

Ants on a Log

Ingredients:

- Celery
- Peanut Butter (or seed butter)
- Raisins

Directions: With the help of an adult, cut one stalk of clean celery into three even pieces. Spread peanut butter evenly in the center of the celery. Place raisins on your log.

Alternative: You can replace the peanut butter with cream cheese and add halved cherry tomatoes for your fire ants on a log.



Pump it Up: Ants are a very strong insect; they can carry up to 50 times their body weight! To build up strong muscles, try some V-ups. Lie flat on your back with your arms over your head. Keeping straight arms and legs, lift your legs and torso so only your bottom is on the ground. Hold for 5 seconds. See how many you can do!



Food for Thought: This well-balanced snack contains 3 of the 5 food groups. Can you identify them?

Tasty Thoughts: _____

