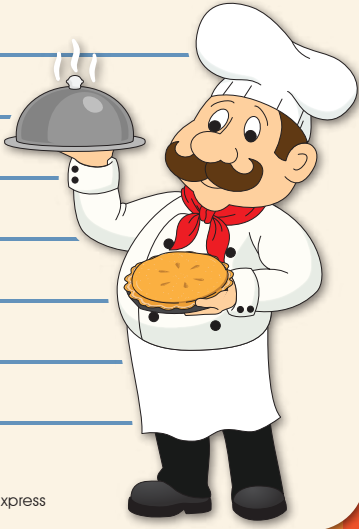


Grocery List

- plain or vanilla yogurt OR milk
- bananas
- strawberries
- apples
- peanut/sun butter OR cr cheese
- miniature marshmallows
- _____
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Strawberry Banana Smoothies

- Ingredients:**
 3/4 cup plain or vanilla yogurt OR milk
 2 ripe bananas (frozen)
 10 oz. strawberries (frozen)
 1 cup ice

Place all of the ingredients in a blender and puree until smooth. Ask children to make observations about how the ingredients are changing. The ingredients were primarily solid, and the force of the blender has turned them into a liquid.

Offer a ladle to each child to scoop the liquid into a cup. Provide straws and spoons. As they enjoy the drink, talk about the color of the smoothie. What ingredients made the drink cold? Remind children that healthy foods can make tasty snacks! Can they think of any other healthy foods that might taste good in a smoothie?

Edible Smiles

- Ingredients:**
 apples
 peanut/sun butter OR cream cheese
 miniature marshmallows

Cut enough apple slices for each child to have two. Place all of the ingredients on the table and give each child a butter knife and plate. Read the directions aloud as they work. Say "Place two apple slices on your plate. Using your butter knife, spread some peanut butter (or cream cheese) along the light part of each apple slice. Place the marshmallows side by side into the peanut butter (or cream cheese). Lastly, place the other apple slice, peanut butter side down, on top of the marshmallows. Look at your snack. What does it look like? A Friendly smile!"