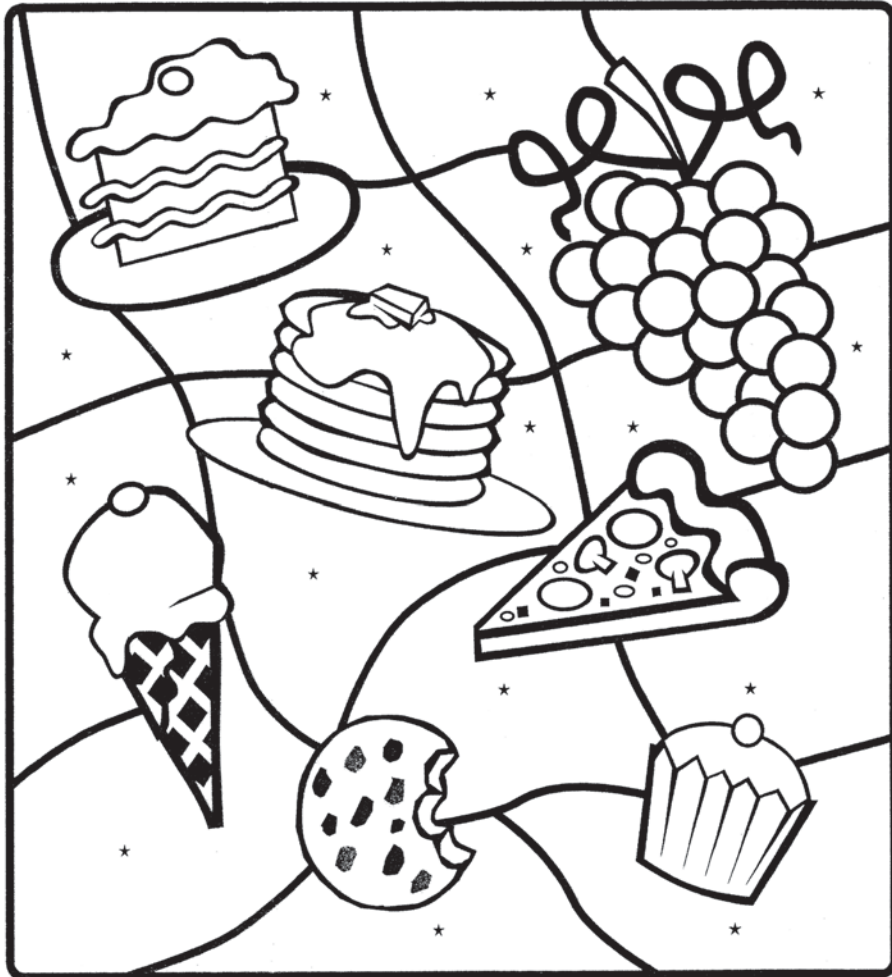
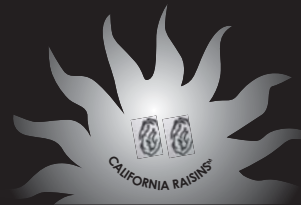




ACTIVITY SHEET

RAISINS IN THE SUN



Use your favourite colours to fill in all the boxes marked with the little stars. What are the 7 things left that are not filled with colour? Can you name them?

- | | |
|-------------------|------------------|
| 1. C _ _ E | 4. _ UFF _ N |
| 2. _ _ APES | 5. PA _ _ AK _ S |
| 3. I _ _ CR _ _ M | 6. P _ _ ZA |
| | 7. _ OOK _ _ |

Sprinkle some California Raisins on your favourite food for delicious and healthy goodness!

My Recipe

Bumps on a Bagel

Makes 4 servings
Preparation time : 10 minutes

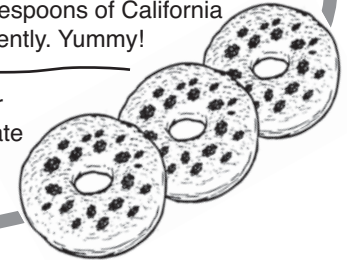
You will need the following ingredients:

- 1/2 cup California Raisins
- 2 bagels, split
- 2 small ripe bananas
- Cinnamon powder

Method

Toast bagels.
In a medium bowl, coarsely mash bananas. Spoon mashed bananas onto bagel halves. Sprinkle with cinnamon powder. Top each with 2 tablespoons of California Raisins and press gently. Yummy!

Chef Tips: Substitute 1 teaspoon grated orange peel for cinnamon. Stir into mashed bananas. Substitute chocolate syrup for cinnamon. Drizzle onto mashed bananas.



California Raisins Goodness on the Go!!!

Hey Kids, our California Dancing Raisin has started a list on the goodness of raisins and some of the many uses of California Raisins with other snacks. Can you please help to fill in the blanks?

