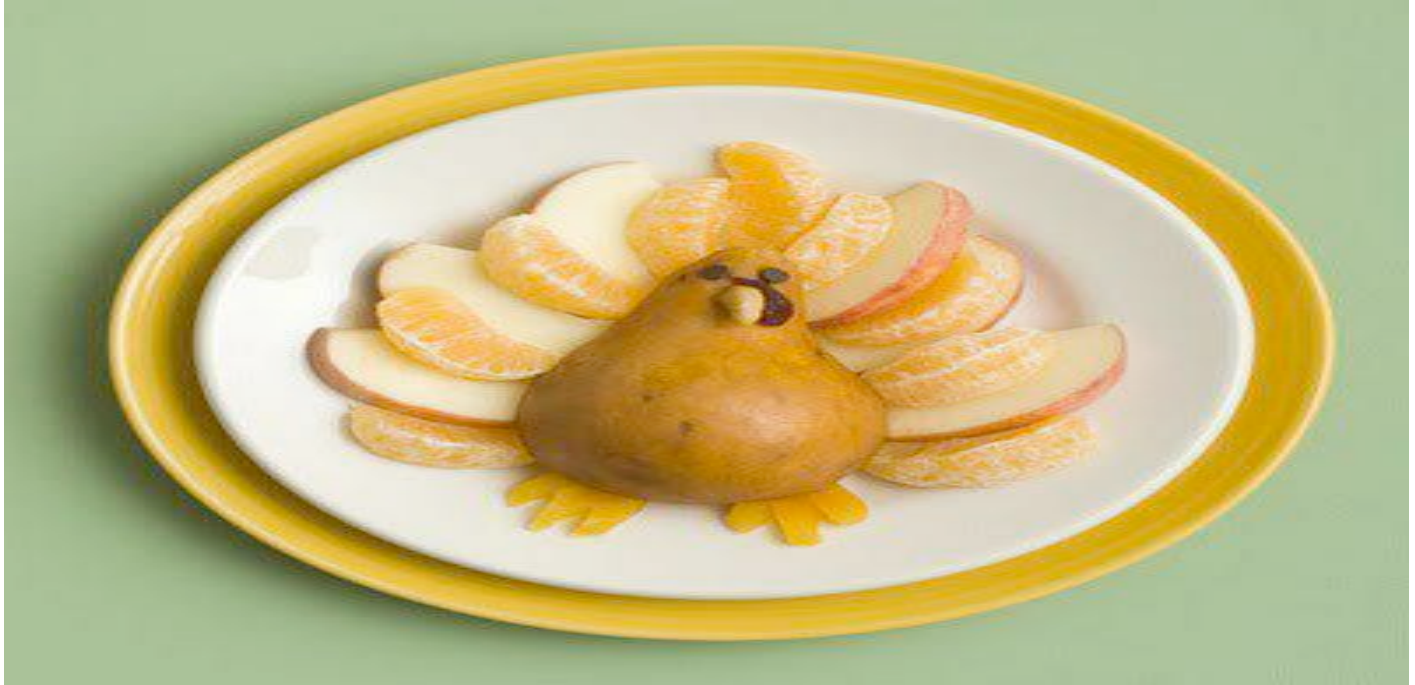


# **T is for Turkey**



**Ingredients: Pears, Mandarin oranges, apple slices, cheese stick.**

**Calorie Count:**

**Half of a pear – 50 calories**

**Mandarin Orange- 45 calories**

**Apple Slices 5oz – 80 calories**

**Cheddar Cheese Stick- 80 calories**

**Step 1: Cut pear in half and put it on a plate with the skin part up.**

**Step 2: Have an adult slice apples into about 5-8 pieces**

**Step 3: Peel a mandarin orange & separate the pieces**

**Step 4: Take a piece of string cheese & peel off one thin piece then cut it with a plastic fork into seven tiny little pieces**

**Step 5: Take the apple slices & mandarin slices & create a pattern around the pear to create turkey wings.**

**Step 6: Poke two holes into the top of the pear to create eyes. Use a toothpick.**

**Step 7: Place tiny cheese pieces on the bottom of the pear to create feet. Place one under the eyes (holes) to create a nose.**

**Step 8: You are done! Eat your fruit/cheese turkey!**