

Fun with Strawberries



Use the word bank to find the hidden fruits.

Words can be found going horizontal, vertical, diagonally or backwards.

A G O P P L M R A N D Z U W
 S T R A W B E R R Y S R F M
 H N H P I Q M O H A G P U A
 B O S P I R V W N E V E A S
 Q L B T Z R O A I N M A B E
 R A U I L H N B T U A R O I
 J T U E A A P P L E C Y P R
 H R L G B T R A L J M D O R
 C S G S P E U E A T C A H E
 A I N D K N R P P L C L C H
 E U E M S Y O R A N G E F C
 P L A Y I R O P I Q R R A J
 O G R A P E S X Z E K P H S
 A N A N E O G M A Y S M I L

Word Bank

Apple	Cherries	Peach
Blueberries	Grapes	Pear
Banana	Orange	Strawberry



Frozen Strawberry Yogurt

Ingredients

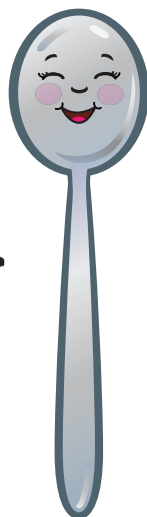
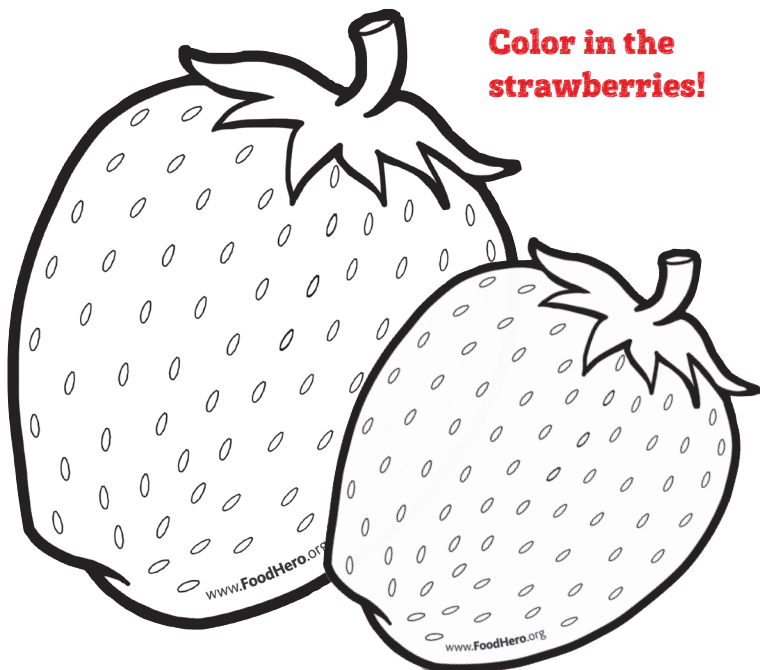
- 4 cups frozen **strawberries** (unsweetened)
- 1 cup nonfat plain **yogurt**
- 3 Tablespoons **sugar**

Directions

1. Combine ingredients in a blender or food processor. Blend until creamy.
2. Serve immediately or freeze in an air-tight container or frozen treat molds for up to 1 month. Frozen leftovers will be very firm.
3. Scrape into serving bowls with a spoon.

For tasty, healthy recipes and garden tips that fit your budget, visit [Food Hero.org](http://FoodHero.org)

Color in the strawberries!



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ★ Wash strawberries under cool running water and pull off the green caps.
- ★ Cut strawberries into slices, chunks, or even fun shapes. Ripe strawberries cut easily.
- ★ Fill a blender only about half full and be sure the lid is on tightly.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.
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