

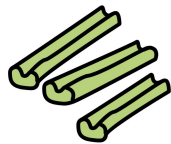
# Ants on a Log

Follow the directions and make your own healthy snack.



## Ingredients

celery



sultanas

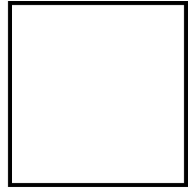


cream cheese

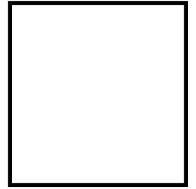


# Directions

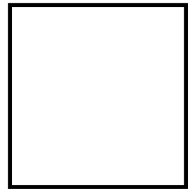
Wash your hands.



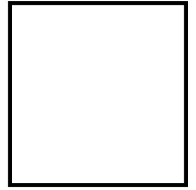
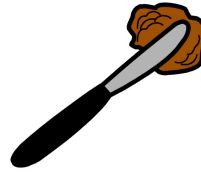
Chop the ends off of the celery on the cutting board.



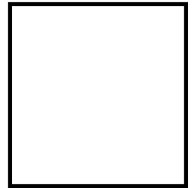
Rinse each celery stalk under water.



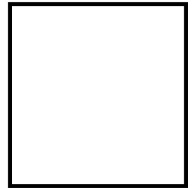
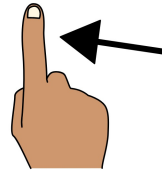
Spread cream cheese onto each celery stalk.



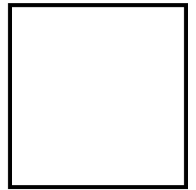
Place sultanas on top of the cream cheese.



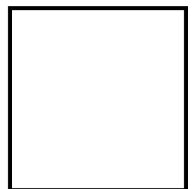
Chop celery into finger-length pieces.

