



# Build a Butterfly Salad

Follow the pictures to make your own butterfly salad to eat!

You need:



plate



lettuce



pineapple ring halves



celery stick



flavored yogurt



raisins



red pepper



**1** Put a lettuce leaf on a plate.



**2** Use two pineapple rings for wings and a celery stick for the body.



**3** Add a scoop of yogurt to fill in each wing.



**4** Place three raisins on each wing.



**5** Finish with two strips of red pepper for antennae. Enjoy!

**NOTE TO TEACHER:**

Be sure to have children wash their hands before handling food. You can substitute any of the ingredients for others that children prefer (such as making an all-fruit or all-vegetable butterfly salad). Always watch children during meals and snacks. Young children, ages 2 to 3 especially, are at risk of choking on food.