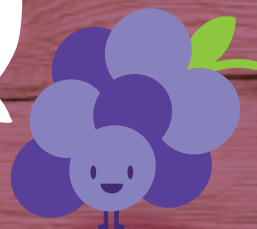


ENJOY SHARING



LOOK + FIND

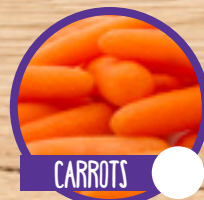
Can you find these three things? Apple, blender, straw



SHARING FRUITS AND VEGGIES

Fruits and veggies make the perfect centerpiece for sharing, Turn them into rainbows, trees or art ... be creative and daring! Whether for a meal, celebration or snack, Once you try them in this fun way, you'll never go back.

WHICH OF THESE FRUITS AND VEGGIES HAVE YOU SHARED?



CAN FOOD BE ART?

Yes, it can! What fun names would you give these fruit and veggie masterpieces?



NAME: _____



NAME: _____

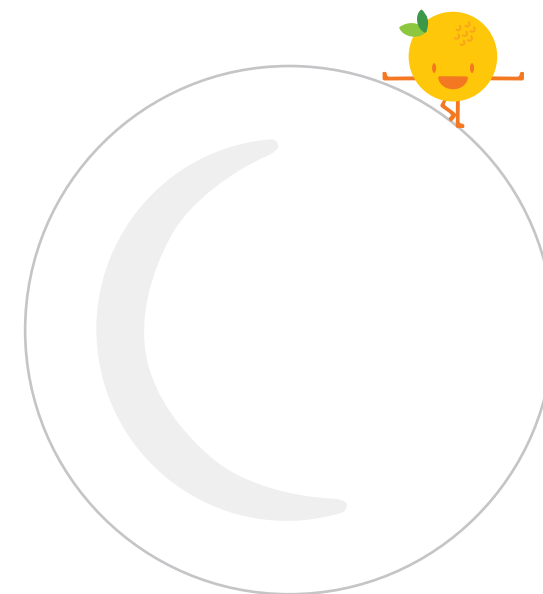


NAME: _____

LET'S EXPERIMENT: HAVE FUN WITH FRUITS AND VEGGIES

Cutting fruits and veggies into different shapes or giving them silly names makes them so much more fun to try. Create your own fruit and veggie art by drawing a fun picture on the plate. What fruits and veggies will you use?

Give your masterpiece a fun name: _____



SHARE AND CONNECT

Grab a friend or family member and this deck of cards to strike up fun and interesting chatter as you share a meal or snack together. Find the Table Talk deck at healthpartners.com/powerupfamily.