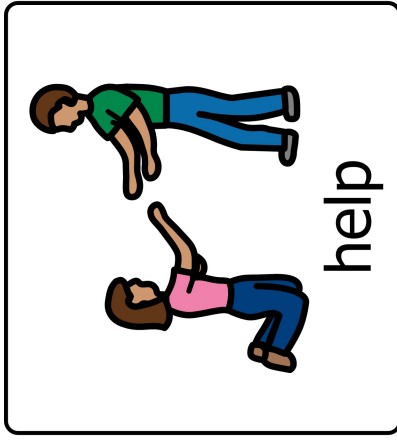
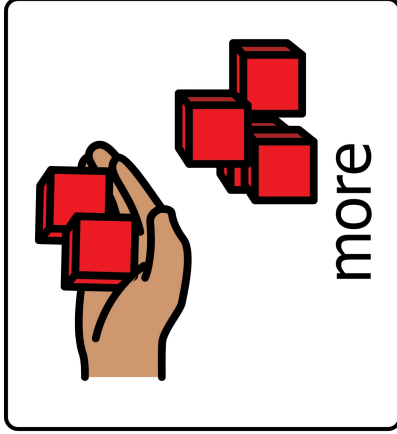
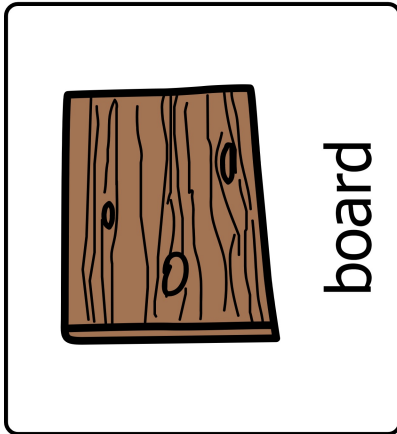
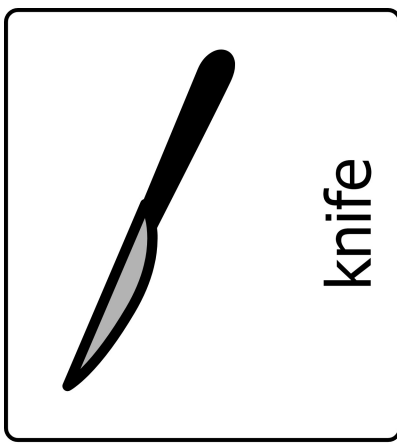
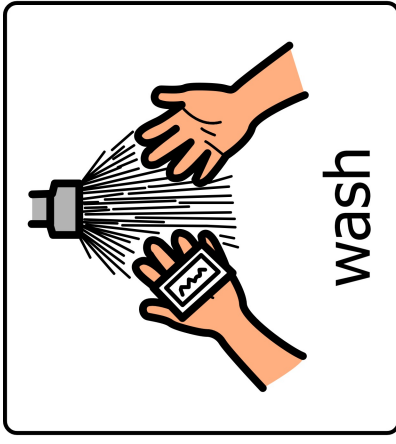
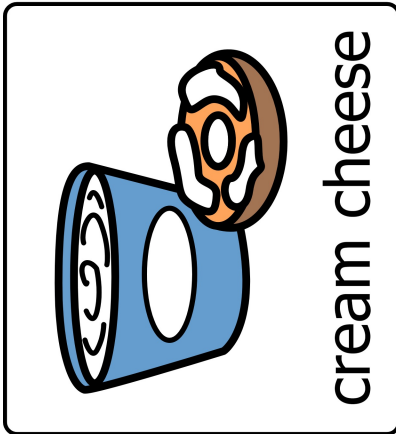
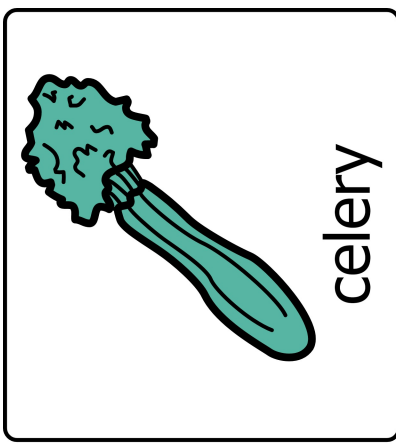
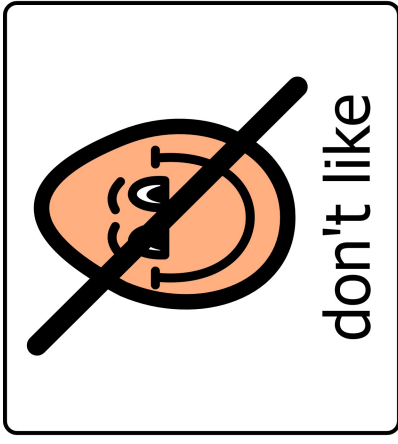
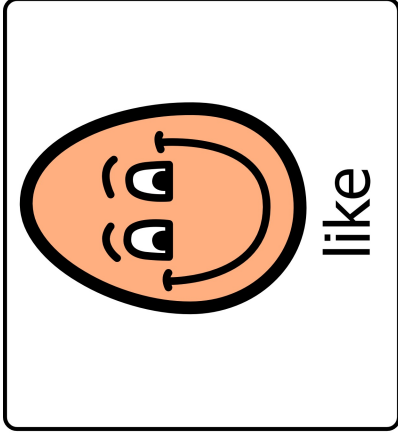
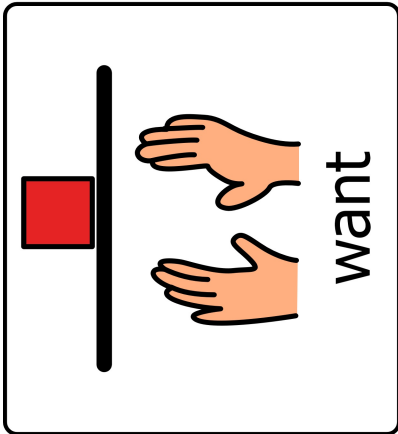
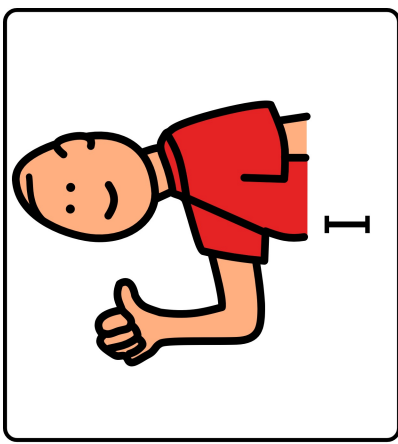


Place finger-length pieces onto plate.



