

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

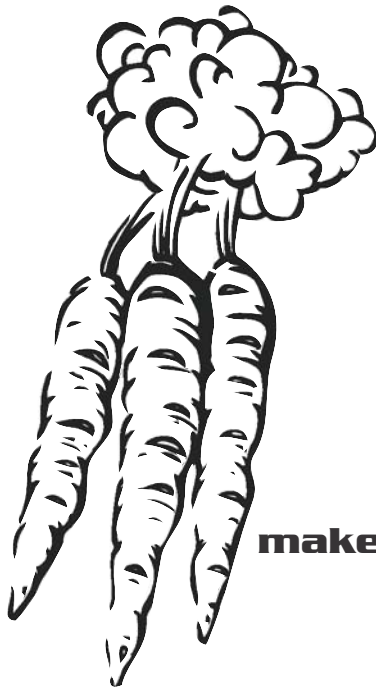
Ingredients:

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.