

**OMB BURDEN STATEMENT:** According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0523. The time to complete this activity is estimated to be 30 minutes.

## **Attachment N – Food Preparation Activitiy**



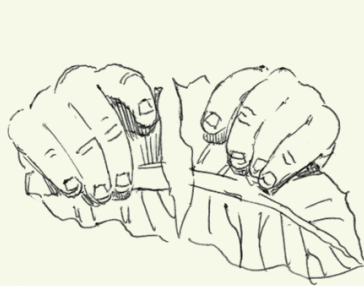
# Friendship Pocket

## 1 Pick a Protein



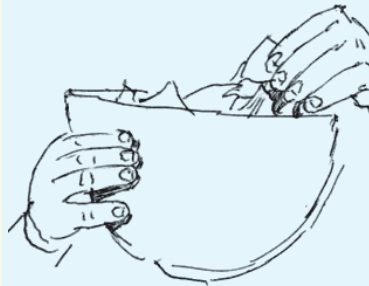
Fold a slice of turkey or ham. Put it in the pita pocket.

## 2 Veggie Time



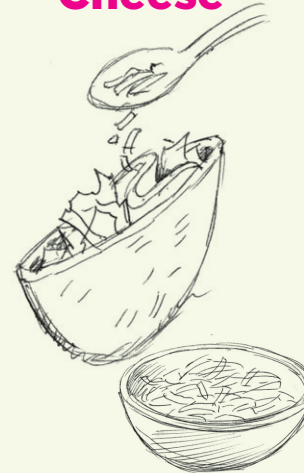
Tear lettuce or spinach.

## 3 Greens are Good



Add greens to pita.

## 4 Choose a Cheese



Put cheese inside pita.

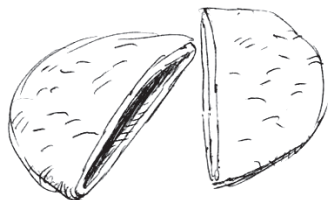
## 5 Fruit is Fun



Eat apples or grapes with your pita pocket. Enjoy your **MyPlate** meal with friends.

## Ingredients

**Grain**  
pita bread



**Protein**  
turkey or ham



**Vegetable**  
lettuce or spinach



**Dairy**  
yellow or white cheese



**Fruit**  
apple slices or grapes





# Crunchy Rainbow Wrap

## 1 Get Started



Lay your tortilla flat.

## 2 Paint the Sky



Spread some cream cheese onto the tortilla.

## 3 Get Colorful



Use the different veggies to create a rainbow on your tortilla. Leave some room around the edges.

## 4 Roll it Up



Fold in sides of the tortilla. Start at one end and roll your tortilla up tight.

## 5 Taste the Rainbow



Let an adult cut your wrap in half. Enjoy your colorful snack.



**Tortilla**



**Cream Cheese**

### Red

red pepper strips



red beans



chopped tomatoes



### Ingredients

#### Choose Vegetables

### Orange

carrot shreds



### Yellow

corn



yellow pepper strips



### Green

snap peas



spinach



shredded lettuce



### Blue/Purple

shredded purple cabbage



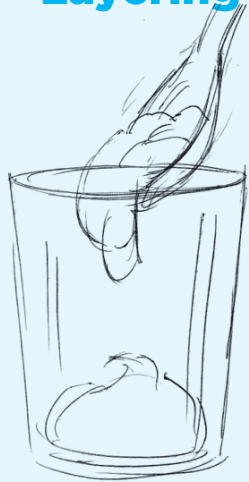
radicchio





# Fruit-a-licious Breakfast Cup

## 1 Start Layering



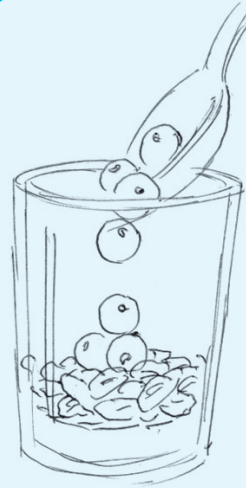
Spoon yogurt into your cup.

## 2 Add Some Crunch



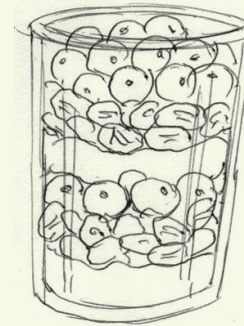
Spoon cereal on top of the yogurt.

