

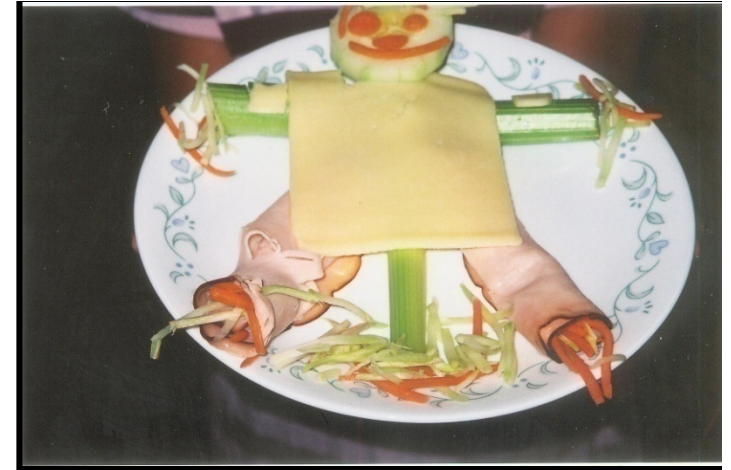
# Veggie Friend

## Ingredients:

- 1 string cheese, split (for legs)
- 1 slice cheese (for body)
- 2 celery sticks (for arms/legs)
- 1 cucumber slice (for head)
- shredded carrots (for eyes, nose, mouth)

## Directions:

Assemble the ingredients to make a friend-- have fun! Experiment with raisins, grapes, small pieces of apple, etc. for a different look.



**Pump it Up:** Stand on 1 foot for 10 seconds while preparing your meal. Switch feet that you stand on.



**Food for Thought:** Carrots contain Vitamin A! Vitamin A supports healthy vision, smooth skin, and shiny hair! Eat Up!

Tasty Thoughts: \_\_\_\_\_

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