

NUTRITION

Project/Craft Supplies



1

FRUITS Paint with Fruit

Paper, paint (red/green), apple, knife, paintbrush or fingers



2

VEGETABLES Grow a Vegetable

Bowls, lettuce bottom, water, carrot, toothpicks, potato



3

GRAINS Pasta "N"

Paper, pencil/marker, noodles, glue



4

PROTEIN Ice Cream!

Small ziploc, larger ziploc, cream (1 cup) sugar (2 Tbs), vanilla (1/2 tsp), kosher salt, ice