

TIANA'S TOAST



Recipe Ingredients:



WHOLE WHEAT,
MULTIGRAIN OR
RYE BREAD



LOW FAT
PLAIN YOGURT



SEEDS
(OF YOUR CHOICE)



COLORFUL FRUITS
(PICK YOUR
FAVORITES)



CACAO NIBS
& COCONUT
FLAKES

Craft Supplies:



COLORING
SUPPLIES



A PRINTER



KID FRIENDLY
SCISSORS



A PEN
OR PENCIL



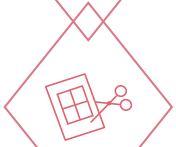
TWO SHEETS
OF PAPER

Let's get started!



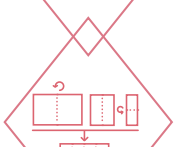
STEP 1

Print out a copy of Tiana's Toast recipe book.



STEP 2

Carefully cut out the template. *Remember, all cutting should be done by an adult.*



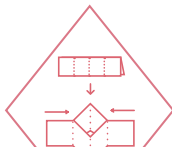
STEP 3

Now, fold the paper in half. Now, fold it half again. One last time, fold the paper in half. Great job! Time to open up the paper. Your paper should now have eight little rectangles.



STEP 4

Fold the paper in half so you see 4 rectangles. (2 on top and 2 on bottom) Cut along the solid line.



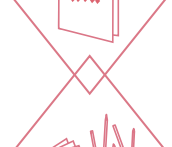
STEP 5

Open up your paper again and now fold it long wise. (4 rectangles in 1 line). Using two hands, push the ends of the paper towards the middle. The center of the paper will push out to create 4 flaps.



STEP 6

Fold over one last time. You did it! You've made a booklet.



STEP 7

Follow the steps in the booklet to make your own delicious toast!

Tiana never gave up on her dreams. She is full of determination.



Recipe Book

TIANA'S TOAST

Step 1: Toast two slices of whole wheat, multigrain, or rye bread.

Step 2: Spread on some low-fat plain yogurt.

Step 5: Enjoy! Draw your finished toast here.

Step 3: Now, top your toast with some of your favorite fruits.

Step 4: You can even add seeds, coconut flakes, cacao nibs or dried fruits like raisins.

©Disney

MAMA ODIE'S TRAIL MIX



Recipe Ingredients:



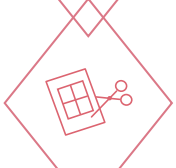
Craft Supplies:



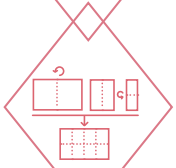
Let's get started!



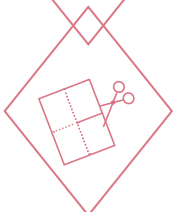
STEP 1
Print out a copy of Mama Odie's Trail Mix recipe book.



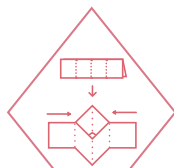
STEP 2
Carefully cut out the template. *Remember, all cutting should be done by an adult.*



STEP 3
Now, fold the paper in half. Now, fold it half again. One last time, fold the paper in half. Great job! Time to open up the paper. Your paper should now have eight little rectangles.



STEP 4
Fold the paper in half so you see 4 rectangles. (2 on top and 2 on bottom) Cut along the solid line.



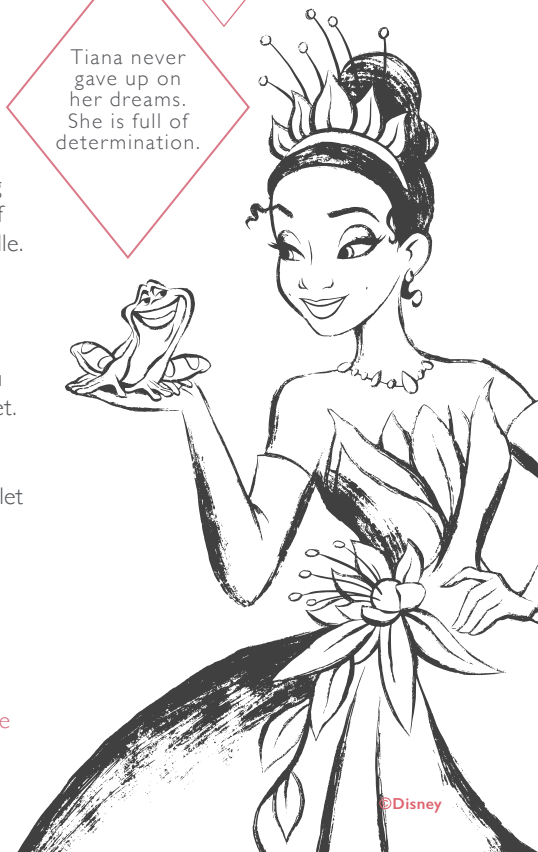
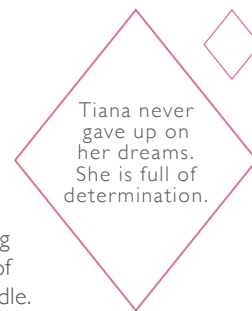
STEP 5
Open up your paper again and now fold it long wise. (4 rectangles in 1 line). Using two hands, push the ends of the paper towards the middle. The center of the paper will push out to create 4 flaps.



STEP 6
Fold over one last time. You did it! You've made a booklet.



STEP 7
Follow the steps in the booklet to make your own delicious trail mix!





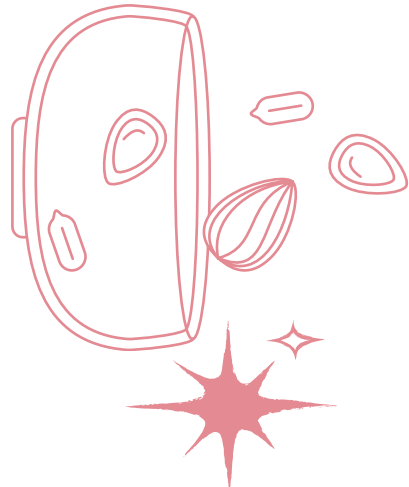
MAMA
ODIE'S
TRAIL
MIX




Recipe Book _____

Step 1: Grab a mixing bowl.

Step 2: Pour in some of your favorite nuts and seeds.



Step 5: Enjoy! Draw your finished trail mix here.



Step 3: Add in some crunchy foods like cereal and pretzels.

Step 4: Now for some fruits! You can add dried fruits like raisins.

