

Rainbow Kabobs with Pot of Gold Dip

Ingredients:

Watermelon, Cantaloupe, Pineapple, Honeydew, Blueberries, Plums, Fat Free Caramel, Wood Skewers

Directions:

Have an adult cube up all of the fruit. Insert all of the pieces of fruit on skewers in the colors of the rainbow. (What other fruits could you use? Pick your favorites).
Eat just as it is...or dip in caramel.



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

PICTURE MATCH

Help Tinker Bell find two identical grape clusters. Remember to eat at least 3 to 5 cups of fruits and vegetables everyday.*

PICTURE MATCH ANSWER: 1 & 3



LETTER SEARCH

Help Tinker Bell find the missing letters from the alphabet. Next use the missing letters to spell the name of a delicious, healthy fruit. Remember to eat at least 3 to 5 cups of fruits and vegetables everyday.*

J B V K O
Z C D
I H Y N L
W M T

LETTER SEARCH ANSWER: grapes