

Yummy Veggie Snacks

Directions: Circle the healthy veggie snacks.



Parent Corner

Kids of all ages love dip. Make your snacks more interesting by cutting vegetables into different shapes: celery strips, broccoli trees, cucumber chunks, carrot curls and so on. Offer the veggies with a bowl of hummus, yogurt or ranch dressing.

What I ate today:

My Lunch Grade:



Vegetable Count

Directions: Count the vegetables in the bunch. Write the number in the square.