1. H _ _ LTH _ SN _ CK
2. R _ _ S _ N BR _ _ _
3. _ N S _ L _ DS
4. _ N _ C _ CR _ _ M
5. R _ _ S _ N P _ _
6. _ N SP _ C _ C _ K _
7. _ N C _ NN _ M _ N R _ LLS

Join the CALIFORNIA RAISIN mailing list today! Mail your completed "California Dancing Raisin's Walk in the Park" picture to us. The top ten selected pictures will receive a gift!

Name: _____
 Address: _____
 School/Class: _____
 Tel: (H) _____ Sex: Male/Female _____
 email: _____ Date of birth: _____

RAISIN ADMINISTRATIVE COMMITTEE

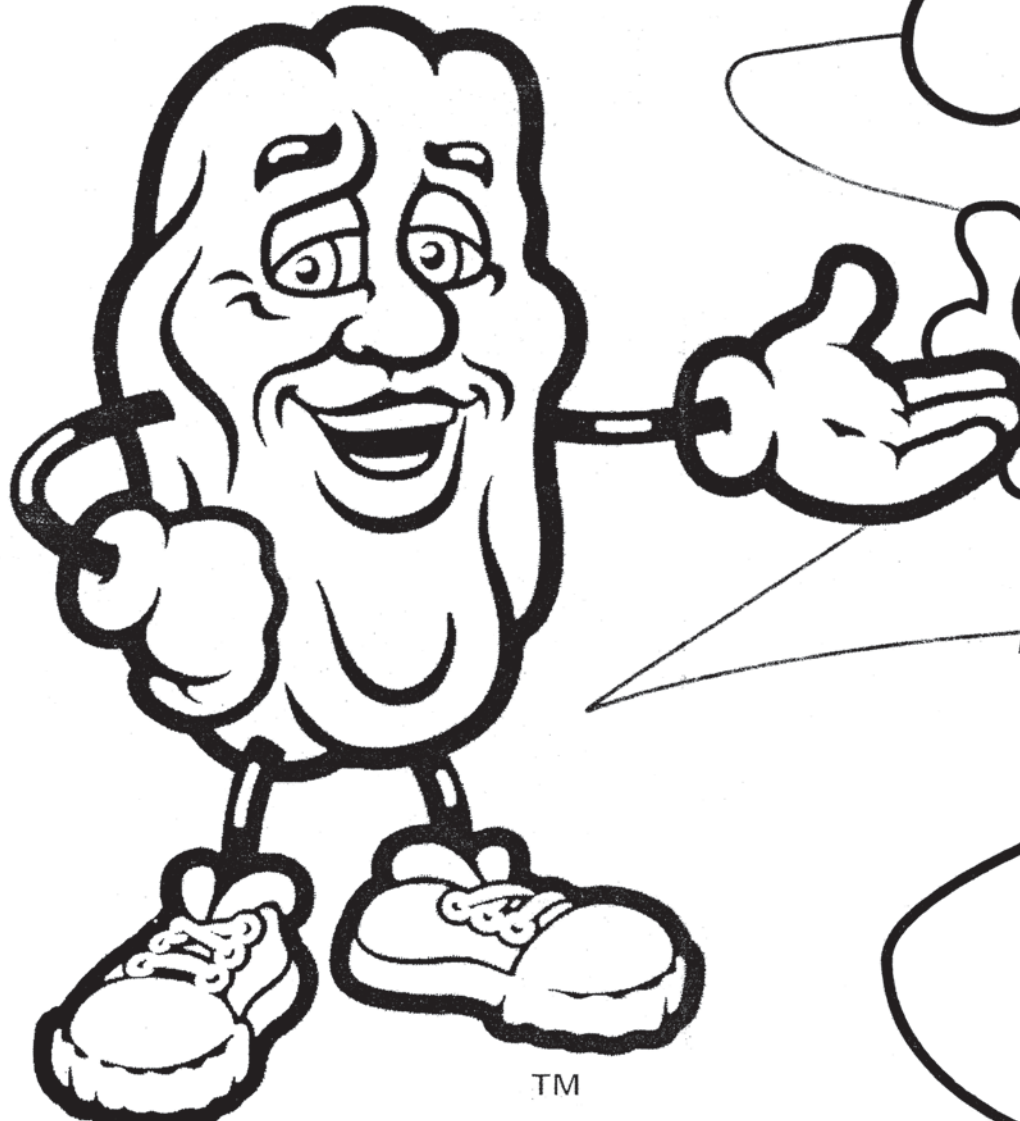
c/o 48 Toh Guan Road East #02-129 Enterprise Hub, Singapore 608586 Tel: (65) 6515 6113 Fax: (65) 6278 4372 Email: caraisins@lieumktg.com.sg

