

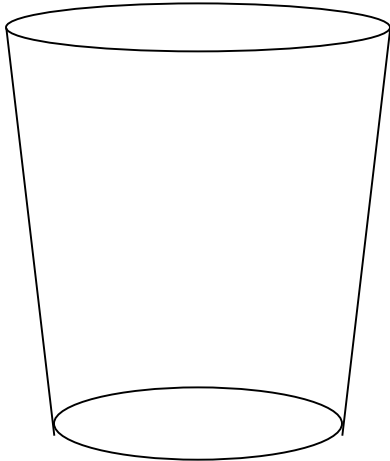
Name _____

5 A Day Take Home Activity

Please help your child work on this fun take home activity and have them return it to their teacher to be entered into this week's 5 A Day raffle.

Help your child create his/her own fruit smoothie by drawing their favorite fruits in the cup below. Make sure that you make it colorful! Then add the fruits to the recipe and try it at sometime for a nutritious and tasty snack!

FRUIT SMOOTHIE



Recipe

- cup plain nonfat yogurt
- 1 cup of orange juice
- 1 tsp vanilla extract

} Add your own fruit

Mix all ingredients in blender until smooth. ENJOY!

Here are a few fruits that would go great in a smoothie. Circle the only fruit that has seeds on the outside.



Questions for parents:

Does your child ever ask for fruits or vegetables rather than other kinds of snacks?

- A. Yes
- B. Occasionally
- C. No

When you buy yogurt, do you purchase it with the fruit in it?

- A. Yes
- B. No