

blédina

DU CÔTÉ DES MAMANS

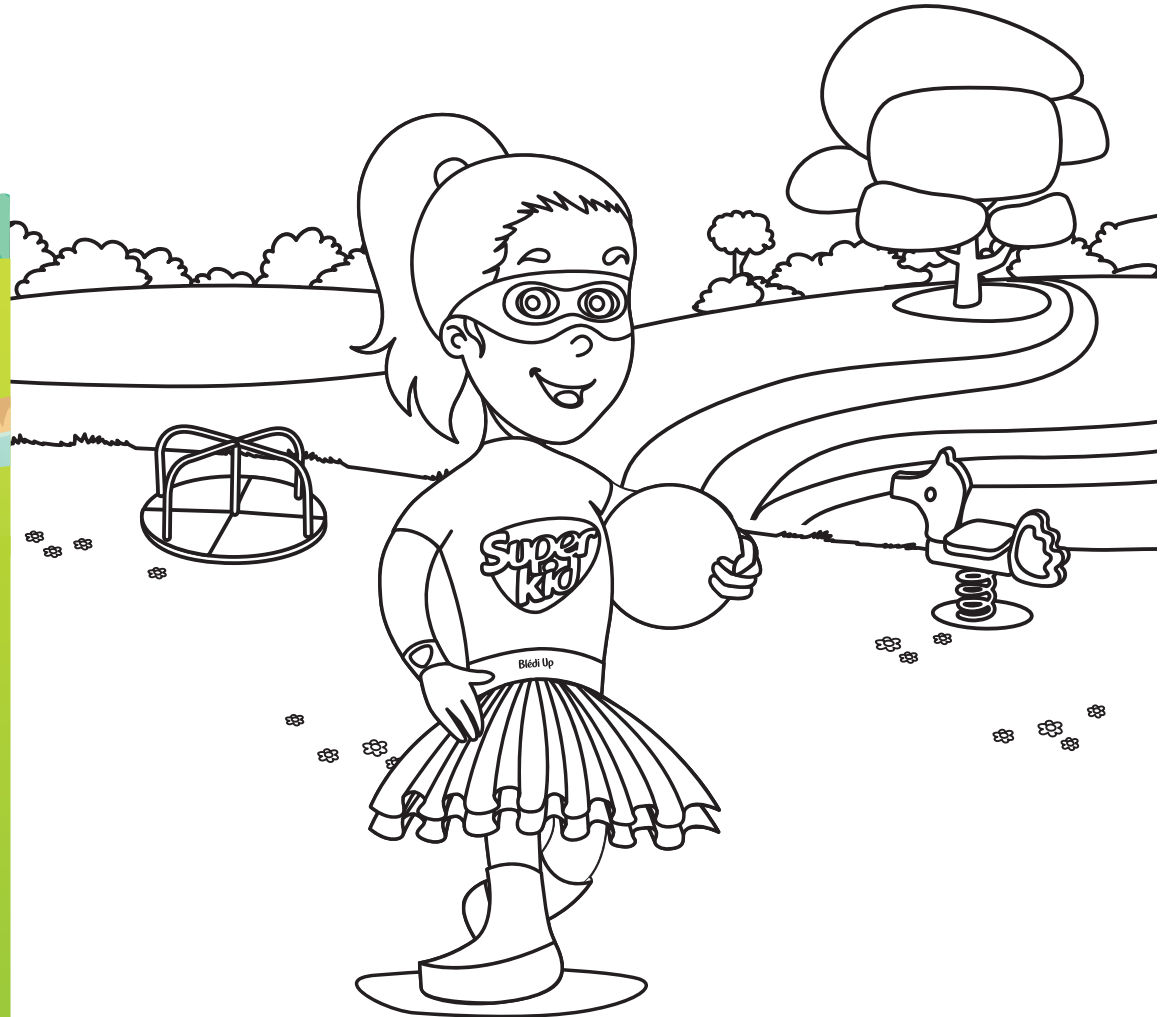


The little **BIG** book of colors
Super



Color Like Me

Match the same colors as the picture on the left.



Color The Healthy Food

All the below healthy food are rich in iron that will make you grow strong.



