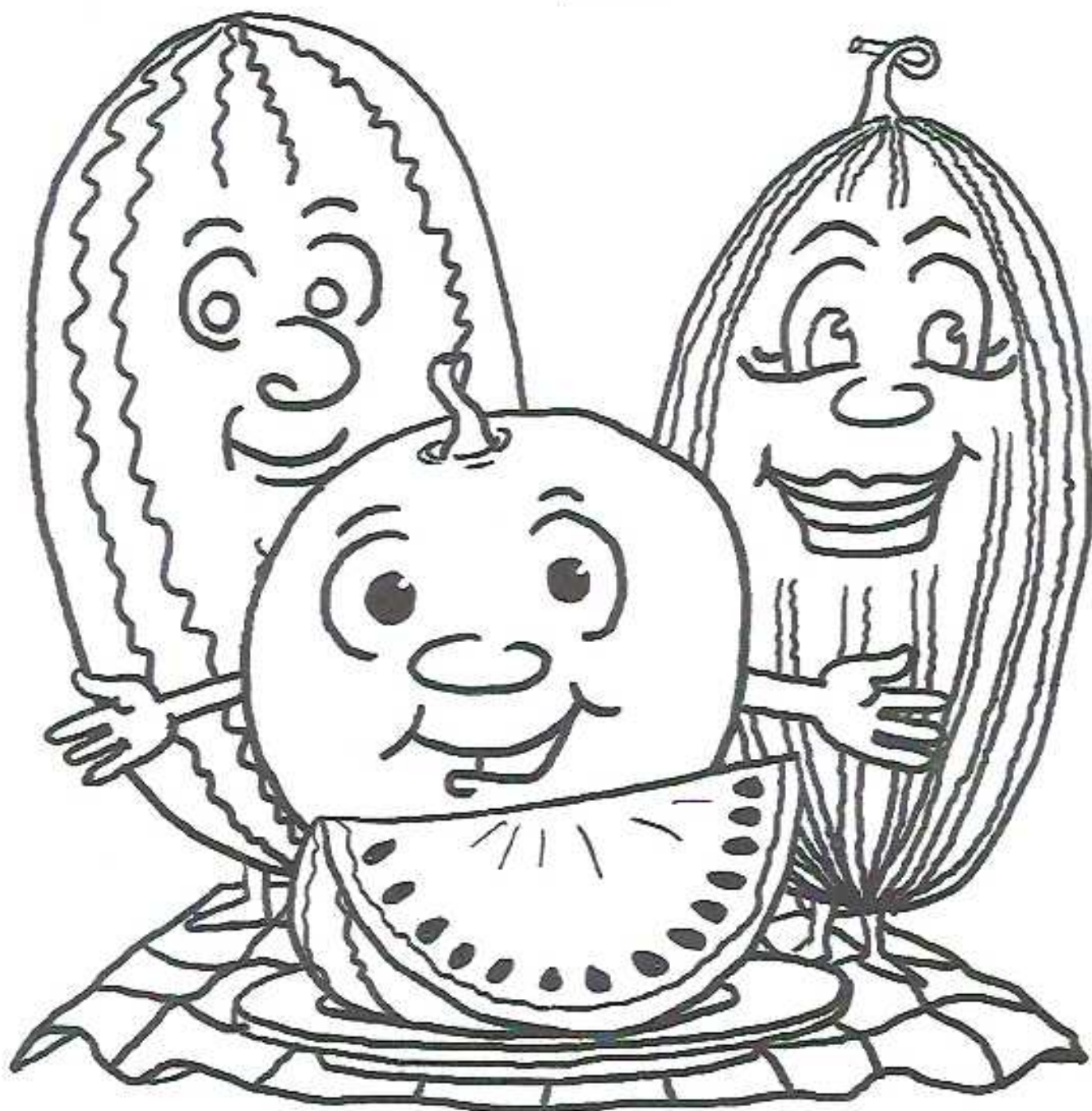


W is for Watermelon

W is for watermelon - a summertime favorite at picnics and beach parties. They can be green or striped, round or long and oval. If you look inside, it might be yellow, orange, red, or white. They all taste the same! Some have seeds and some do not. You can eat the whole thing. Seeds can be roasted, and the rind pickled.



