

# Kid's KOrner

## Try Some Low

### Sugar 4-H Snacks

Everyone knows that kids love to snack between meals, but many of the snacks you choose are high in sugar and bad for the teeth. Making sure you choose the right kind of snacks may be difficult.

But 4-H has come up with some low sugar, high nutrient snacks that you can make for yourself without having to use any dangerous equipment. The next time you are looking for a snack after school or while watching TV in the evening, try one of these treats from the 4-H food and nutrition programs.

— A NEST OF GOLD. For this snack you will need two cups of finely grated carrots, one-fourth cup of raisins plumped in lemon juice, one tablespoon lemon juice, one-fourth cup of salad dressing or mayonnaise, three or four grapes, berries, peanuts or cottage cheese and four crisp lettuce leaves.

Combine raisins and lemon juice in a small dish. Wash, scrub and carefully grate carrots. Combine carrots, raisins and dressing in a bowl and chill. Place one-half cup of the carrot mixture on a crisp lettuce leaf on plate. Shape the carrots into little nests. Wash grapes or berries, shell peanuts or shape cottage cheese with a small spoon. Put "eggs" into the nests. Serve with crackers and a drink.

— STRAWBERRY FLOAT. To make this snack, you'll need one-third cup of strawberries, fresh or frozen, one tablespoon sugar, one and one-third cups of milk and two scoops of ice cream.

Place strawberries into a mixing bowl and mash. Add sugar and stir until dissolved. Put mixture into jar. Add milk and close the lid tightly. Shake until foamy. Pour

half of the mixture into each glass. Top with a scoop of ice cream.

A Banana float is just as good. Use a small banana.

— BUGS ON A LOG. You'll need three stalks of celery, one grated carrot, two tablespoons of peanut butter, one tablespoon of nonfat dry milk and 24 raisins.

Wash the celery and cut into three inch sections. Scrub and grate the carrot. Mix the peanut butter, dry milk and carrot in a small bowl. Use a knife to stuff celery with mixture. Place two raisins on top. Serve with glass of milk.

— SUPER APPLE SANDWICH. This snack can be prepared with one apple, sliced and cored, one tablespoon of nonfat dry milk and two tablespoons of peanut butter.

Wash the apple. Mix dry milk and peanut butter in a small bowl. Slice the apple into four sections. Remove the core. Spread mixture over one slice and top with another. Makes two sandwiches. Serve with a glass of milk.

All of these snacks are nutritious as well as being low in sugar.

### Lucky 4-H

Tammy Dudeck joined the Lucky 4-H Club at their February meeting held recently at the Extension Center. Members learned about candy making during the meeting. They plan to participate in the County Presentation Contest and 4-H Day at the Mall. Sewing projects will be worked on at their next meeting.

