

The



PRE SCHOOL PROGRAM

Learning About Nutrition through Activities



Veggie Bagel Face Recipe



Ingredients (makes two snacks)

- 1 bagel
- 1 oz. cream cheese, softened
- 2 Tbsp. finely chopped broccoli
- 2 cherry tomatoes
- 2 sugar snap peas

Supplies

- Paper plates
- Table knives
- napkins

Note to Grown Ups

To involve your child as much as possible, have them wash the vegetables under running water and pat them dry with a paper towel. Adults will need to do the following prep: chop broccoli florets into small pieces and cut cherry tomatoes in half.

Directions

1. Invite your child to wash their hands and join you for a cooking activity.
2. Put all other ingredients in individual serving bowls with serving utensils.
3. Demonstrate how to make the snack and show your child your finished Veggie Bagel Face.
4. Give your child a plate, table knife, napkin and one half of a bagel.
5. Invite your child to create their Veggie Bagel Face snack.
6. Once finished, eat and enjoy your snacks together.

This recipe is taken from LANA's Favorite Recipes Recipe Book. (Item #822015)



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