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Attachment N – Food Preparation Activitiy



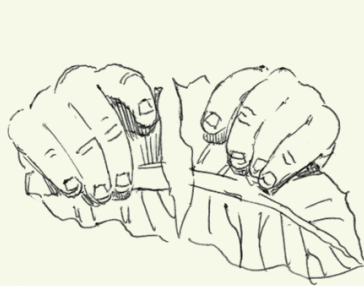
Friendship Pocket

1 Pick a Protein



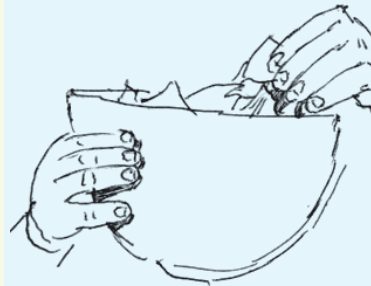
Fold a slice of turkey or ham. Put it in the pita pocket.

2 Veggie Time



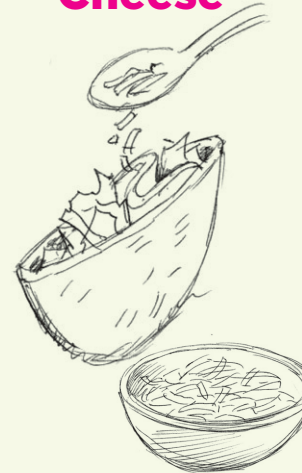
Tear lettuce or spinach.

3 Greens are Good



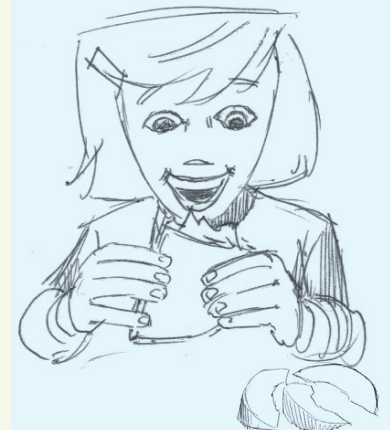
Add greens to pita.

4 Choose a Cheese



Put cheese inside pita.

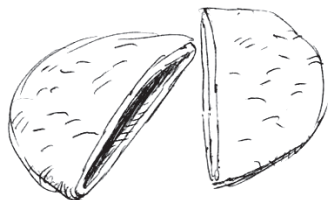
5 Fruit is Fun



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



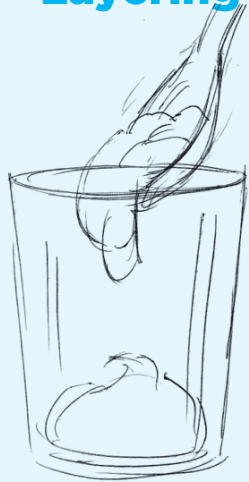
radicchio





Fruit-a-licious Breakfast Cup

1 Start Layering



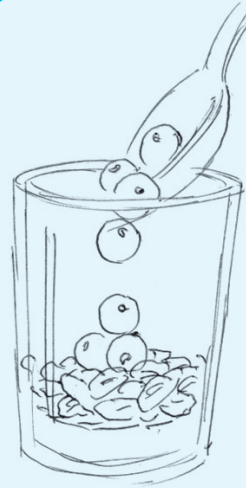
Spoon yogurt into your cup.

2 Add Some Crunch



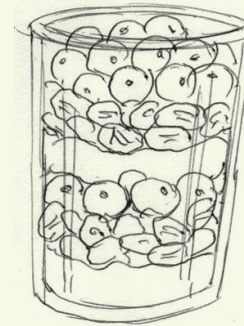
Spoon cereal on top of the yogurt.

