

## BEGIN PREPARING



## PREPARE FRUITS AND VEGGIES

If your fruit and veggie recipes are getting old, Step into the kitchen and try something bold! A sauce, a seasoning or even extra heat, Turns fruits and veggies into a new and tasty treat!

### LOOK + FIND

Can you find these three things? Tomato, onion, cutting board



## WHICH OF THESE WAYS HAVE YOU TRIED YOUR VEGGIES?



RAW



STEAMED



ROASTED



WITH A DIP



SEASONED

## TIME TO SHARPEN YOUR CHEF SKILLS

Draw a line from the kitchen tool you'll need to prepare each of the images below.



KNIFE



BLENDER



SLICER



BOX GRATER

CORED APPLE



CHOPPED PEPPERS



SHREDDED CARROTS



SMOOTHIE



Want to sharpen your chef skills? Learn more at [healthpartners.com/powerupfamily](http://healthpartners.com/powerupfamily).

## KIDS IN THE KITCHEN: LET'S ROCK 'N' ROAST

Turn up the heat and try roasting veggies for a yummy new treat. Here's a simple guide to making your own sweet potato fries.



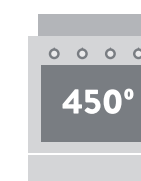
SWEET POTATO

+



VEGETABLE OIL

+



450 DEGREES

+



15 MINUTES

=



SWEET POTATO FRIES

Find more ways to roast other yummy veggies at [healthpartners.com/powerupfamily](http://healthpartners.com/powerupfamily).

## ROOT FOR ROASTED VEGGIES

**Why do roasted veggies rock?** Because when you put them in the oven on high dry-heat, they turn deliciously sweet. **How?** The high heat brings out their natural sugars (called caramelization: car-a-mel-i-za-tion).