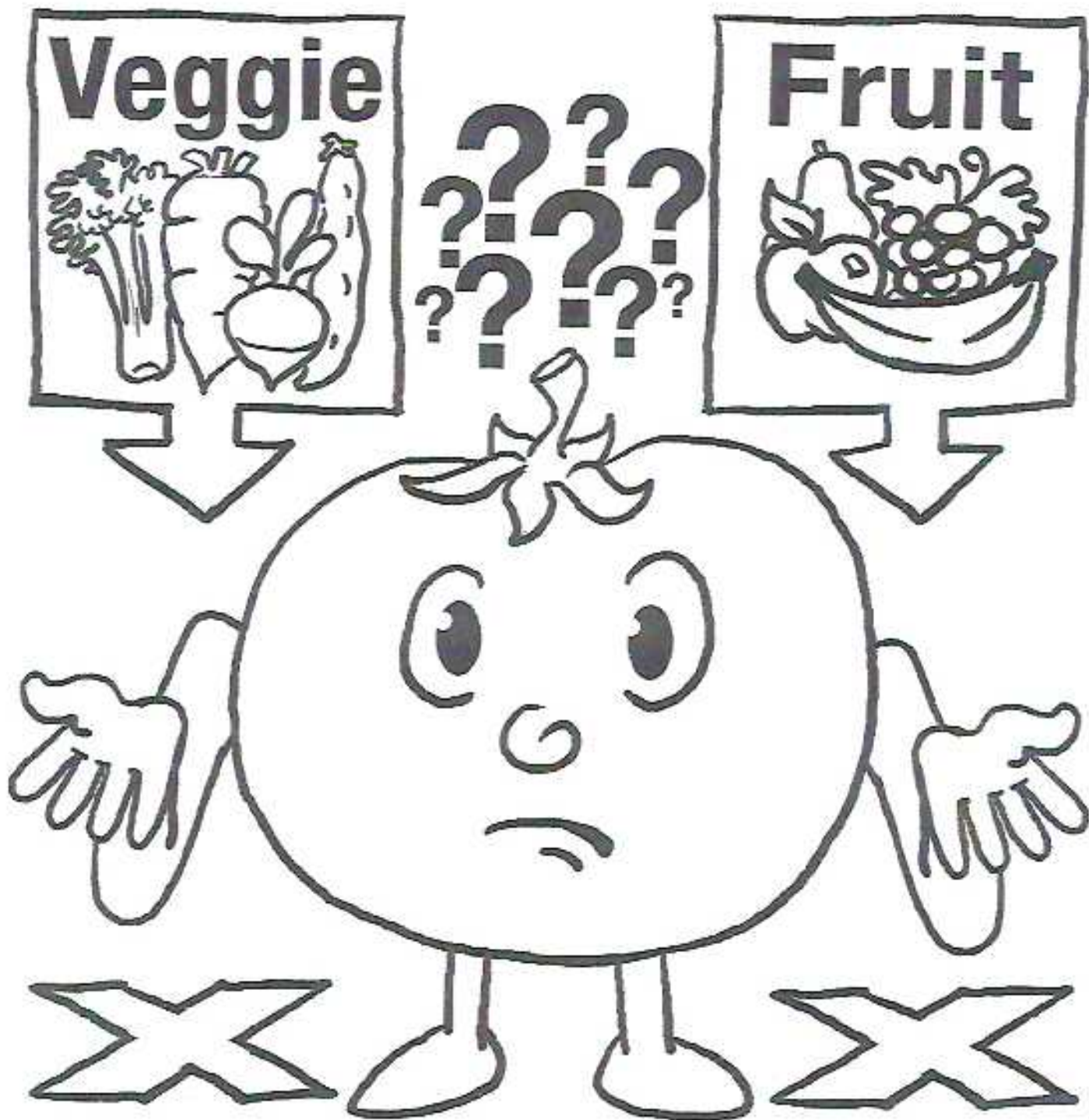
T is for Tomatillo

Tomatillo is a very popular fruit in Mexico. It looks like a small green tomato wrapped up in a brown paper bag. It makes great salsa for dipping corn chips.



