



Name _____

5 A Day Take Home Activity

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

Below is a quick and easy recipe that can make plain carrots into a tasty side dish. Try it at home!

Help your child guess which fruits and vegetables are being described and have them draw a picture in the space below.



I am a fruit. I am long, smooth and yellow. I taste great with peanut butter! What am I?



I am a vegetable. I am green and look like a tree. What am I?

Maple Glazed Carrots

- 8 Medium sized carrots
- 1/2 c Fresh orange juice
- 3 T Maple syrup
- 1 Pinch of nutmeg
- 3 T Butter

Peel carrots; cut into sticks. Pour the orange juice into a 4 cup microwave safe dish. Heat 1 minute at high . Add the carrots. Stir to coat the carrots with the orange juice. Cover and microwave 8 to 9 minutes at high. Stir again, then add the remaining ingredients. Microwave, uncovered 2 minutes at high. Stir then check for doneness. If necessary, cook another 1 minute at High.

Questions for Parents:

Do you try and prepare fruits and vegetables in different ways?

- A. Yes
- B. No

Do you try and incorporate Fruits and vegetables in every meal?

- A. Yes
- B. No