



Have your parent cut out the recipe on the dotted line.

Celery Spinners

- 2 stalks celery
- Thin slices of ham

- 1/2 cup low-fat cream cheese-at room temperature

Fill each stalk with cream cheese, including the top edges. Roll slices of ham into tight tubes and lay them into the center of one of the celery stalks. Place the second stalk of celery on top of the first stalk of celery so it forms a tube. Cut each celery tube into bite size pieces for little celery spinners.

Make about 16 pieces.



GRAPE JUMBLE

Help Belle unscramble these words to learn about healthy eating.*

FTURIS
TAE

EDRVYAEY
VTSEABGLEE



Q: How many pounds of fresh grapes does it take to make a pound of raisins?

A: 4

*GRAPE JUMBLE ANSWERS: Fruits, Eat, Everyday, Vegetables, Remember to eat at least 5 to 5 cups of fruits and vegetables everyday.