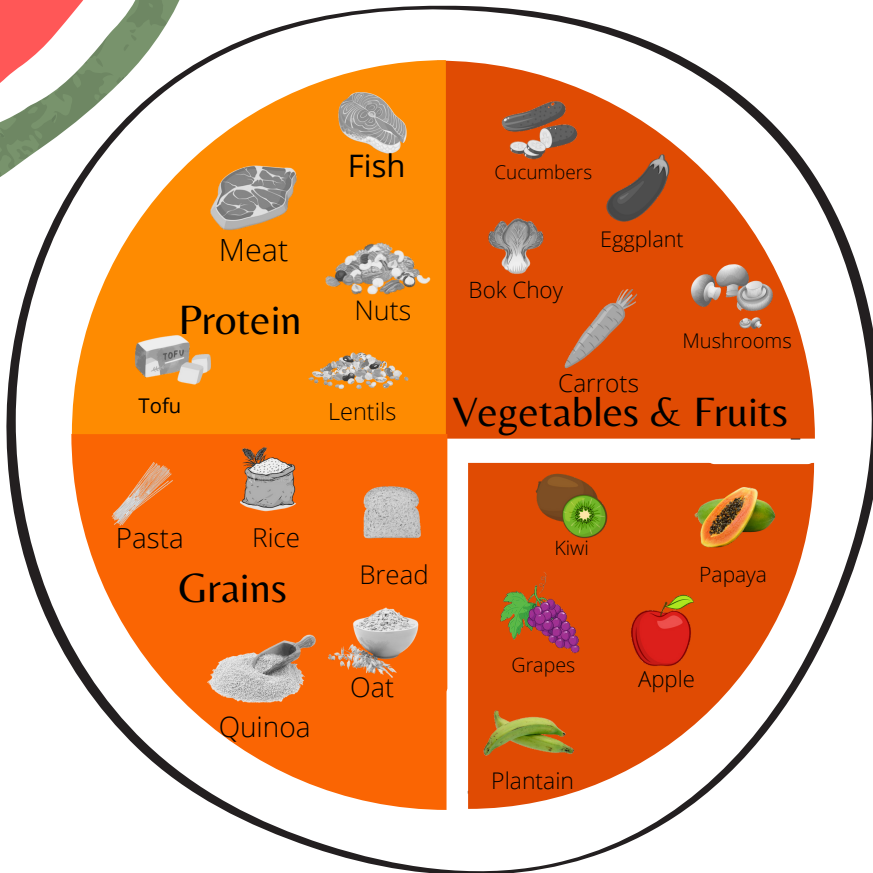


FRUITS

Did you know...

- Fruits are essential for your growth and to keep your body healthy.
- It is recommended to eat 2 fruits a day.
- Did you know that fruits come in many colors...
 - Think of a fruit from each color of the rainbow and try a new one each month.
- Fun fact : Did you know that tomatoes are a fruit, not a vegetable?!



Peanut butter spiced apple

Ingredients

- 1 apple
- 1 tbsp of peanut butter or wowbutter
- 1/4 tsp of ground cinnamon

Instructions

- Cut apple in half and remove core.
- Spread each half with peanut butter or wowbutter and sprinkle with cinnamon.

Food Safety

1. Wash your hands before cooking.
2. Wash surfaces and utensils after each use.
3. Wash fresh produce (vegetables and fruits) under running water.
4. Use separate cutting boards to cut fresh produce and to cut meat.

Let's play a game!

Find and circle any items in the kitchen that are unsafe



From Ottawa Public Health, I Love to Cook and Play - Program Manual 2016.

