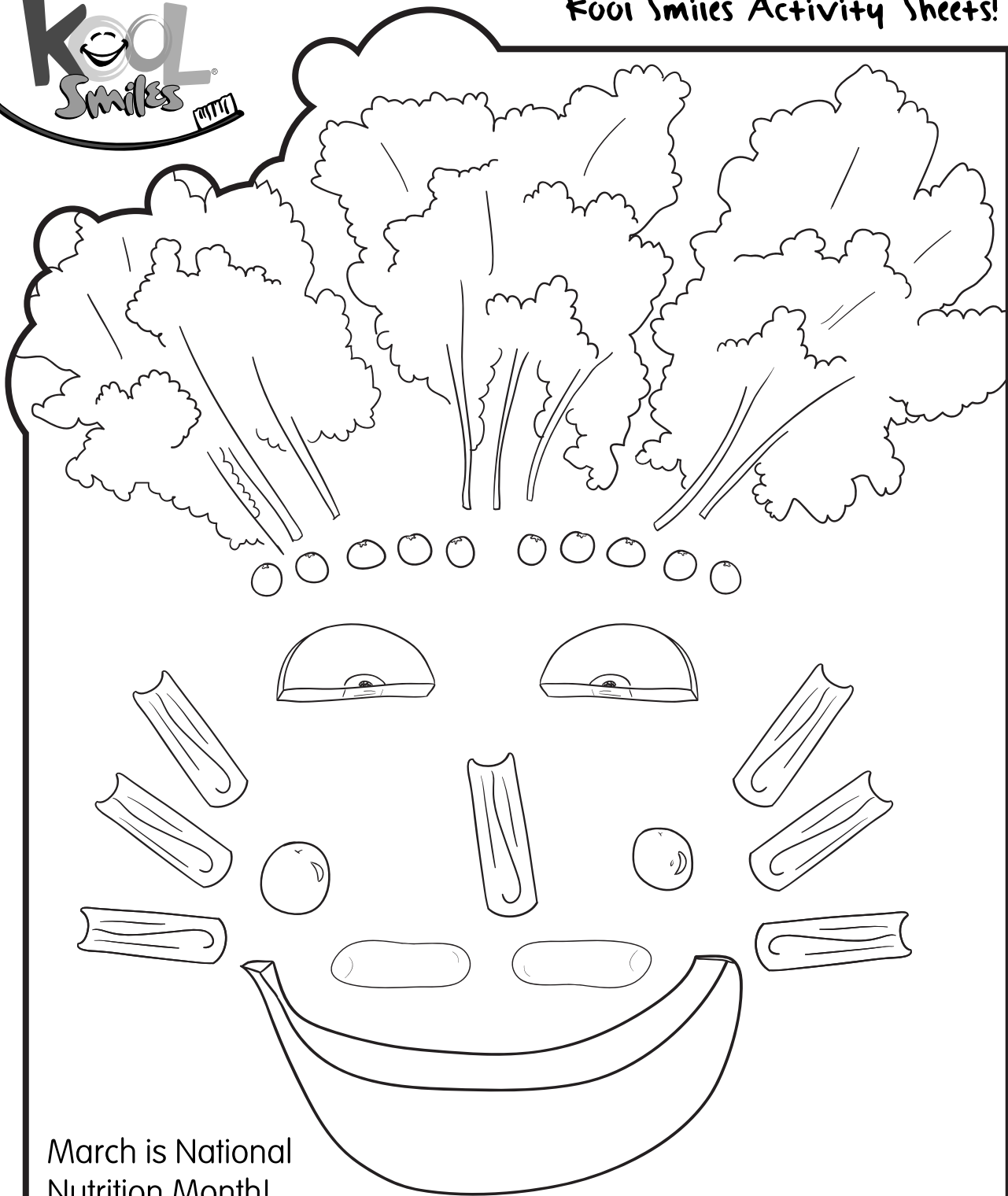




## Kool Smiles Activity Sheets!



March is National  
Nutrition Month!

**Have an adult gather and prepare your ingredients:**

- Kale, a hand full
- 1 Apple, sliced
- 1 carrot, sliced
- Blueberries, a hand full
- 1 Banana
- Grapes, a hand full
- 1 Stick of celery, cut into 2 inch pieces
- A spoon full of peanut butter

### Did you know?

**Directions:** On a clean placemat, assemble your funny food face using the peanut butter as glue for your food to stick to the clean mat. You can follow along with the picture or create a new one of your own! When you're finished, have an adult take a picture of it and upload to Instagram or Facebook using the hashtag #koolsmiles. We can't wait to see what you created! When you're done, eat up!