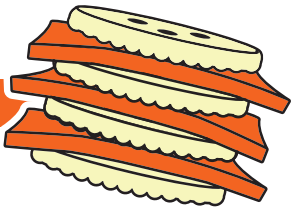


# KiK it UP!

Level A - Lesson 3

## Whole-Grain Crackers and Cheese



### INGREDIENTS

1. 8 whole grain, baked or reduced fat crackers
2. 1-ounce slice low-fat cheese (American, cheddar or Swiss)

Makes 4 cracker and cheese sandwiches

### EQUIPMENT

- Plate

### DIRECTIONS

1. Wash hands and surfaces.
2. Place crackers on plate.
3. Tear cheese slice into four pieces and make four cracker and cheese sandwiches.
4. Refrigerate leftovers immediately.