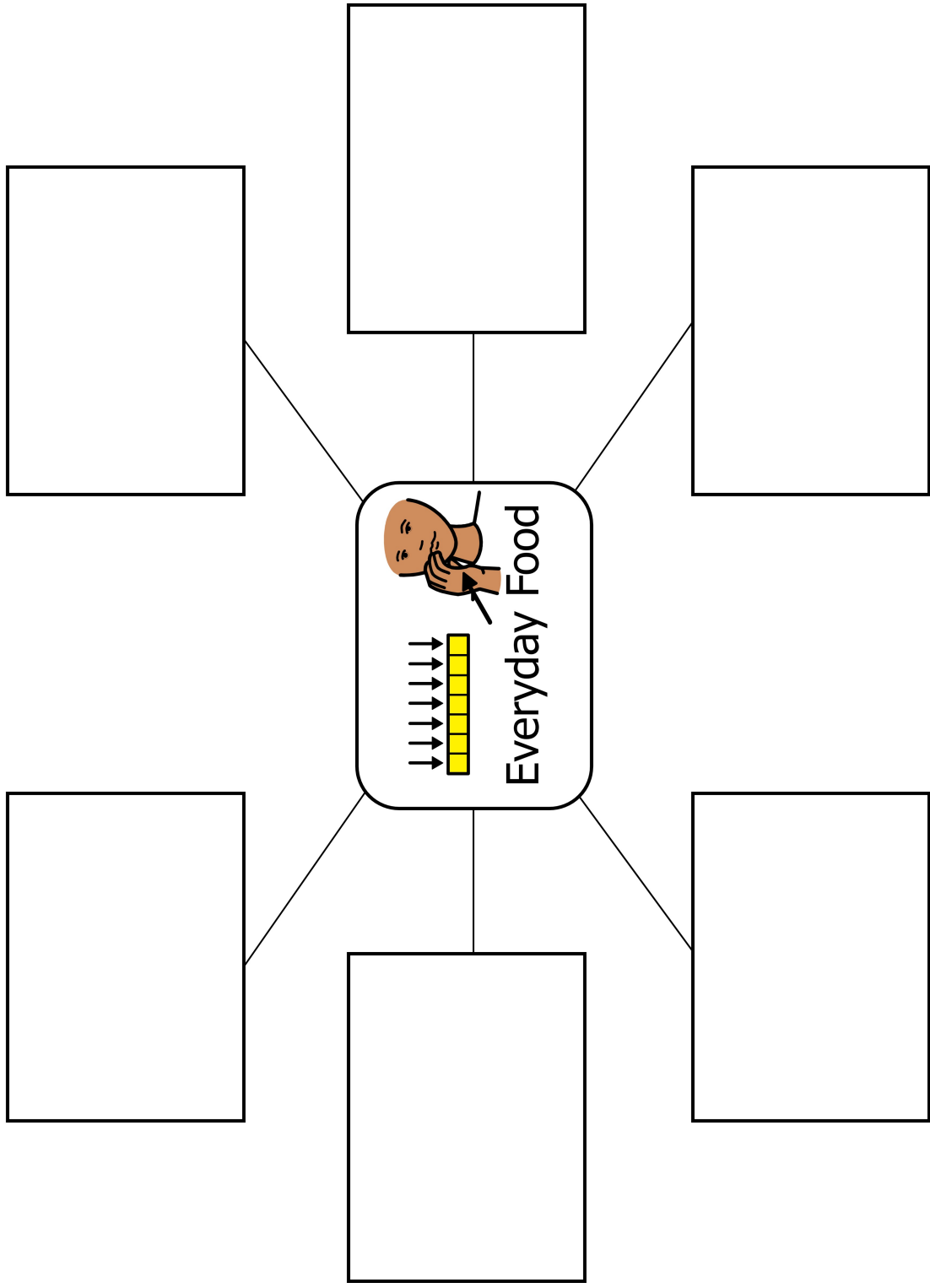
Serve and enjoy.



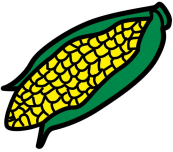
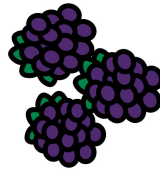

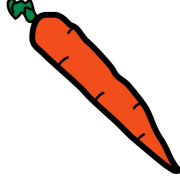
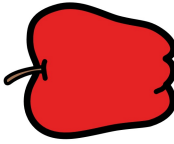
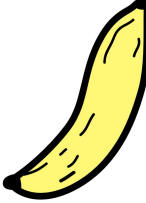


# Web

Complete the web. What are some things that make you think about being healthy?



Cut out the options below or use a pencil to fill in the web.

 <p>corn</p>	 <p>blackberries</p>	 <p>celery</p>	 <p>carrot</p>
		 <p>apple</p>	 <p>banana</p>