



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!



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. maltorneve _____
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

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!



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.
- Store them in see-through containers or clear plastic bags so kids can see what's inside.
- 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