## Find the Green Words

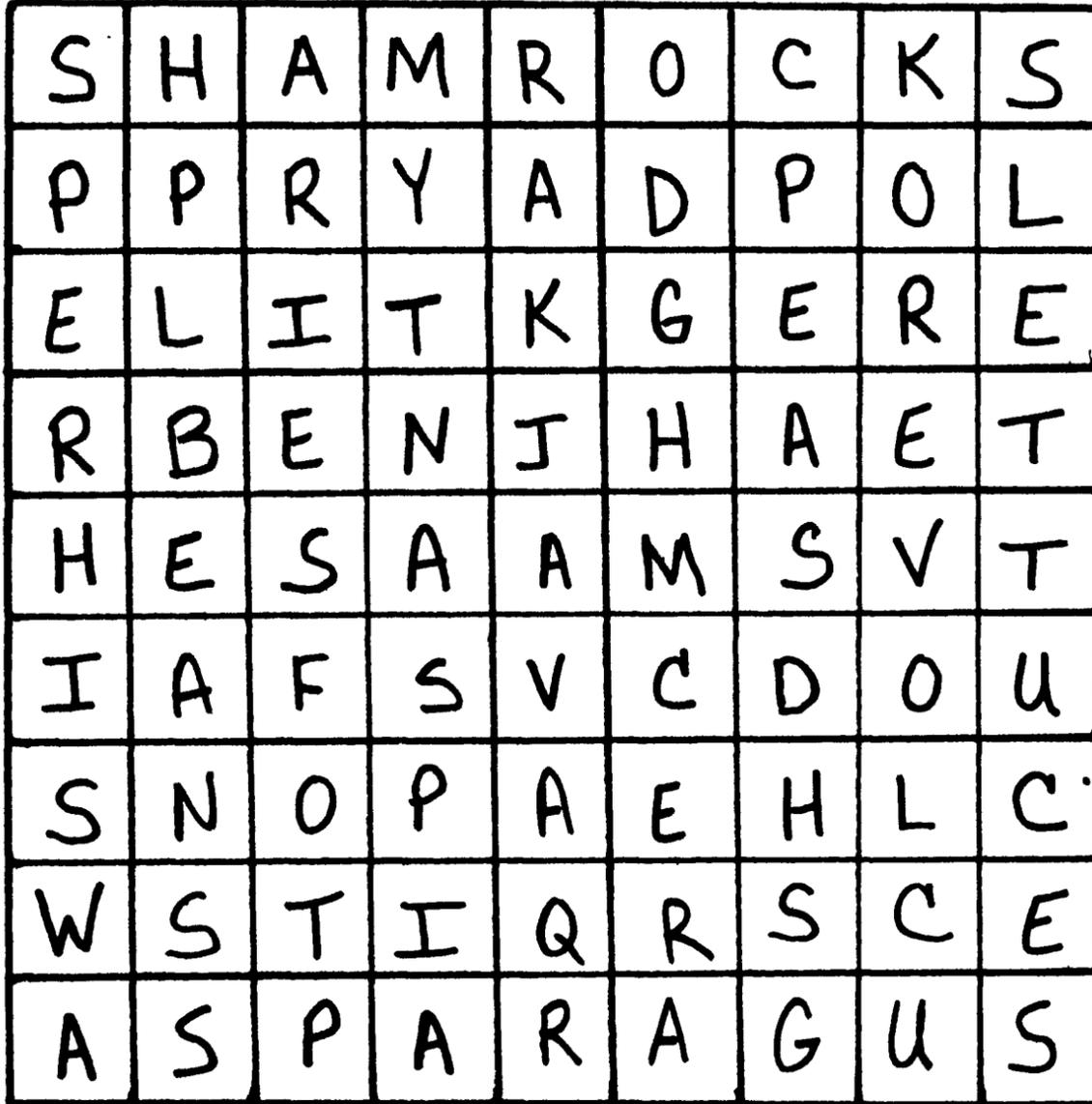
Answer on Page B13

Guess what, Kids? Next Saturday is St. Patrick's Day and in honor of that this week's word search puzzle is loaded with words that name green things. Some of

them are vegetables you eat, some are things that animals eat and one is a special symbol of St. Patty's Day.

The words go across and up and down. Some are printed diagonally

and some are even printed backwards. See if you can find these nine words: shamrocks, leaves, lettuce, grass, spinach, beans, clover, asparagus, peas.



## COLOR THIS!

- |           |               |
|-----------|---------------|
| 1. BLACK  | 6. PEACH      |
| 2. RED    | 7. GREEN      |
| 3. YELLOW | 8. LT BROWN   |
| 4. BLUE   | 9. LT. BLUE   |
| 5. BROWN  | 10. LT. GREEN |

**LUMBERTJACKS ARE WORKERS WHO CUT DOWN TREES IN THE FORESTS, SAW THEM INTO LOGS AND BRING THEM TO THE MILL. HERE THEY ARE DUMPED INTO A LOG POND WHERE BOOM MEN, WEARING SPIKED SHOES, WALK ON THE LOGS SORTING THEM. LUMBERING IS A GREAT INDUSTRY.**

