

Nutrition Activity

Here are some recipes for refreshing and healthy treats to enjoy this summer. Make preparing these snacks an activity for you and your child to do together. These recipes can help to teach children the effects of cold temperatures on liquids.

Tropical Popsicles

- 1 cup pineapple tidbits
- 1 small can mandarin oranges
- 2 cups white grape juice

Blend all ingredients in blender. Pour into molds or paper cups and freeze overnight. Add popsicle sticks when mixture is slightly set.