RAISINS IN THE SUN

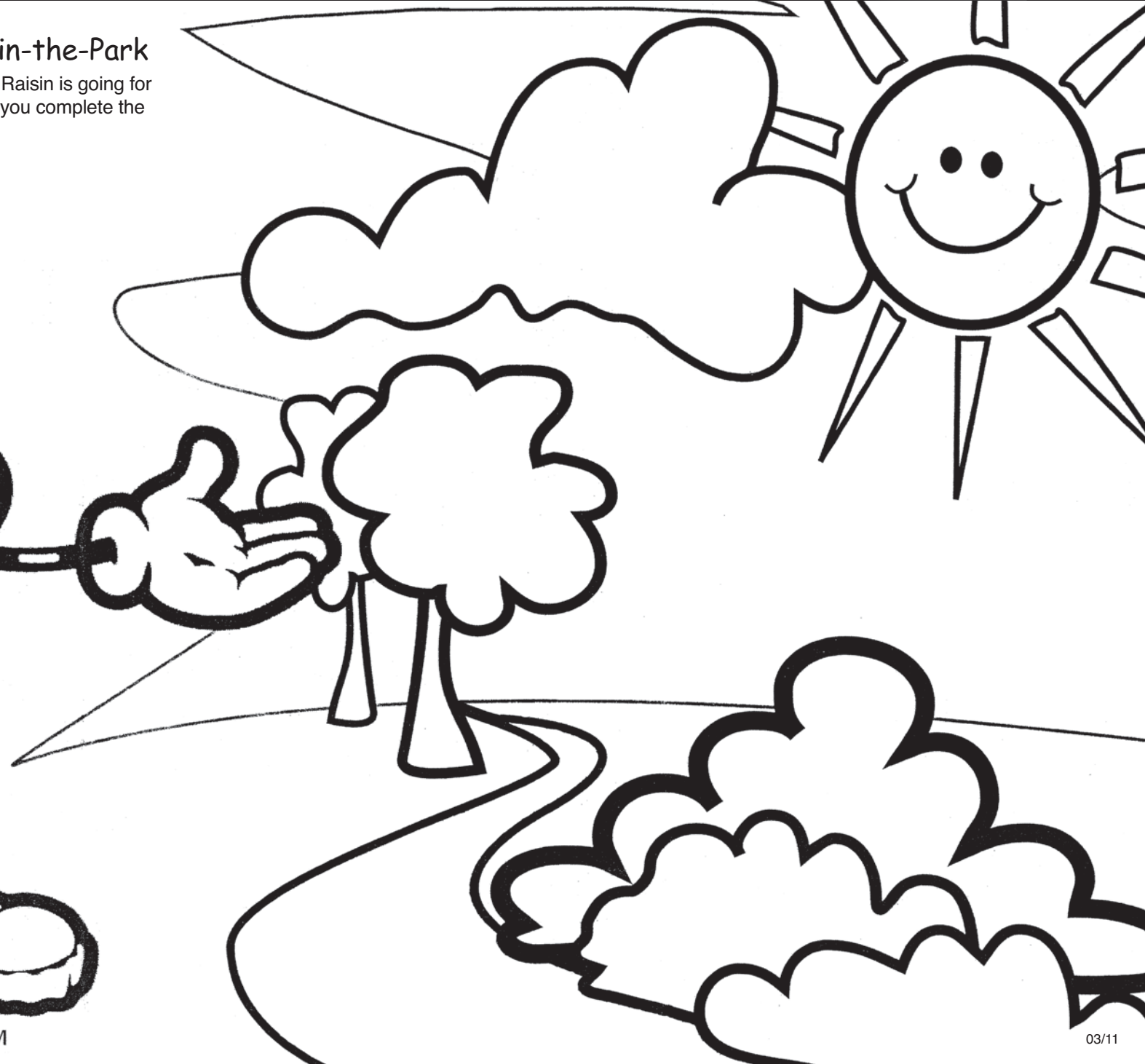


California Dancing Raisin's Walk-in-the-Park

It's a beautiful, bright sunny day. California Dancing Raisin is going for a walk in the park. What do you find in a park? Can you complete the picture for the California Dancing Raisin?



TM





ACTIVITY SHEET

RAISINS IN THE SUN



I heard it through the Grapevine

A raisin is a soft, brown, chewy sweet treat enjoyed by itself and in other food. Grown-ups like raisins as much as kids do because raisins taste so good... and are good for you.

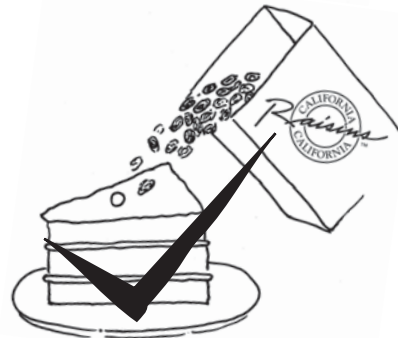
*Healthy Gums!
Raisins are Yummy
Great Smile!*



Raisins are good for your gums. Research has shown that compounds in raisins inhibit the growth of bacteria in the mouth that cause gingivitis and tooth decay.

