

Crazy Combos

There isn't one right way to eat fruits and veggies. In this classroom recipe, give kids the freedom to **try different combinations** and enjoy contrasting flavors.



HELPFUL TIP Use this activity as the springboard for communicating with parents. Ask the children to draw a picture of the food combo they liked best. Attach a short note to each drawing that tells the parent what the child tried and what he or she liked. If their child now likes a new fruit or veggie, what great news for mom and dad!

what you need:

A variety of thinly sliced fruits and vegetables to pair with other flavors. Here are some suggestions:

- with peanut butter (as long as no one is allergic): apples and bananas
- with cream cheese: peaches and nectarines
- with chocolate graham crackers: orange sections, strawberries, and bananas
- with ketchup: steamed broccoli or cauliflower florets
- with hummus: cucumbers and red or green bell peppers
- with cheddar or American cheese: melons, grapes, or avocados
- with low-fat ranch dressing: mushrooms and a variety of lettuces and greens
- with mozzarella: fresh tomatoes and fresh basil

what to do:

- 1 In advance, thinly slice the fruits and vegetables and set out the dips, cheese, and other accompanying foods.
- 2 Introduce the activity by explaining that some foods are often eaten together – like peanut butter and jelly or ketchup and French fries. Show the children the foods that are available for trying. Suggest some combinations, but tell them they are free to make any combination they like.
- 3 Institute the one-bite rule. Kids should be encouraged to try the combos they create, but allow them to discard what they don't like.
- 4 Once everyone begins eating, ask the students which combinations they liked best. Record everyone's favorites on a chalkboard or paper. Talk about the flavors and textures of the combinations: crunchy and creamy, sweet and salty, etc.
- 5 Give students the chance to return to the food table and try another combination.