T is for Tomato

Tomatoes are one of the first things everyone tries to grow. They can be red, yellow, orange, green, pink or dark, dark red. Is a tomato a vegetable or a fruit? It's a fruit! Have you ever tried fried green tomatoes? They are very popular in the southern United States.



the Food Hero Song



Our Song!

Verse 1:

Veggies, fruits, and one pot meals
The Popeye Smoothie's pretty chill
Sunshine Roll-Ups have appeal
Kale Dip is a real big deal

Chorus:

Give em more of that good stuff
Recipes that kids love
It's hard to get enough
Where healthy food is fun
Give em more of that good stuff
Recipes that kids love
It's hard to get enough
Where healthy food is fun
Being a Food Hero is fun
Yeah Yeah Yeah
It's hard to get enough
Being a Food Hero is fun
Yeah Yeah Yeah

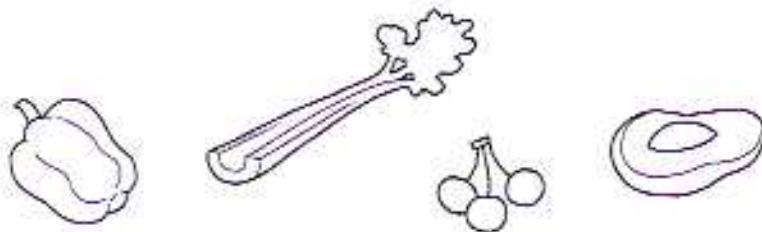
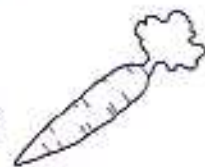
Verse 2:

Kids can help you make the meal
Wash hands first to keep it real
They can stir or they can peel
Help them gain some cooking skills

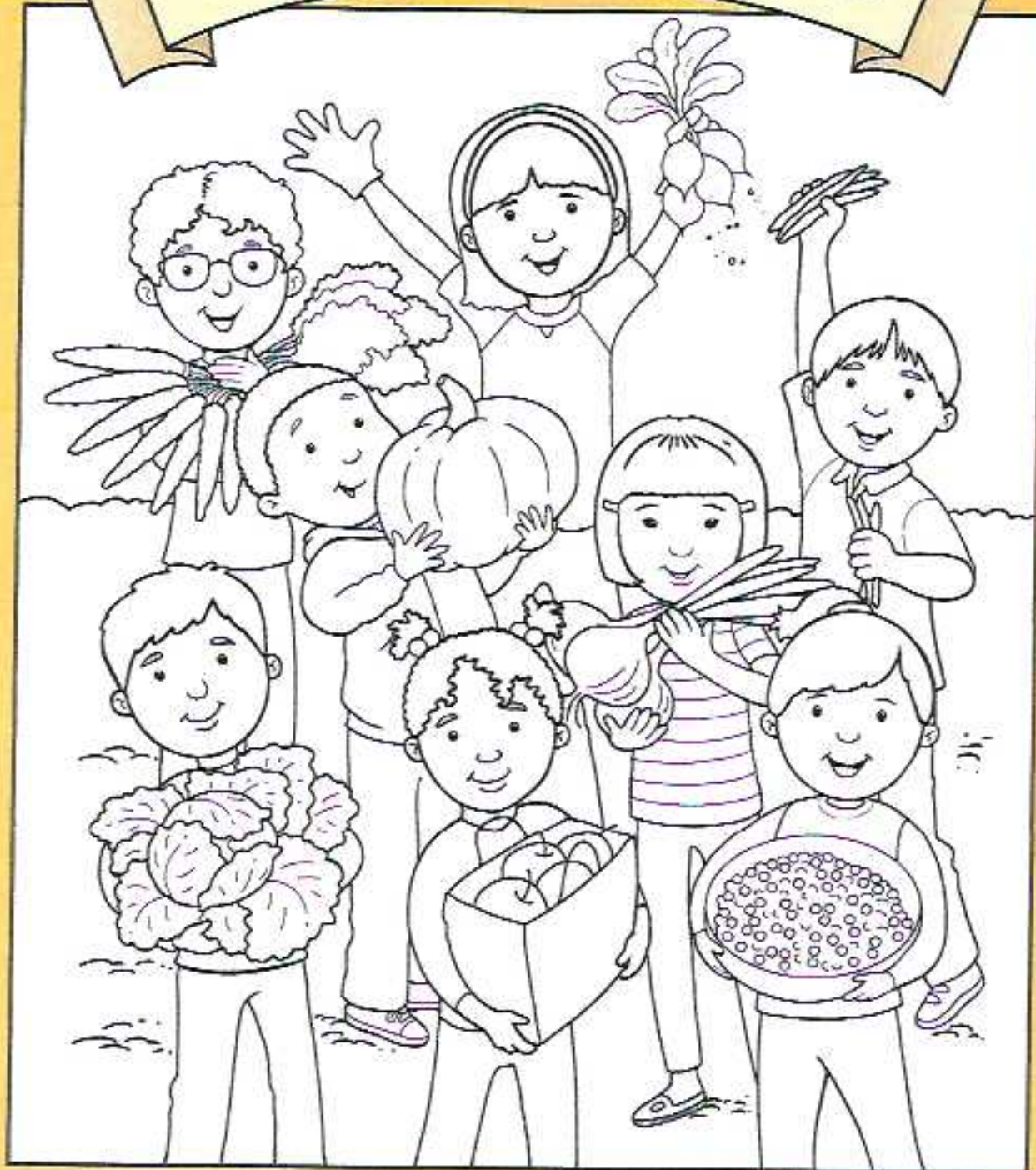
Chorus:

