

Fun Healthy Snacks!



Peanut Butter Sandwich with Bananas and Blueberries



Supplies needed:

- Bananas
- Blueberries
- Wheat bread (healthier option from whole bread)
- Peanut butter

Steps:

1. Toast a piece of wheat bread
2. Spread peanut butter onto the toasted bread
3. Cut bananas and place one in the middle for the mouth and two pieces for the ears in each corner
4. Then wash your blueberries and put two for the eyes and one for the nose
5. Now enjoy!

Pepper & Cauliflower Rainbow



Supplies needed:

- Red peppers
- Green peppers
- Yellow peppers
- Orange peppers
- Cauliflower
- Salad dressing of your choice!

Steps:

1. Wash and cut pieces of each pepper
2. Wash cauliflower and cut two pieces and place them at the end of the pepper rainbow
3. Pick a salad dressing of your choice to dip the peppers and cauliflower in.
4. Now Enjoy!

Apple Spiders!



Supplies needed:

- Apples
- Pretzel sticks
- Chocolate chips
- Peanut butter

Steps:

1. Wash apples and cut them into circle slices
2. Spread peanut butter on each side of apples
3. Place pretzels onto the peanut butter
4. Place another apple slice over the other one
5. Place two chocolate chips for the eyes
6. Now enjoy!

Banana Ghosts and Tangerine Pumpkins



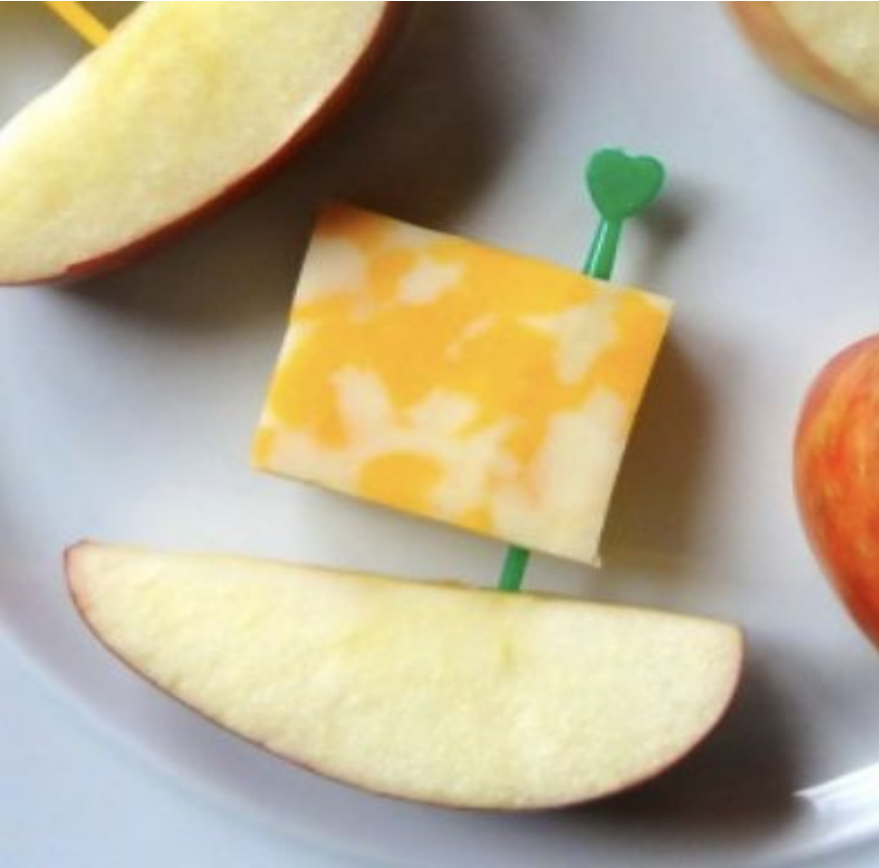
Supplies:

- Bananas
- Clementine
- Celery
- Chocolate chips

Steps:

1. Cut bananas in half
2. Place two chocolate chips onto the bananas for the eyes and another one for the nose
3. Peel the clementine
4. Wash and cut celery and place a piece of celery into the top of the clementine

Cheese and Apple Sailboats



Supplies:

- Cheese
- Apples
- Toothpicks

Steps:

1. Wash apples
2. Cut apples into slices
3. Place a toothpick through a slice of cheese
4. Poke the toothpick through an apple slice
5. Enjoy!

