



Swirly Apple

What you will need:

- 1 Red Apple
- 1 Green Apple
- 1 Orange
- If you want to make it exciting add 1 Lemon
- Cutting board and a safe cutting knife (*Ask for help from an adult to cut the fruits*)
- 2 Plates



Create fun geometric shapes from fruit that you can eat, and they are good for your teeth too!



Instructions:

- Slice each of the fruits into thin wedge slices and place on a plate.
- Layer the slices onto a plate in fun geometrical shapes that fit together or make fun pictures with the slices.
- Try to find the sizes that fit!
- After you are done being creative, enjoy eating your fruit slices!

Lesson learned: Apples have so many benefits for not only for your body but also for your teeth. Their skin helps brush your teeth to get rid of plaque and helps get rid of pathogenic microbes. They also help brighten your teeth, help with bad breath and are high in fiber. Fresh fruits are smart snack choices!