

Nutrition Activity

Caterpillar Snack

The following snack is very simple and fun for kids to make. To make it even more fun, you can read the book *The Very Hungry Caterpillar* first and then get to work.

Ingredients:

Frozen Whole Wheat Bread Dough Rolls (such as Rhodes brand)

Pretzel Sticks

Raisins

1. Thaw roll dough according to directions on the package and have each child split a roll into three balls (or more if they want). The little balls make up the body and head of the caterpillar.
2. Let each child decorate their caterpillar as they wish using the pretzel sticks and raisins.
3. When the children are done with their caterpillar, have them place it on a baking sheet. If you are working with lots of kids, put a piece of foil down on your baking sheet and write each child's name by their caterpillar.
4. Bake according to the directions on the bread dough package.