Apple & Grape Turtle



Supplies:

- Green Apples
- Green grapes
- Chocolate chips
- Peanut butter

Steps:

1. Wash apples
2. Cut apple in half
3. Cut grapes in half
4. Place peanut butter on the sides of the grapes
5. Place them onto the sides of the turtle for the legs, hands, and head of the turtle
6. Place two chocolate chips for eyes
7. Enjoy!

Peanut Butter Snails



Supplies:

- Apples
- Peanut butter
- pretzels
- chocolate chips
- Celery

Steps:

1. Put peanut butter on the celery
2. Place the apple slice on the celery
3. Place two pretzels for ears of the snail
4. Put two chocolate chips for eyes
5. Put swirls on the apple with peanut butter
6. Enjoy!

Santa Strawberries



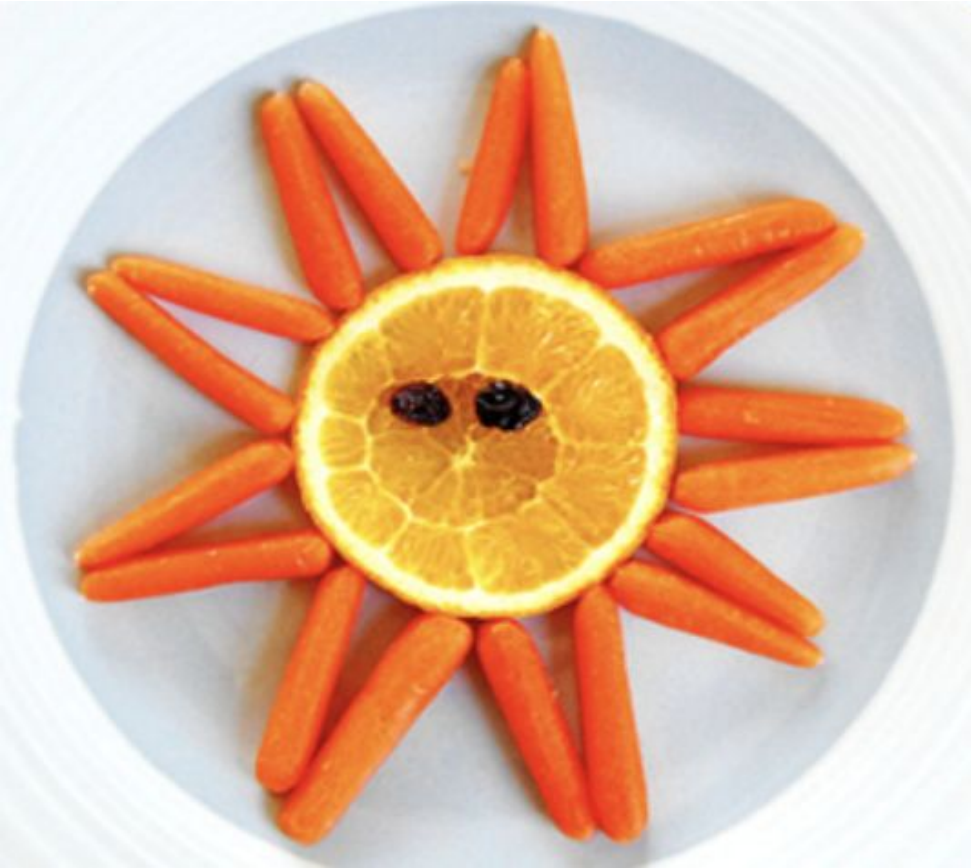
Supplies:

- strawberries
- chocolate chips
- whip cream

Steps:

1. Wash strawberries
2. Cut stem off strawberry
3. Cut top off strawberry
4. Place whip cream in the middle and place the top back on the strawberry
5. Place two chocolate chips for eyes
6. Put whip cream on top for hat
7. Put whip cream on stomach for buttons
8. Enjoy!

Orange and Carrot Sun



Supplies:

- Oranges
- Raisins
- Carrots

Steps:

1. Cut orange in half
2. Put orange in center of the plate
3. Put two raisins for eyes on the orange
4. Place carrots around the sides of the orange to form a sun
5. Enjoy!