Although sweet, the sugars in raisins are fructose and glucose. Raisins **DO NOT** contain sucrose (a type of sugar) that can damage the teeth.

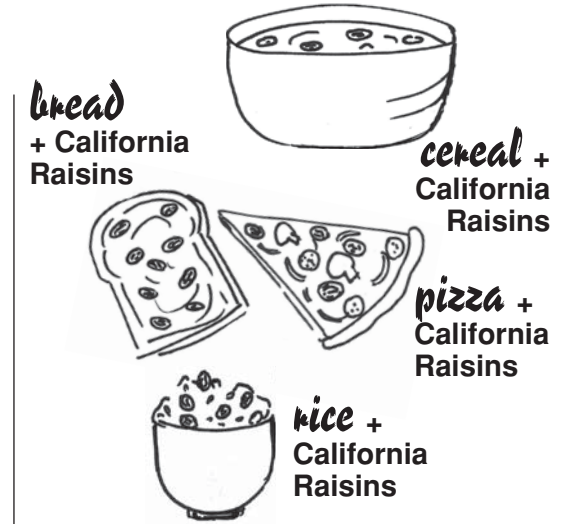
Food that is naturally sweet is not always bad for your teeth. However, adding extra sugar to food causes the most damage.



California Raisins, simply "The Wise Choice"

RAISINS

- Cholesterol free
- Fat free
- Sodium free
- NATURAL



There are so many good reasons to eat California Raisins, as a healthy snack and added to your meals.

Please ask mommy to add some healthy California Raisins to your next meal for a delicious touch!!

.....

• Join the CALIFORNIA RAISIN mailing list today!

• Send us a one liner on "Why I love California Raisins..." to receive a gift!

• Name: _____

• Address: _____

• School/Class: _____

• Tel: (H) _____ Sex: Male/Female

• Email: _____ Date of birth: _____

• Why I love California Raisins... _____

• _____

• _____



My Recipe

California Raisin Peanut Butter Spread

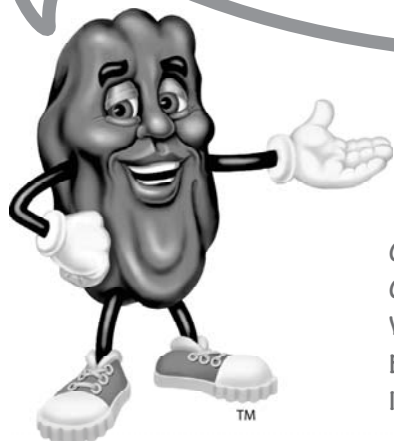
You will need the following ingredients:

- 3/4 cup California Raisins
- 1/2 cup apple juice
- 2 tablespoons honey
- 2 teaspoons ground cinnamon
- 1 cup creamy peanut butter

Method

Measure raisins and apple juice into small saucepan and bring to boil; reduce heat and simmer for 8 to 10 minutes or until raisins have absorbed all the juice. Stir in honey and cinnamon; cool slightly. Stir in peanut butter. Spread onto crackers, bread, mini-bagels, apple slices or celery sticks.

For your info: Just 1 tablespoon makes a quick, healthy snack.



Test Your Knowledge

From the word list, select the word that goes in the blank.

- | | | |
|---------------|-----------|-------------|
| Carbohydrates | Potassium | Fat |
| Calcium | Fiber | Cholesterol |
| Vitamin C | Sodium | Vitamin A |
| Bones | Fruit | Energy |
| Iron | | |

1. Raisins contain virtually no _____
2. Unlike eggs, raisins contain no _____
3. Raisins provide a good source of energy in the form of _____
4. This metal is needed to form red blood cells in the human body and when used outside the body, it rusts. _____
5. What do you call the reproductive part of a seed plant? _____
6. Which important mineral is found in bananas and in raisins?

7. Name the important nutrient found in milk. _____
8. B vitamins help convert carbohydrates to _____
9. Phosphorus and magnesium help make strong _____
10. Raisins contain a non-digestible substance called _____
11. Which vitamin found in orange-coloured fruits and vegetables helps our eyesight? _____
12. Raisins contain no _____

RAISINS WORD SCRAMBLE

Answers to Raisins Word Scramble:
 1. Vitamins 2. Energy 3. Snack 4. Egyptians 5. Iron
 6. Spanish 7. Potassium 8. Bones 9. Sweet
 10. Fiber 11. South Africa 12. Persians 13. Clusters
 14. California 15. Chile 16. Phosphorus 17. Fruit
 18. Australia 19. Calcium 20. Dry