Give em more of that good stuff
Recipes that kids love
Where healthy food is fun
Give em more of that good stuff
Recipes that kids love
It's hard to get enough
Where healthy food is fun
Being a Food Hero is fun
Yeah Yeah Yeah
Being a Food Hero is fun
Yeah Yeah Yeah

Give me more of that good stuff
Recipes that I love
I can't get enough
Healthy food is fun
Give me more of that good stuff
Recipes that I love
I can't get enough
Healthy food is fun
Being a Food Hero is fun
Yeah Yeah Yeah
Being a Food Hero is fun
Yeah Yeah Yeah
Let's go



Be A Food Hero



Cookbook



Presented by: _____

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

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

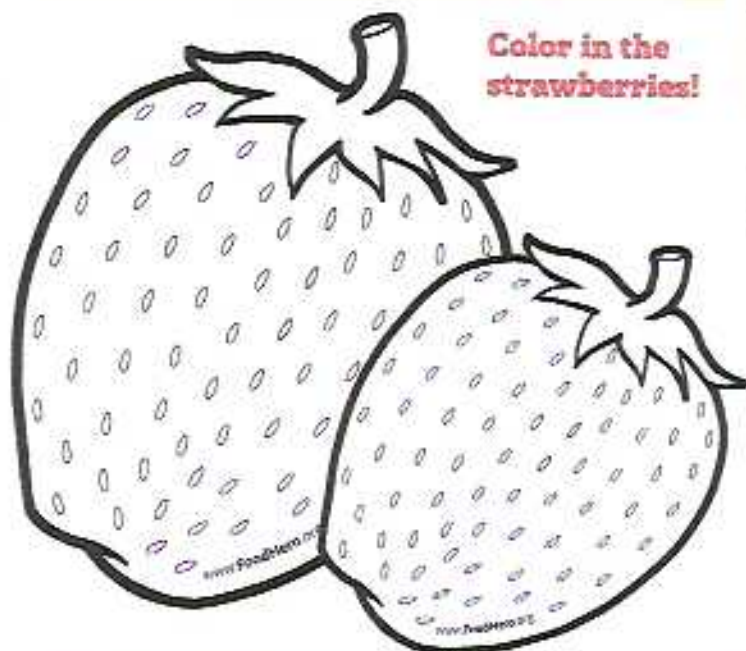
Ingredients

- 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.

Color in the strawberries!



For tasty, healthy recipes and garden tips that fit your budget, visit FoodHero.org



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 CalFresh at 1-877-USA444 in an equal opportunity provider and employee. ©2012 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, race, ethnicity, gender identity or expression, genetic information, marital status, national origin, color, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.