Why should I eat my fruits and vegetables?



Carrots

Fruit or vegetable? Vegetable

Health benefits: Help keep blood sugar levels under control and they have been proven to help lower the risk of diabetes. They strengthen bones which is good for bone health.

Nutrients they contain: Calcium, Vitamin K, Vitamin A and Beta-Carotene



Spinach

Fruit or vegetable? Vegetable

Health benefits: Prevents cancer, reduces blood sugar, aids in good bone health and weight loss, good for your eyes, reduces hypertension, and many other health benefits!

Nutrients they contain: Vitamin A, Vitamin C, Vitamin K, Iron, Folate, and Potassium



Broccoli

Fruit or vegetable? Vegetable

Health benefits: Helps to reduce inflammation, improve blood sugar control, boost immune system and help promote good heart health

Nutrients they contain: Vitamin K, Vitamin C, Fiber, Iron, Potassium



Kale

Fruit or vegetable? Vegetable

Health benefits: Good for eye and bone health and to maintain a strong immune system, Good for blood clotting and bone building along with brain development

Nutrients they contain: Vitamin A, Vitamin K, Vitamin B6, Vitamin C, Calcium, Potassium, Copper and Manganese



Tomatoes

Fruit or vegetable? Vegetable

Health benefits: Reduce the risk of heart disease and cancer

Nutrients they contain: Vitamin C, Potassium, Folate, and Vitamin K



Apples

Fruit or vegetable? Fruit

Health benefits: Lower the risk of many chronic conditions including diabetes, cancer and heart disease

Nutrients they contain: Fiber, Vitamin C, Copper, Potassium, and Vitamin K



Blueberries

Fruit or vegetable? Fruit

Health benefits: Help prevent heart disease, regulate blood sugar, help maintain eye health and can alleviate gastrointestinal issues and UTIs

Nutrients they contain: Fiber, Vitamin C, Vitamin K, Manganese and Potassium



Oranges

Fruit or vegetable? Fruit

Health benefits: Protects your cells from damage, Helps the body absorb iron which can help people that have anemia and boost immune system

Nutrients they contain: Fiber, Vitamin A and Vitamin C



Mangos

Fruit or vegetable? Fruit

Health benefits: Support a healthy immune system and fight chronic and inflammatory disease, they also support good eye and skin health

Nutrients they contain: Fiber, Vitamin A, Vitamin C, Vitamin B6 and Potassium



Bananas

Fruit or vegetable? Fruit

Health benefits: Aid in good digestive health, weight loss, and blood sugar levels

