

5 A DAY AND CORN

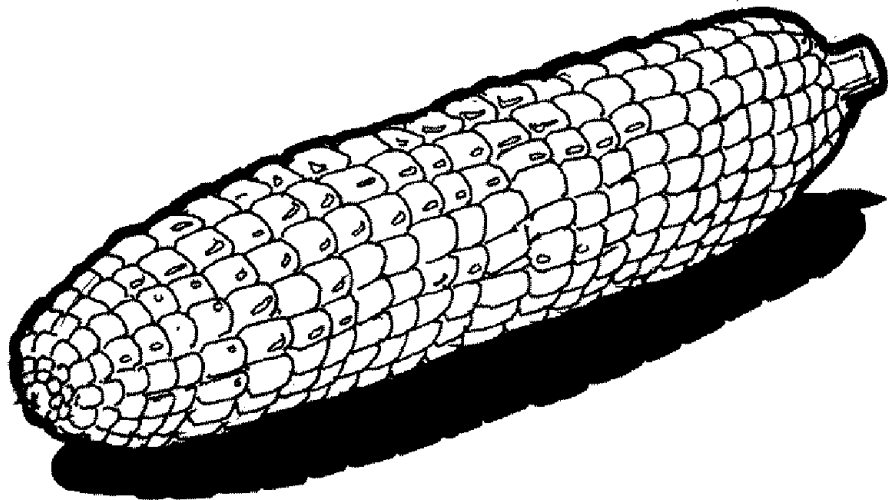
KIDS ACTIVITY SHEET

Try this fun & easy recipe

CORN CHILI

1 1/2 pounds lean turkey, ground
1 1/2 cups onion, chopped
2 green bell peppers, chopped
2 tbsps. canola oil
1 28-oz. can crushed tomatoes
1 28-oz. can whole tomatoes
2 15-oz. cans kidney beans
1 28-oz. can or frozen package corn
2 tbsps. chili powder

With the help of an adult, brown turkey in a non-stick fry pan over medium heat. Sauté onions and peppers in oil for 5 minutes until tender. Drain fat from meat and add to onion mixture. Add tomatoes, beans, corn, and chili powder. Cover and simmer for 1/2 hour. If desired, serve over cooked rice. Makes 8 to 10 servings. This is an official 5 A Day recipe.



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WHAT IS A SERVING?

A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.

1 medium-size fruit ■ 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice

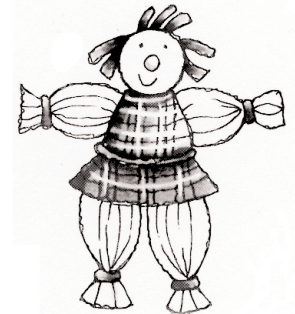
1/2 cup of fresh, frozen, or canned fruit (in 100 percent juice) or vegetables

1 cup of raw leafy vegetables ■ 1/2 cup of cooked dry peas or beans ■ 1/4 cup of dried fruit

CREATE CORNHUSKS DOLLS!

You will need: 5 ears of fresh corn with 10-14 husks (green outer leaves), water, rubber bands, small scraps of cloth, yarn, and glue.

1. Remove husks from corn.
2. Lay them flat and place in a sunny place to dry for about 5 days.
3. Soak husks in warm water for 10 minutes until they become soft.
4. Make a layer of 5 long husks.
5. Wrap a rubber band tightly around top of husk about 1 1/2 inches from top.
6. Double over top part and tuck ends under rubber band.
This makes doll's head.
7. Roll two of shorter husks together lengthwise.
8. Place rubber bands about 1/2 inch from each end to form doll's arms and hands.
9. Slip arms through husks under the neck.
10. Place a rubber band around the doll's waist to hold arms in place.
11. Trim the bottom of doll's husk dress.
12. To make doll's face, use seeds or paint. You can make clothes with scraps of fabric by gluing them onto husk. To make hair use yarn or corn silk.
13. If you want a boy doll, cut husk bottom to form legs. Put a rubber band around bottom of each leg to hold it in place.



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Eat 5 or more servings of fruits and vegetables
a day for better health

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