

What You Will Need

Equipment:

paring knife
cutting board
vegetable peeler
grater—handheld, or food processor
measuring cups, dry
large spoon
large mixing bowl
plastic wrap
small paper plates
napkins
plastic spoons, forks, knives

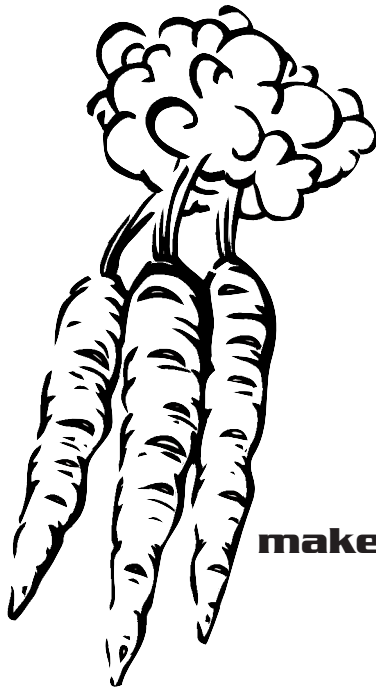
Ingredients:

carrots
raisins
yogurt—vanilla or lemon flavor

Other Possible Activities:

- Practice table setting. Use enclosed diagram, or disposable plates and ware on blank placemat.
- Children draw picture of foods they would serve at their feast. Use enclosed diagram or paper plate for crayon or colored pencil work.





Crunchy Carrot Salad

makes 4–6 large servings

- 1 pound raw carrots, peeled and shredded
- 1/2 cup raisins
- 1 carton (8 oz.) lowfat vanilla or lemon yogurt

Mix all ingredients in large mixing bowl. Cover with plastic wrap and refrigerate for 15 minutes. Toss again before serving.

Nutrition Facts

Serving Size 1/2 cup (195g)

Servings Per Container 4 to 6

Amount Per Serving

Calories 170 **Calories from Fat** 10

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0.5g 3%

Cholesterol 5mg 1%

Sodium 100mg 4%

Total Carbohydrate 36g 12%

Dietary Fiber 4g 15%

Sugars 29g

Protein 5g

Vitamin A 390% • Vitamin C 15%

Calcium 15% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

K-STATE
Research and Extension

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

