

5 A DAY AND ZUCCHINI

KIDS ACTIVITY SHEET

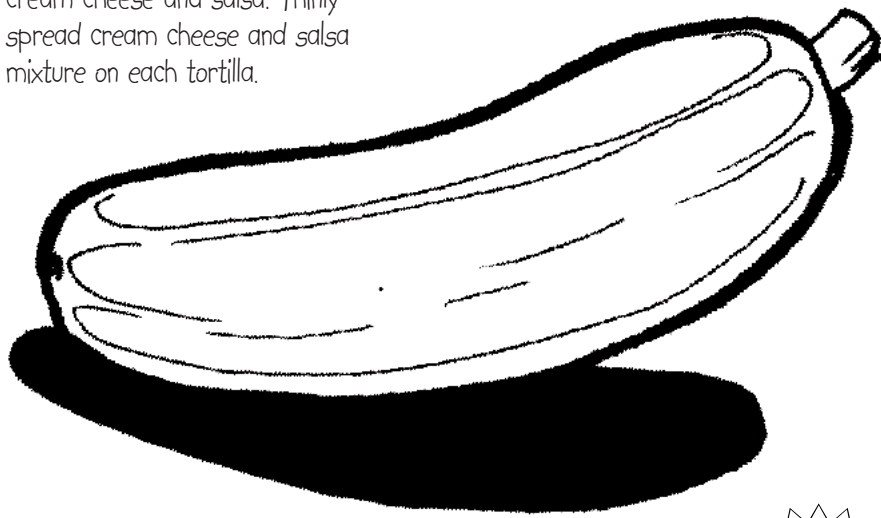
Try this fun & easy recipe

ZUCCHINI WRAP

2 zucchini, cut into strips
2 carrots, peeled and cut into strips
4 large white mushrooms, chopped
4 green onions, thinly sliced
1/2 cup fat-free cream cheese
1/4 cup salsa
4 fat-free flour tortillas
toothpicks

With the help of an adult, combine zucchini, carrots, mushrooms, and green onions. In a small bowl, combine cream cheese and salsa. Thinly spread cream cheese and salsa mixture on each tortilla.

Place chopped vegetable mixture evenly across center of each tortilla. Roll up tortilla, trapping ingredients tightly inside to form a tight tube. When finished rolling, slice each tube into 1-inch sections and secure with toothpick to serve or eat sandwich style. Makes 4 servings. This is an official 5 A Day recipe.



Produce for Better Health
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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

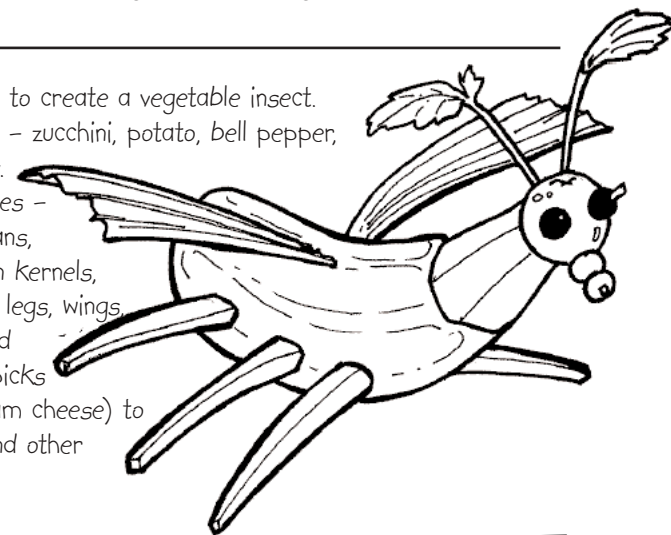
1/2 cup of fresh, frozen, or canned fruit (in 100 percent juice) or vegetables

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

MAKE A VEGETABLE INSECT!

You will need: variety of large and small vegetables, toothpicks, and cream cheese

Use your imagination to create a vegetable insect. Use large vegetables – zucchini, potato, bell pepper, or squash – for body. Use smaller vegetables – cherry tomatoes, beans, carrots, spinach, corn kernels, onion, or celery – for legs, wings, head, body parts, and antennae. Use toothpicks or “edible glue” (cream cheese) to attach legs, wings, and other body parts to body.



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

**FOR MORE FUN FOR KIDS,
GO TO WWW.5ADAY.COM**