



Fruit Butterfly



A make-together snack card

You will need: a banana, an apple, raisins, two pretzel sticks, a plate

A butterfly you can eat.

You do:

1. Lay a banana half down the middle of the plate. That is the body.
2. Put apple slices on each side, round sides out. Those are wings.
3. Add two raisin eyes. Give her two pretzel feelers.
4. Say hello to your butterfly. Then eat her wings first.

A grown-up does:

1. Slice the banana in half the long way and cut the apple into thin wings.
2. Swap the pretzel feelers for carrot sticks if wheat is a worry.

Allergens in this snack: wheat

Choking care: Raisins and pretzel pieces are choking hazards under age four - cut small, sit down to eat, and stay close.

Made by a teacher, not a dietitian - always check ingredients against your own child's needs. Ages 3-7 with a grown-up.

