What are baby potatoes called?
Tater Tots!

Fruits and vegetables are healthy after-school snacks. Be sure to wash them with cold water before you eat them!

Ways you can help in the kitchen too!

- Peel vegetables like carrots or potatoes
- Peel fruits like oranges and bananas
- Wash fruits and vegetables
- Measure ingredients
- Tear up Lettuce
- Mix fruit salads
- Pick the salad
- Set the table

What has lots of eyes but cannot see?
A potato!

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Nature's Fast Food

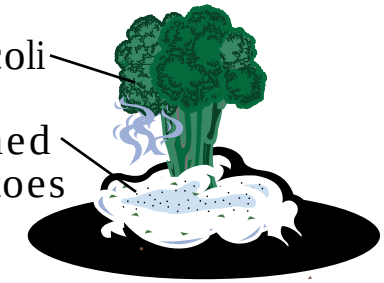
Fruits & Vegetables

3 Vegetables + **2** fruits = **5** a Day!

Fruits and vegetables are great any time of the day!

Hey Kids!

Try making these fun & tasty treats!

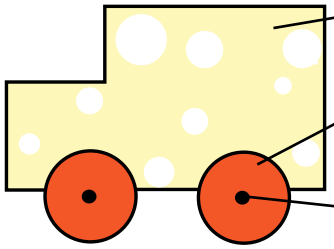


- broccoli
- mashed potatoes

Tree

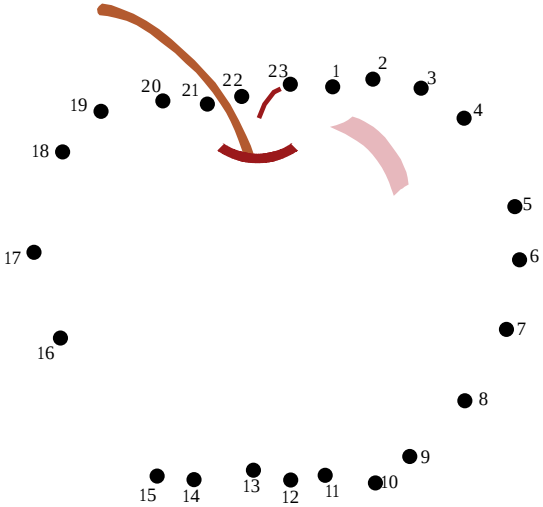
- raisins
- peanut butter
- banana half

Ants on a Log

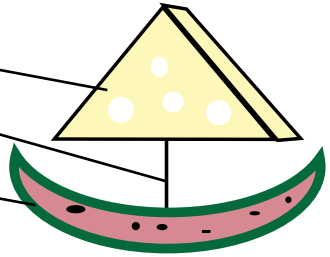


- cheese cube or slice
- cucumber or carrots
- toothpick

Truck

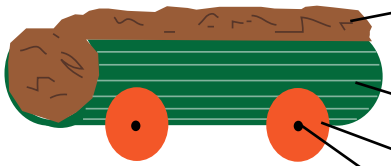


Connect the dots to find a food that's good for you and tastes great too!



- cheese slice
- toothpick
- melon, cucumber half, or banana

Sailboat



- peanut butter
- celery
- carrot stick
- toothpick

Celery Cart

Safe food handling begins with handwashing!

Wet hands with warm water 1	Put soap in your hands 2	3 Wash your hands by rubbing them together for 20 seconds	Rinse well using warm water 4	Dry hands well with a clean hand towel or paper towel 5