Grocery List

ground beef
potatoes
carrots
onions
kiwifruit
honeydew
pineapple
mango
strawberries
cherries
fruit juice
©FunShine Express

Delicious Foil Food

Ingredients:

ground beef potatoes carrots onions (optional) salt and pepper

Invite children to help you scrub and prepare the vegetables.

Give each child a piece of aluminum foil. Form a small patty out of ground beef and place it on the foil. Prepare small potato chunks and carrot slices for children to add around the ground beef. Add onion slices, if desired. Assist children in sprinkling a small amount of salt and pepper over the food, as preferred.

Seal the foil and place it on a grill or in an oven. Cook for 20 to 25 minutes or until meat is thoroughly cooked and vegetables are soft. Remove, let cool a bit, and enjoy.

©FunShine Express

Traffic Light Smoothies

Ingredients:

kiwifruit honeydew
pineapple mango
strawberries cherries (pitted)
100% fruit juice of your choice

Invite children to help you peel and wash the fruits. Use a knife to cut off stems and chop the fruits into small sections. (Older children can help cut soft fruits with child-safe knives.) Spread the fruit pieces (sorted by color) out on a baking sheet and place in the freezer for a couple of hours. One color at a time, add the frozen fruits to a blender or food processor. Pour in small amounts of juice as you blend to give each fruit mixture a smooth texture. The fruit should have a thick consistency. (If the mixture is too runny, the colors will blend together.) Give each child one clear cup. Assist children in pouring a small amount of green mixture into the cup, and repeat with the yellow/orange and pink/red mixture. Place a drinking straw in each cup

©FunShine Express

and serve immediately.