

Tinkerbell's Garden Corn Spread

- 4 corn on the cob-boiled or grilled
- 1/3 cup butter-softened
- 1 tablespoon dried basil
- 1/8 cup oil packed sun-dried tomatoes-finely chopped

In small bowl, mix butter, sun-dried tomatoes and basil. Spread onto hot corn and serve immediately.

Serves 4.



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

FOOD TRIVIA

How many cups of fruits and vegetables should you eat daily to stay healthy?*

- A. 1 CUP
- B. 3 TO 5 CUPS
- C. 10 CUPS



FOOD TRIVIA ANSWER: b-3 to 5 cups



GRAPE JUMBLE

Help Tinker Bell unscramble these words to learn about healthy eating.

- TAE
- FTURIS
- VTSEABGLEE
- EDRVYAEY

Remember to eat at least 3 to 5 cups of fruits and vegetables everyday.*



GRAPE JUMBLE ANSWERS: EAT FRUITS, VEGETABLES, EVERYDAY