

STOPLIGHT SNACK

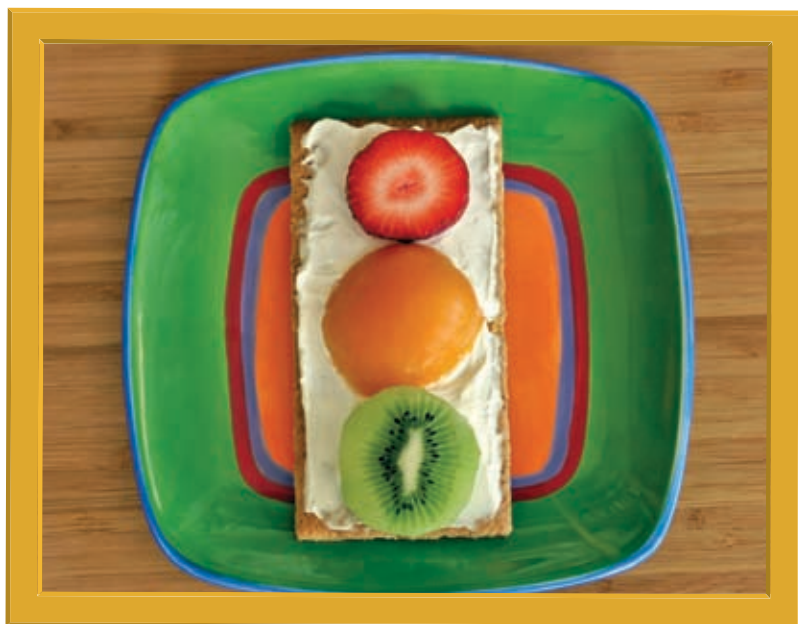
Makes approximately 4 snacks

INGREDIENTS

- 4 graham crackers
- 2 oz. cream cheese, softened
- 1 kiwi
- 4 canned apricot halves
- 2 strawberries

SUPPLIES

- paper plates or foil
- disposable knives
- napkins



NOTE TO GROWN-UPS

Adults can do the following prep in advance, with or without your child: wash the kiwi and strawberries under running water and pat dry. Peel the kiwi and slice into circles. Cut tops off of the strawberries and cut into circular slices. Open the can of apricots and drain off juice. Place fruits in three different serving containers and cover until time for the activity.

When you begin the activity, demonstrate and show your child an example of a finished stoplight snack.

DIRECTIONS



1. Invite your child to wash their hands and join you for a cooking activity.
2. Give your child a plate to work on.
3. Give your child one rectangle of graham cracker, one slice of kiwi, one slice of strawberry and one apricot half.
4. Invite your child to spread the cream cheese on the graham cracker.
5. Place one piece of each fruit on the graham cracker to represent the lights (red on the top, yellow in the middle and green on the bottom) of a stoplight.
6. Once finished, eat and enjoy!