Nutrients they contain: Fiber, Potassium, Vitamin C, Vitamin B6





How you

can

create

more

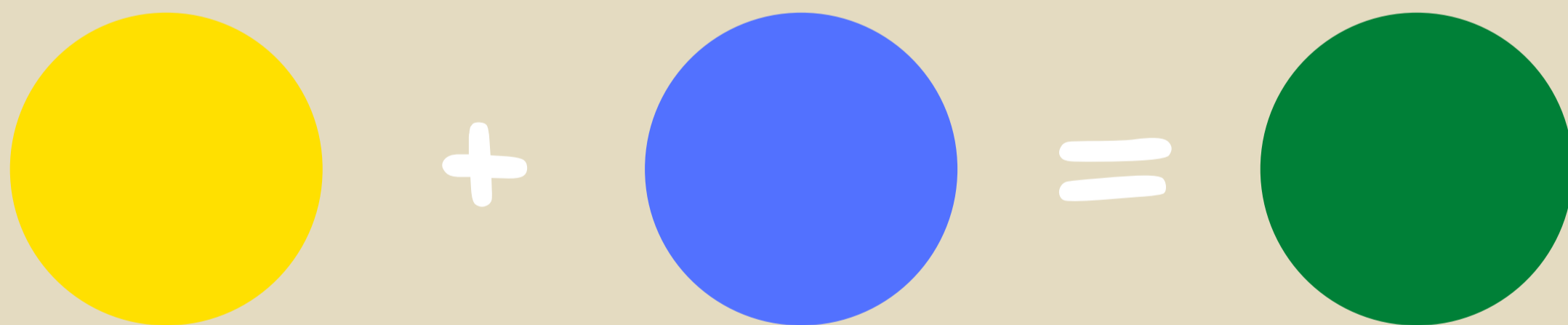
