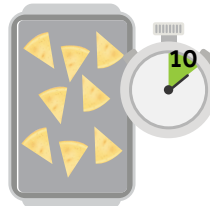
4 Cut each tortilla into 8 triangle pieces.



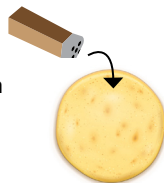
2 Spread the oil or margarine over both sides of the tortilla.



5 Put on a baking sheet and bake in the preheated oven for 10 minutes or until golden.



3 Sprinkle each side of the tortilla with cinnamon (optional).



6 Serve with peanut butter/alternative on the side for dipping.



SUPPLIES



Baking sheet



Cutting board



Knife



Measuring spoons



Oven mitts



Oven

INGREDIENTS



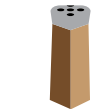
1 whole wheat tortilla



1 tsp oil or margarine



2 Tbsp peanut butter/alternative



1/2 tsp of cinnamon

— OPTIONAL —

SUPERFOODS!

Create a food-themed superhero. What are your hero's superpowers?

Draw a picture of your superhero to show friends and family.



BREAKFAST WITH FRIENDS

What if you could make breakfast for your entire school? What would you serve? How much food would you need? Where would they eat?

YOU'RE INVITED

Make a poster to advertise your breakfast. Be sure to let people know the time and place!



KEEP YOUR FOOD SAFE!

- Some of the food included in this package may be a potential choking hazard for children under four years old.



- Wash all surfaces and supplies before and after they contact food.



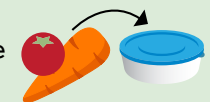
- Food, recipes, meal ideas, and activities may not accommodate all potential food allergens, restrictions, or intolerances. It is important to carefully read the labels and ingredient lists on each package.



- Rinse fresh fruits and vegetables under running water for 10 seconds.



- Place rinsed produce in clean containers and not back into the original unwashed packaging.



- Always wash your hands before you touch food. Wash for 20 seconds with warm water and soap.



- Put leftovers in the refrigerator as soon as you finish eating and use them within the next 3 days. Only reheat leftovers once.

