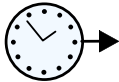
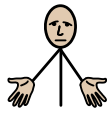


You



will



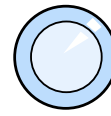
need:



chopping board



knife



plate



teaspoon



peeler



fruit



&



vegetables



cream cheese

or

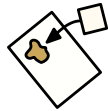


peanut butter



to

help

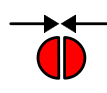


stick

your



bugs



together



1-

Wash your hands

as well as



any

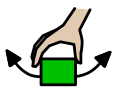


fruit

or



vegetables



2-

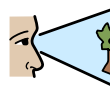
Use

the



photos

for a

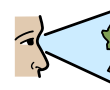


visual



guide

to

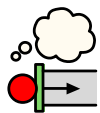


see



how

to



prepare

the



fruit



and



vegetables



3- Be

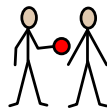
creative,



and



create



your own



bug



kingdom!



4-

Enjoy

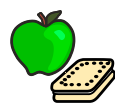


eating

your



healthy



snacks