



# Cat's Eyes!



Try this crazy fun snack!

## Ingredients:

- 1 banana, sliced
- Round crackers (try whole grain!)
- Peanut butter
- Raisins

If you put two finished crackers next to each other they look just like a pair of cats eyes!

## Directions:

- Spread peanut butter on the crackers.
- Place a slice of banana on each of the peanut butter covered crackers.
- Put a small amount of peanut butter on a raisin and place it in the center of each banana slice.
- Eat up!



## Fruit Scramble

Can you Unscramble the names of these fruits?

1. prgea \_\_\_\_\_
2. ngoera \_\_\_\_\_
3. plenpeipa \_\_\_\_\_
4. iwki \_\_\_\_\_
5. lpape \_\_\_\_\_
6. mlup \_\_\_\_\_
7. caphe \_\_\_\_\_
8. maltorneu \_\_\_\_\_
9. anabna \_\_\_\_\_
10. furgepiatr \_\_\_\_\_
11. arep \_\_\_\_\_
12. gamno \_\_\_\_\_

Answer Key:

1. Grape 2. Orange 3. Pineapple 4. Kiwi  
 5. Apple 6. Plum 7. Peach 8. Watermelon  
 9. Banana 10. Grapefruit 11. Pear 12. Mango



Kids are always looking for snacks. Instead of sugary sweets or chips, make it easier for them to have a healthy snack time. The keys are to make healthful snacks in your house visible, convenient, and effortless.

- Keep fresh fruit on the counter where kids can see it.
- Wash and cut up vegetables ahead of time, so they're ready to eat.
- Store them in see-through containers or clear plastic bags so kids can see what's inside.
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- Put nutrient-rich foods where they can be easily reached, like on lower shelves in the refrigerator, pantry or cabinet.
- Keep cookies and chips in cabinets on higher shelves where they will be less convenient to reach and out of sight.

A little kitchen "arranging" will encourage kids to eat a nutritious snack—and they'll think it was their idea.

Produced by ADA's Public Relations Team