## 3 Pick Fruit



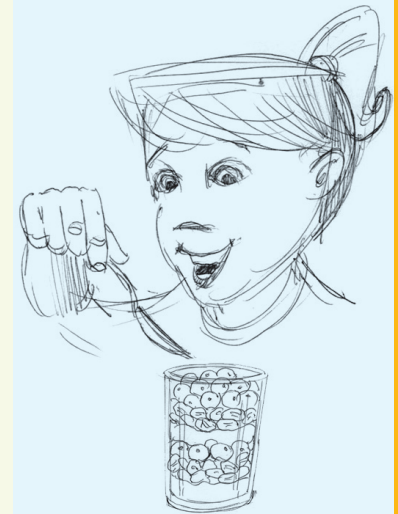
Add some fruit on top of the cereal.

## 4 Make a Pattern

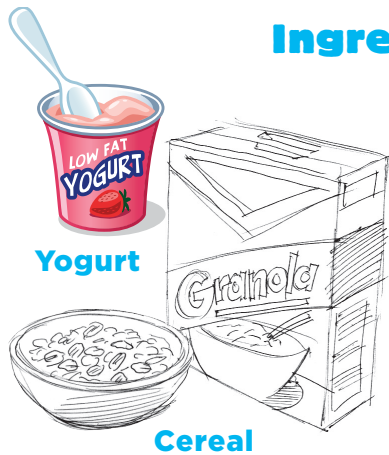


Add more yogurt, then cereal, then fruit.

## 5 Enjoy



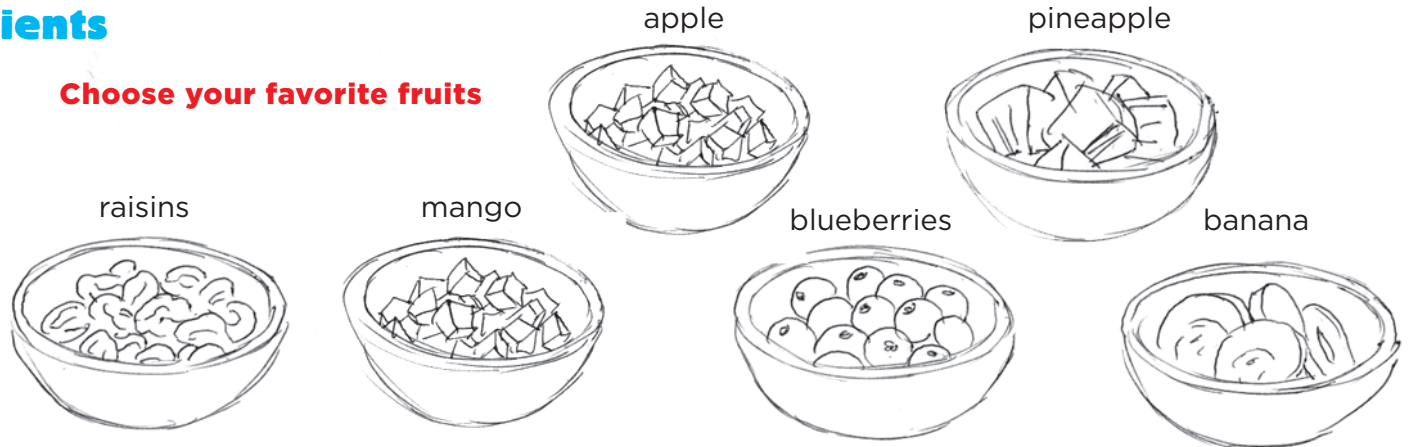
## Ingredients



Yogurt

Cereal

### Choose your favorite fruits



raisins

mango

apple

blueberries

pineapple

banana







# Food Group Friend

## 1 Get a Head



Put a grain on your plate.

## 2 Make a Face



Pick fruits, vegetables, and protein to make eyes, nose, and a mouth. Have fun and be colorful!

## 3 Hair or Hat?



Choose a dairy food and cover the head.

## 4 Name Your Friend

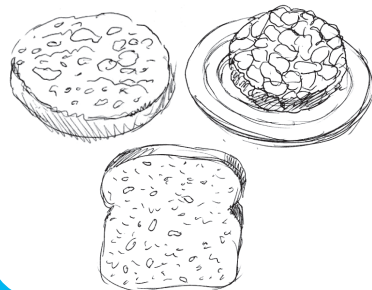


Have you used a food from each food group? If so, enjoy!

### Ingredients Choose your favorite ingredients from every group

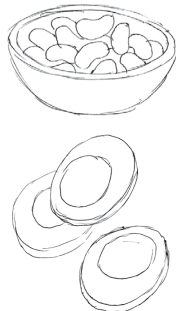
#### Grain

Rice cake, English muffin or bread



#### Protein

Beans or egg



#### Vegetable

Carrots, celery, broccoli, tomatoes, snap peas, cucumber, or bell pepper



#### Dairy

cheese



#### Fruit

blueberries, bananas, raisins, apples, or grapes.

