

Food Group Funny Face

A snack with a personality!



Level: Easy

Makes: 1

Kids' Tool Kit

Measuring spoon
Knife
Grater

Chef's Choice

Food Group Funny
Face
Low fat milk

Ingredients:

- 1 tablespoon peanut butter
- 1 large cracker
(graham cracker, saltine or whole grain)
- 1 tablespoon shredded cheddar cheese
- 3 or 4 raisins
- 2 large green peas
- 1 grape, cut in half



Directions:

Remember to wash your hands!

1. Spread peanut butter on cracker in the shape of a face.
2. Sprinkle grated cheese at top for hair.
3. Place raisins on cracker for mouth.
4. Use peas for eyes and 1/2 grape for nose.



Helpful Hints: The Food Guide Pyramid shows how to make food choices for a healthy diet. Adults and kids from age 2 years can follow this plan and have lots of variety in what they eat.

Five different food groups are in the Food Guide Pyramid, and each is represented in this snack. The cracker belongs in the grain group at the base of the pyramid. Complex carbohydrates in this group are packed with lots of energy. The peas are in the vegetable group, and raisins and grapes are in the fruit group. Both food groups provide vitamins, minerals and fiber. Cheese has lots of calcium and fits in the milk group. Peanut butter gives us protein from the meat group. It takes a variety of food to have a balanced diet.



Safety Tip: When you cough or sneeze, cover your mouth and turn away from food and other people. The next step is to wash your hands with soap and water to get rid of germs that can make us, or others around us, sick.

This snack is intended for children over age two. Do not serve to younger children who may choke.

Recipe used with permission from the curriculum, Kids in the Kitchen, Family Nutrition Education Program, Outreach and Extension, University of Missouri, Lincoln University

Nutrition Facts

Serving Size 1 cracker (31g)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	16%
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 4g	
Protein 6g	
Vitamin A 2%	Vitamin C 2%
Calcium 6%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.