

Johnny Appleseeds

Ingredients:
Sliced apples (any variety),
Peanut Butter,
Raisins

Directions:
Spread each apple slice w/ peanut butter
and stick raisins in the peanut butter
to look like appleseeds.



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



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.