














CHOOSE YOUR SNACKS

Color your germ-free hands! Next, use the list of snacks to label each picture. Then circle the two snacks you would choose. Share with a friend why you picked them. (If you have time, your teacher can randomly call out the snacks and see how fast you can point to each one.)

	apple	nuts
	bananas	orange juice
	cherries	pear
	grapes	popcorn
	organic milk	watermelon
	cheese	Greek yogurt

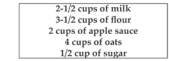
			
			
			





















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Mathematics, Nutrition

MEASURING UP

Pepito wants to see if you measure up as a helper in the kitchen. Below he has listed some of the items in one of his favorite recipes. Read the amount of each ingredient needed. Then go to that item and color in the correct measurement. Pepito has done the first ingredient for you.

	2-1/2 cups of milk	
	3-1/2 cups of flour	
	2 cups of apple sauce	
	4 cups of oats	
	1/2 cup of sugar	

Milk				
Flour				
Apple Sauce				
Oats				
Sugar				

Nutrition, Math/Measuring