3 Pick Fruit



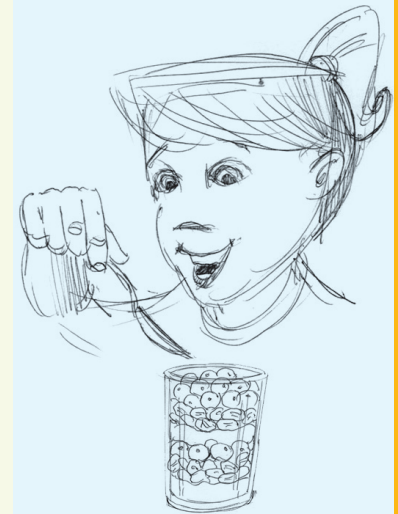
Add some fruit on top of the cereal.

4 Make a Pattern

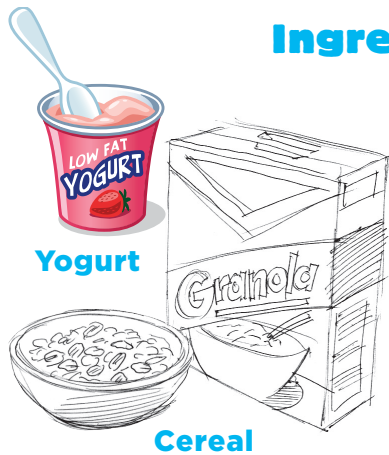


Add more yogurt, then cereal, then fruit.

5 Enjoy



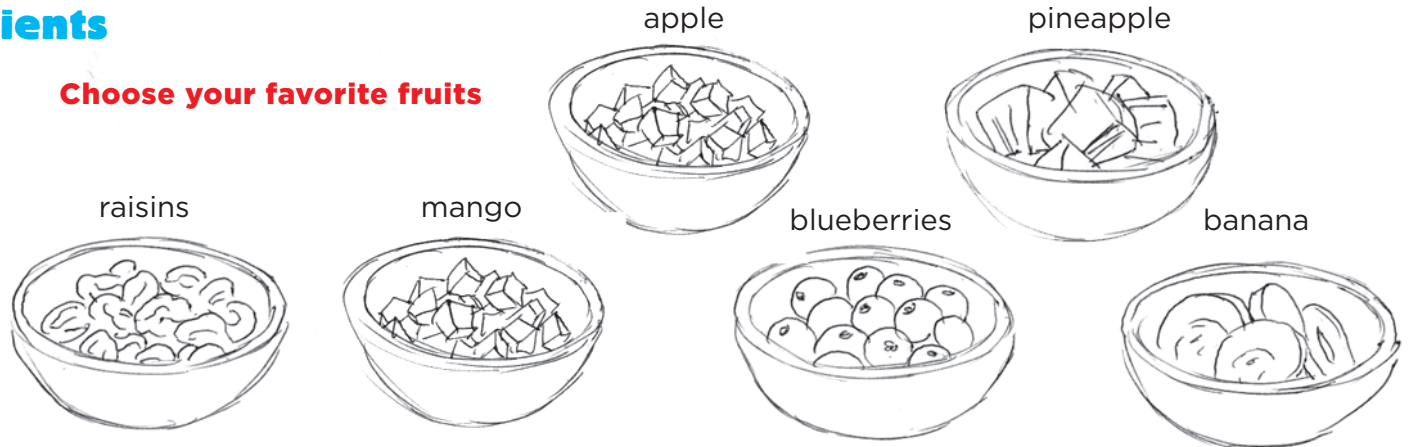
Ingredients



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

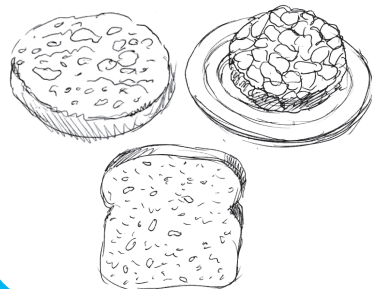


Have you used a food from each food group? If so, enjoy!

Ingredients Choose your favorite ingredients from every group

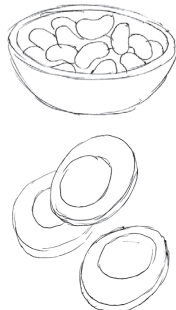
Grain

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.