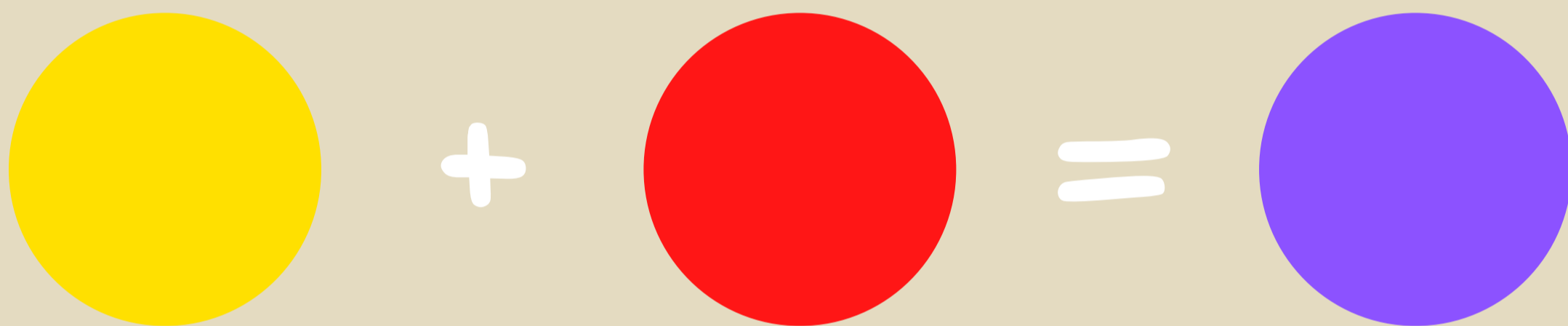
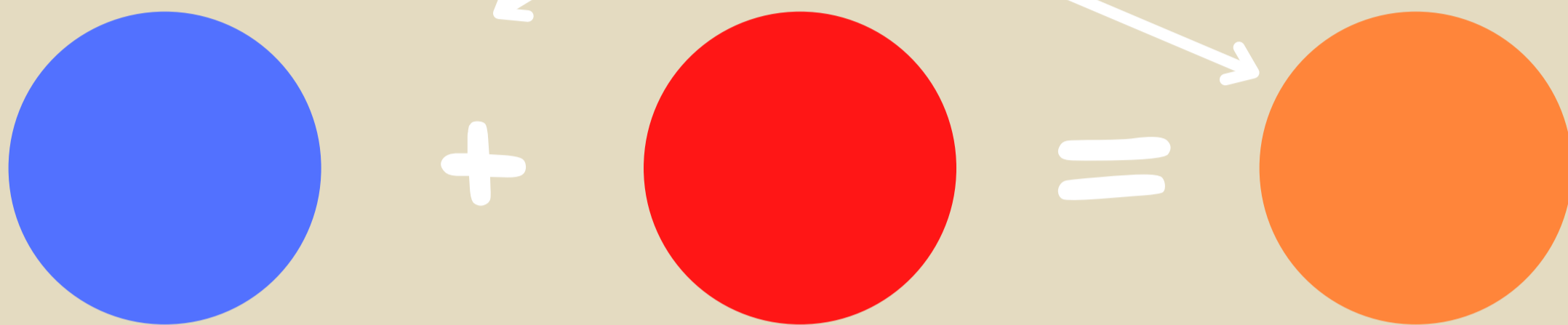
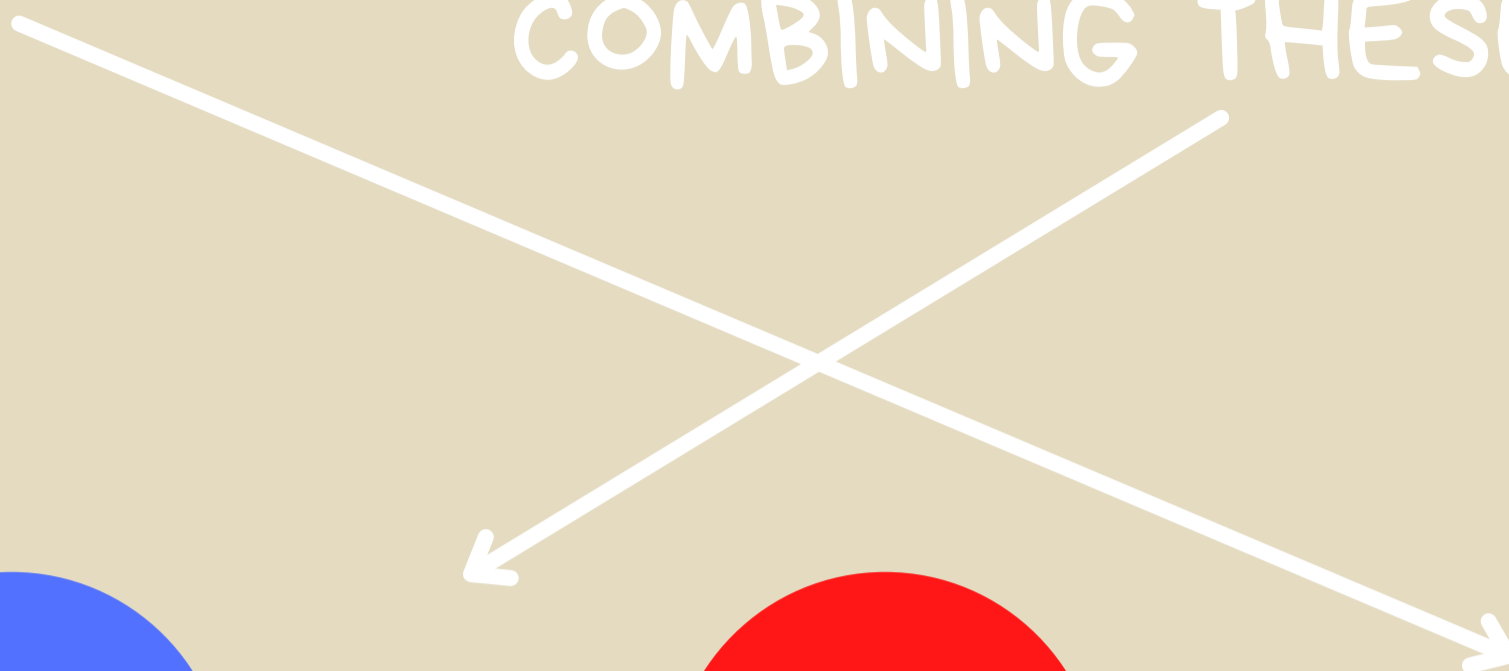
colors!

