

What are baby potatoes called?
Tater Tots!

Fruits and vegetables are healthy after-school snacks. Be sure to wash them with cold water before you eat them!



Ways you can help in the kitchen too!



- Peel vegetables like carrots or potatoes
- Peel fruits like oranges and bananas
- Wash fruits and vegetables
- Measure ingredients
- Tear up Lettuce
- Mix fruit salads
- Pick the salad
- Set the table

What has lots of eyes but cannot see?
A potato!



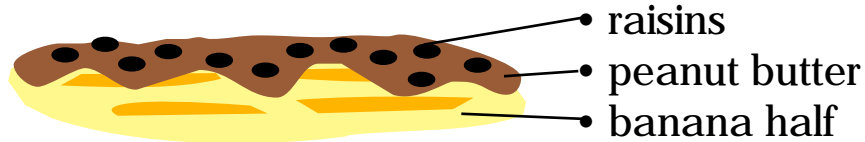
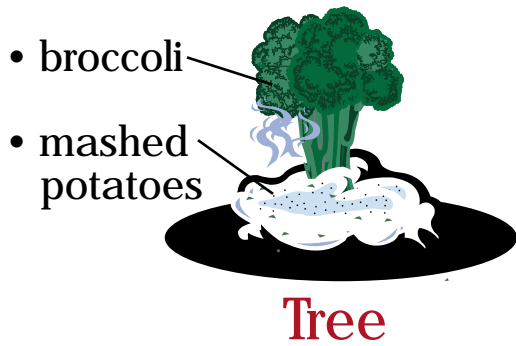
Nature's Fast Food
Fruits & Vegetables

3 Vegetables + 2 fruits =
5 a Day!

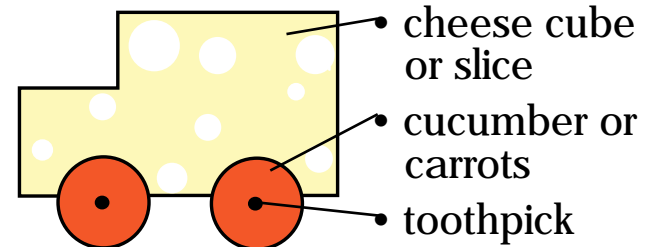
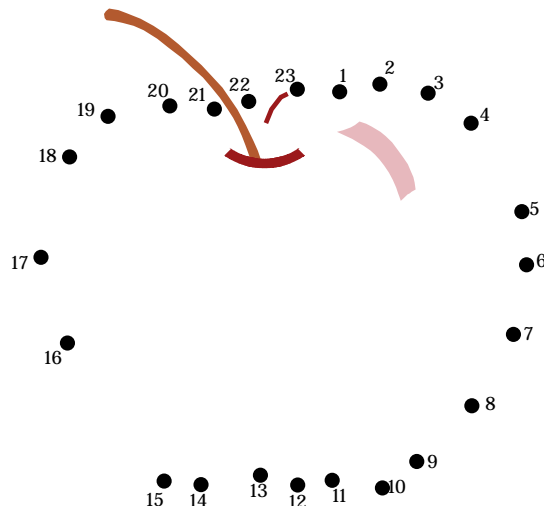
Fruits and vegetables are great any time of the day!



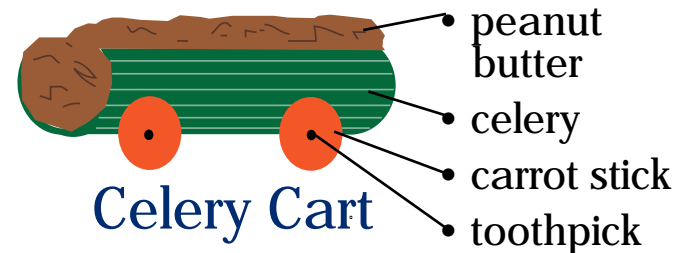
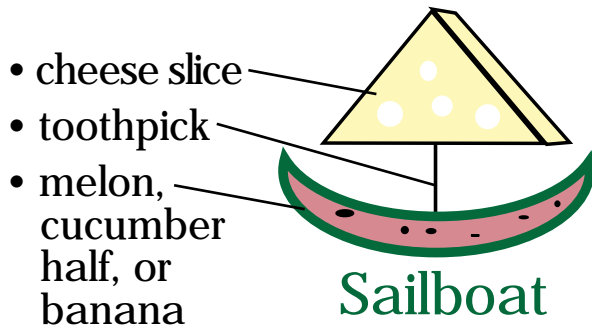
Try making these fun & tasty treats!



Ants on a Log



Truck



Safe food handling begins with handwashing!

