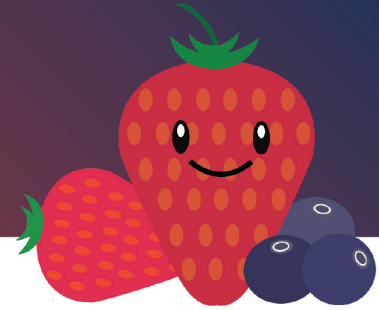


# Week 1: Berries

## Berry Pita Pizzas



**Recipe**  
Takes 10 minutes  
Makes 5 servings

### YOU WILL NEED:

cutting board  
knife (adults only)  
1/4 cup measure  
tablespoon measure  
plates and spoons

### Ingredients

For 8 servings



5 mini  
whole wheat  
pitas



1  $\frac{1}{4}$  cup low-fat,  
strawberry  
or blueberry  
Greek yogurt



1  $\frac{1}{4}$  cups  
assorted berries  
(strawberries,  
blueberries, black-  
berries, raspberries)



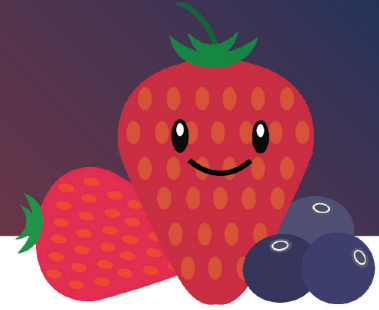
5 tablespoons  
shredded  
coconut  
(optional)

### Preparation

Lay the mini pita flat on the plate. Spread  $\frac{1}{4}$  cup of yogurt on top and top with  $\frac{1}{4}$  cup berries. Sprinkle 1 tablespoon of shredded coconut on top (optional). Repeat for remaining 4 pitas.

# Week 1: Berries

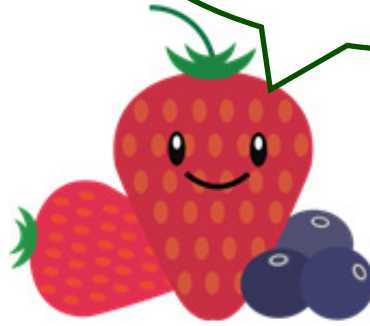
## Berry Pita Pizzas



### DIRECTIONS

1. Fill in the blank in the bubble.
2. Find all the words in the Berry Fun puzzle.

keep your body **BERRY** healthy!



## Berry Fun!

### Word List

k s j i i m x l o h c h a y b  
 l o t q x p c g c e u s a e l  
 e d s r a i p g t a x x n r a  
 q j h p a n i r u l v g c d c  
 b v d s r w t v p t o r p z k  
 w w d i h a b i i h o s u u b  
 r z k z e f s e o y p l g i e  
 p c v d n b t p r x u x l q r  
 s l t w t w e p b r i m u o r  
 w i c b q j s f c e y d t o y  
 c y u m m y s r h u r u e d v  
 n k c w w a c u r f t r d n o  
 l h d g i d j i o s u h y e t  
 o p w v e i h t q x w n i p k  
 l g r i x y b l u e b e r r y

fruit  
 raspberry  
 fun  
 antioxidant  
 yummy  
 healthy  
 strawberry  
 blueberry  
 blackberry