THERE ARE 3
PRIMARY
COLORS: RED,
YELLOW AND
BLUE.

FROM THESE
THREE COLORS,
ALL OTHER
COLORS ARE
CREATED! LET'S
PRACTICE
CREATING THEM.

CREATE THIS COLOR BY...

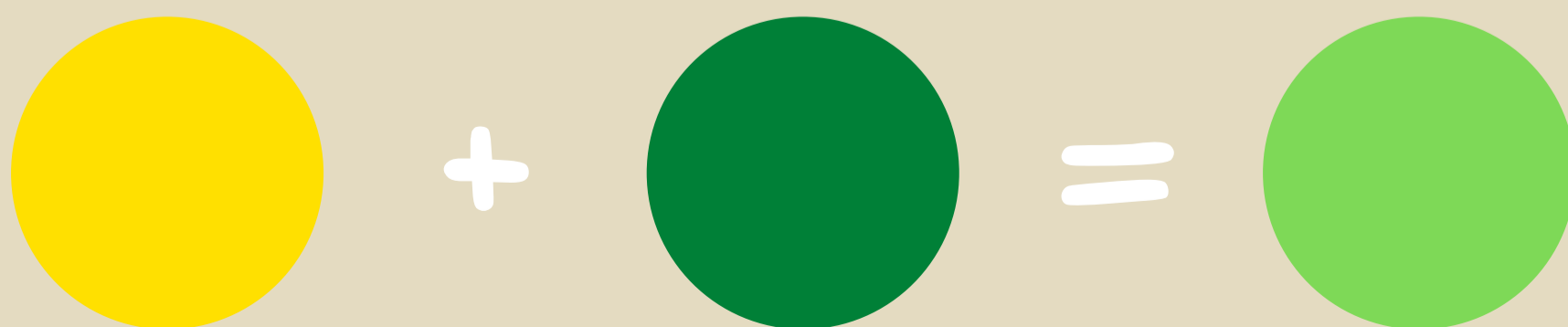
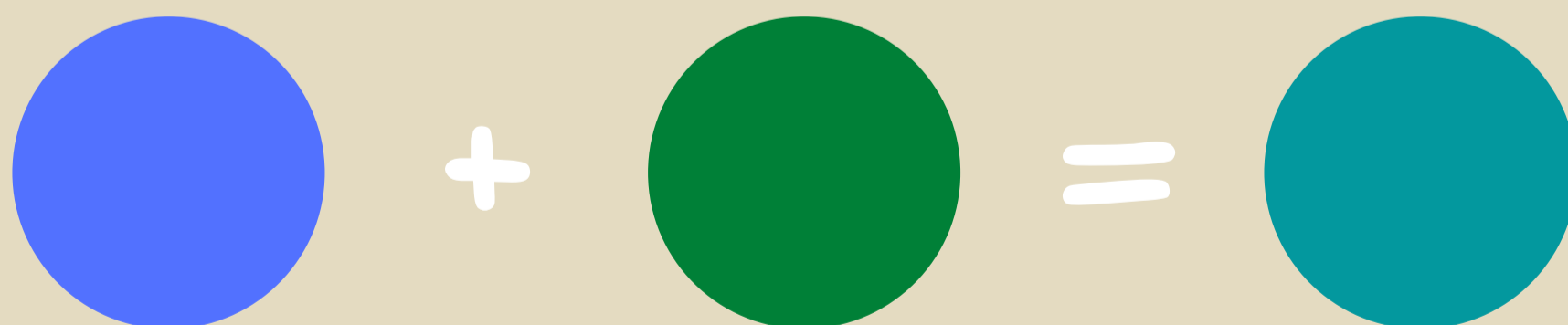
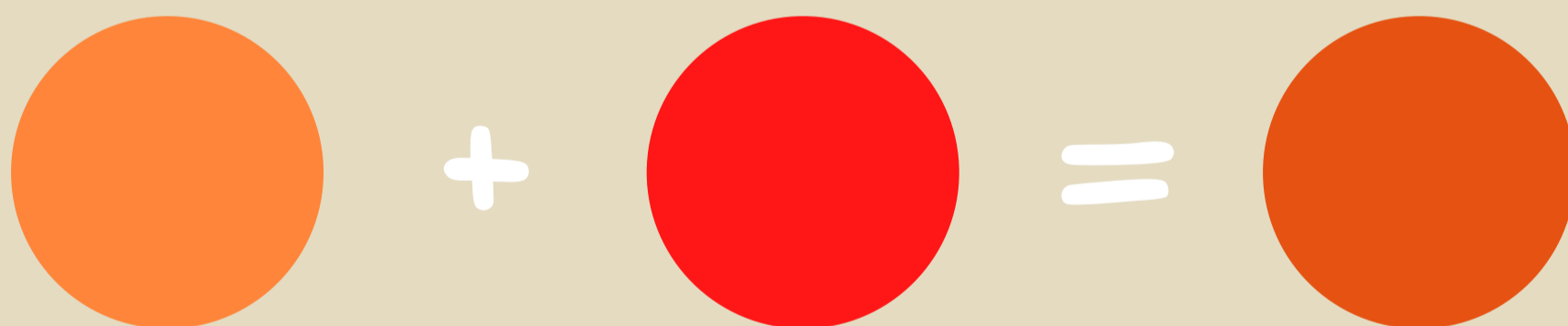
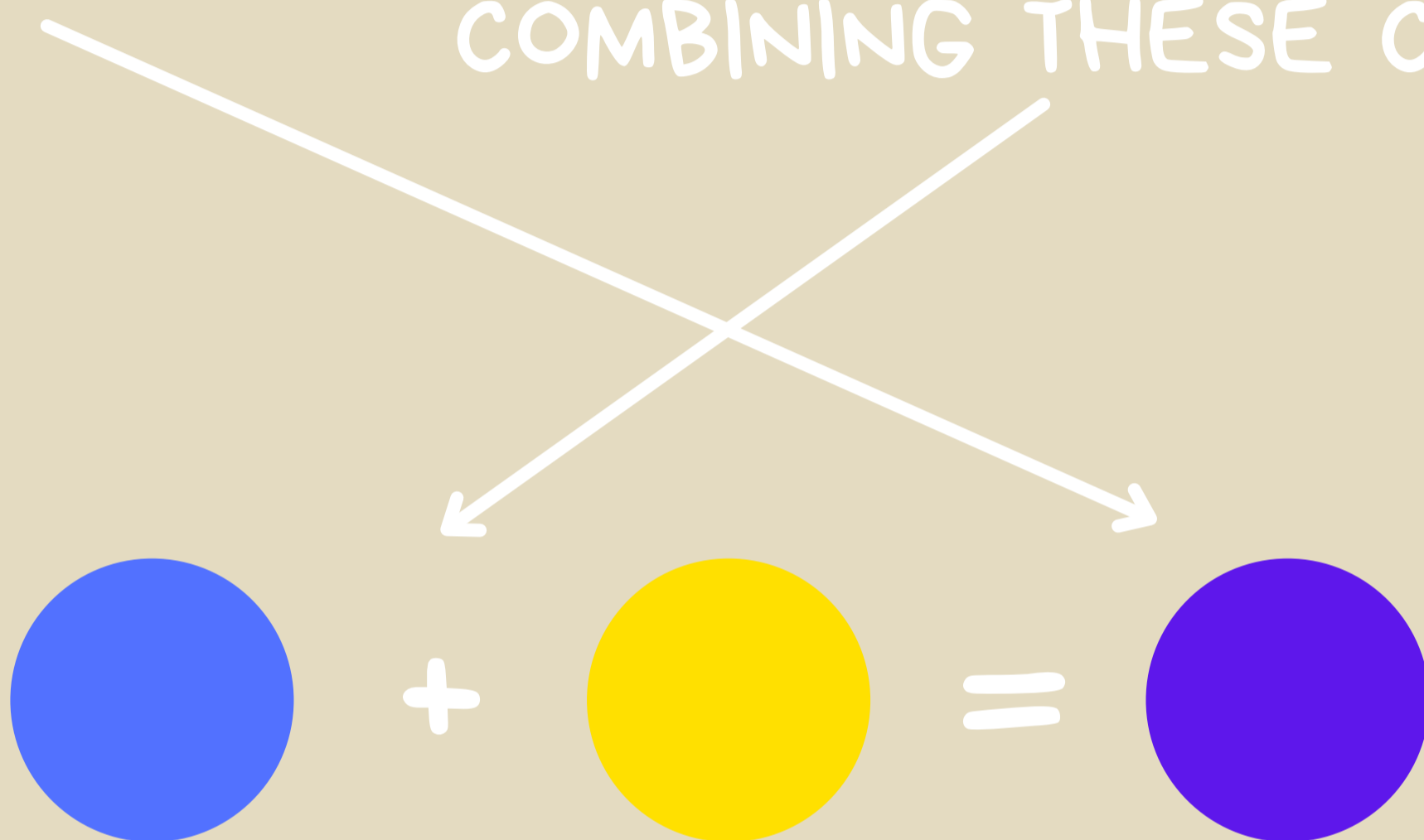
COMBINING THESE COLORS...



WITH THE PRIMARY COLORS, YOU
CREATED SECONDARY COLORS. LET'S
WORK WITH SECONDARY COLORS TO
CREATE NEW COLORS!

CREATE THIS COLOR BY...

COMBINING THESE COLORS...



**Try for
yourself!**

See what

colors

you can

create.

A yellow graphic consisting of a small circle at the top, a large irregular shape in the middle, and a larger, more complex shape at the bottom. The text is centered over the middle shape.

**PARKS TO VISIT
IN BOSTON**

BOSTON COMMON

Go look around Boston Common, a public park in Downtown Boston! You can walk around and appreciate nature, or play in the amazing space it brings! Don't forget to say HI to the Boston Common squirrels you might see!



CHARLES RIVER

Exercise and play around Charles River!
Walk along the 80-mile long river! You can
also find a great spot in the grass and
wait for the sunset! It'll look beautiful!



PUBLIC GARDEN

Public Garden is another park. It is very very close to Boston Common. Enjoy the park and see if you find any ducks!



EDGERLY ROAD PLAYGROUND

Find this playground in Fenway. Try out all
the games it has!

