



Whole-Grain Toasty Shape Snacks

Follow the pictures to make your own yummy snack—and one for the birds!

You need:



1 slice of whole-grain bread



toaster



cookie cutters in different shapes



all-fruit spread



cream cheese



peanut butter*



plate and napkin



plastic knife



- 1** Toast a piece of whole-grain bread.
(Careful! The toaster is hot. Be sure a grown-up helps you.)



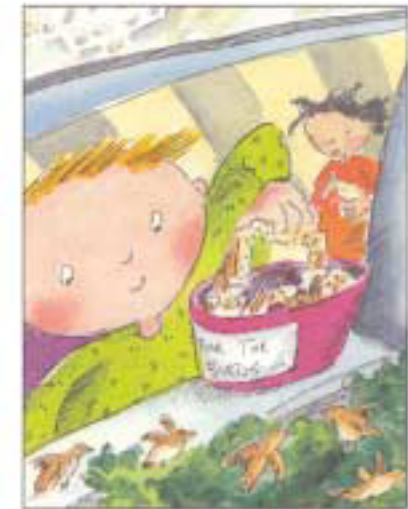
- 2** Make a shape with a cookie cutter.



- 3** Put something you like on your toast shape.



- 4** Eat your toasty shape snack.



- 5** Share the crust from your toast snack with the birds!