

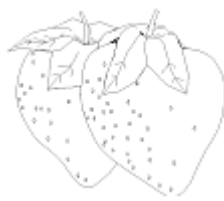
Name _____

5 A Day Take Home Activity

This week in class, you child has been talking about the different ways that fruits and vegetable grow such as on a tree or under the ground. Please help your child to complete this learning activity and have them return it to their teacher to be entered into this week's 5 A Day raffle.

The recipe below is a quick tasty dipping sauce for your child to eat with their raw vegetables. Please try it at home!

Circle the fruit that grows on trees...



Circle the vegetable that grows underground...



Classic Spinach Spread

1 pk (10.5 oz) Kraft Spreadery Cheese snack with Classic Ranch Flavor

1 pk (10 oz) Chopped spinach thaw

6 sl Bacon, crisply cooked, crumbled

1/3 c Chopped water chestnuts

Mix all ingredients. Refrigerate. Serve with vegetable dippers or crackers. Makes 2 1/4 cups.

Questions for parents:

Do you have a small garden where you are able to grow fresh vegetables?

A. Yes

B. No

How often do you buy fresh fruits or vegetables from the store?

A. Every time

B. Every other time

C. Once a month

D. Never