

What You Will Need

Because cooking eggs is a time-consuming activity, you will probably want to bring your ingredients cooked, chilled and perhaps chopped, depending on time available for activity.

Equipment:

| | |
|------------------------|----------------|
| cutting board | measuring cups |
| sturdy plastic knives | napkins |
| spoon for mixing | plastic spoons |
| medium bowl for mixing | |

Ingredients:

adjust for audience size

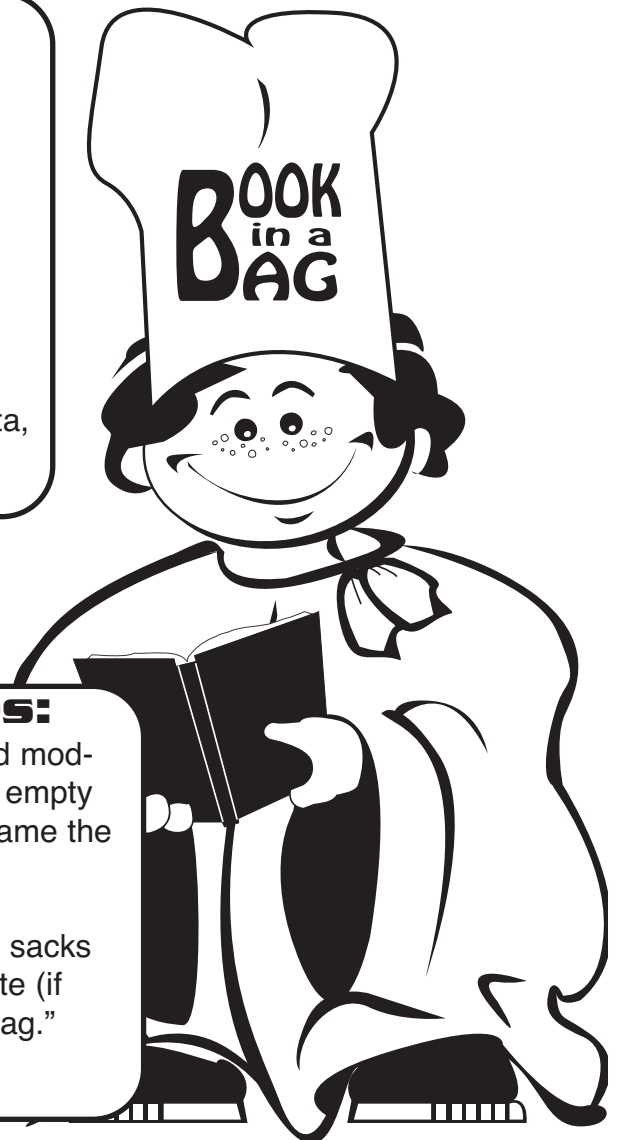
canned water-pack tuna
hard-cooked eggs
pickle relish
mayonnaise-type salad dressing
celery

Serving “bread”—ice cream cones, cone-shaped crackers, whole wheat crackers or pita, as desired

Other Possible Activities:

Pack a lunch: Let each child choose from food models or cut out pictures of food. Pass around an empty picnic basket or lunch box and let each child name the food they add.

Designer Lunch Bags: Pass out brown paper sacks to each child. Let each child draw, color or paste (if desired) decorations on their “designer lunch bag.” Encourage children to take bag home for use.





Tuna Cone-wich

- 6-ounce can water-pack tuna, drained**
- 2 hard-cooked eggs, peeled and finely chopped**
- 1/4 cup sweet pickle relish**
- 1/2 cup chopped celery**
- 1/3 cup mayonnaise-type salad dressing**
- small ice-cream type cones or cone-shaped crackers**

Mix first five ingredients in medium bowl. Stuff mixture in small cones for serving, or in cone-shaped crackers for tasting.

Serving hint: Tuna salad goes well with whole-wheat crackers if cones are not available. Be sure foods are age-appropriate to prevent choking.

Serving Size 1 cone (106g)
Servings Per Container 4

| Amount Per Serving | | Calories from Fat 90 |
|---------------------------|-------|----------------------|
| | | % Daily Value* |
| Calories | 200 | |
| Total Fat | 10g | 15% |
| Saturated Fat | 2g | 10% |
| Cholesterol | 125mg | 41% |
| Sodium | 440mg | 18% |
| Total Carbohydrate | 13g | 4% |
| Dietary Fiber | 0g | 0% |
| Sugars | 9g | |
| Protein | 15g | |
| Vitamin A | 4% | Vitamin C 0% |
| Calcium | 2% | Iron 8% |

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