

Apple Salad Surprise!

Follow the pictures to make your own yummy salad to eat.

You need:



2 tablespoons
chopped apples



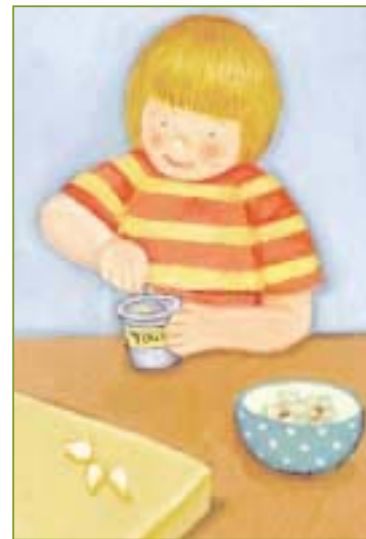
1 teaspoon
chopped celery



1 tablespoon low-fat
vanilla yogurt



a few
sunflower seeds



1. Put some chopped apples
in your bowl.

2. Add some chopped celery.

3. Mix in some yogurt.

4. Sprinkle on some
sunflower seeds.

5. Eat your apple salad
surprise!

NOTE TO TEACHER: Be sure to have children wash their hands before handling food. Always watch children as they handle food and eat. Young children are at risk of choking on food.