SuperFoods

A SuperKid needs healthy food. Match the healthy food to the happy face.



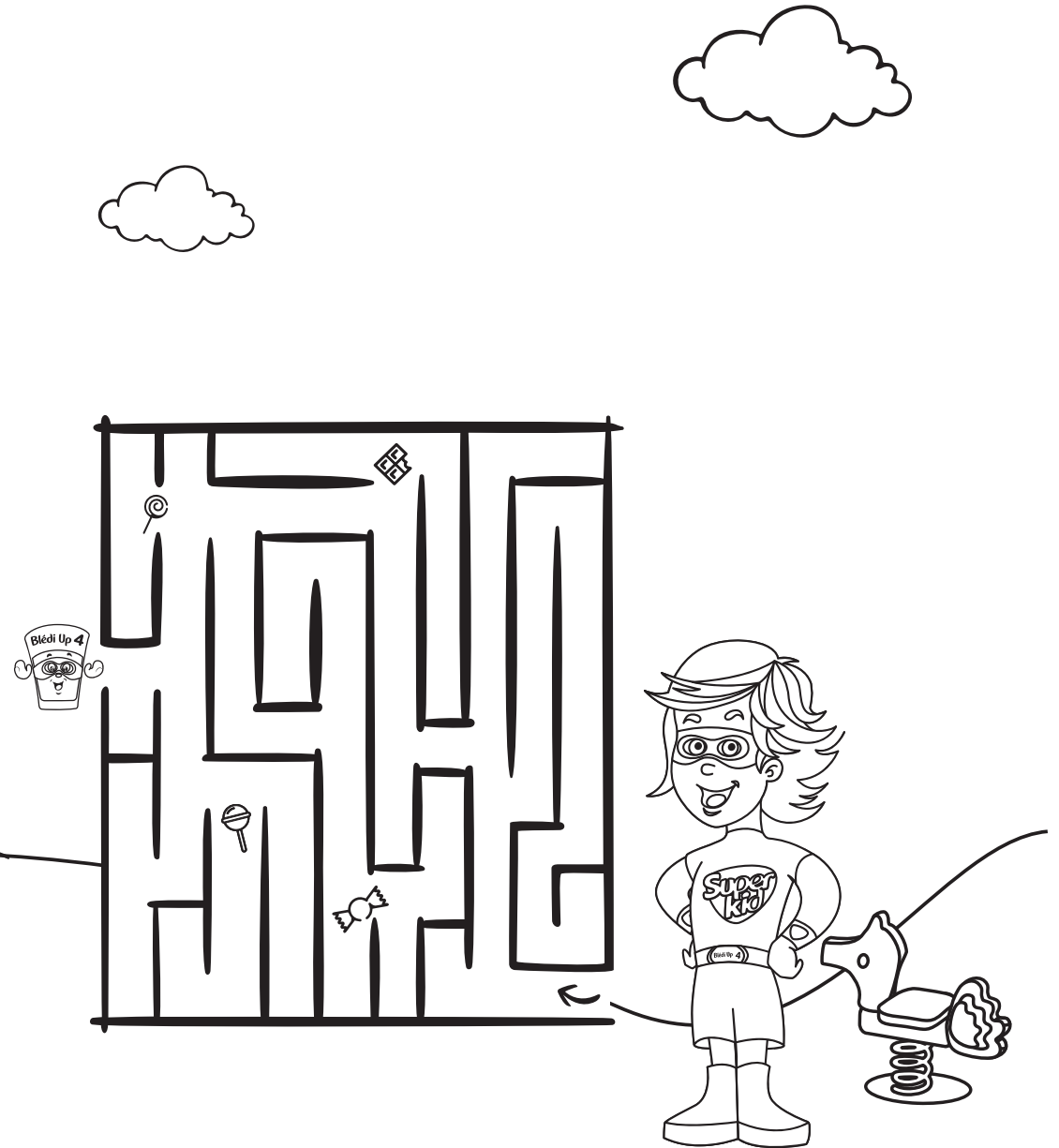
Sunny Vitamins

The sun gives you Vitamin D that makes your bones strong.
Trace the sun rays and color the picture!



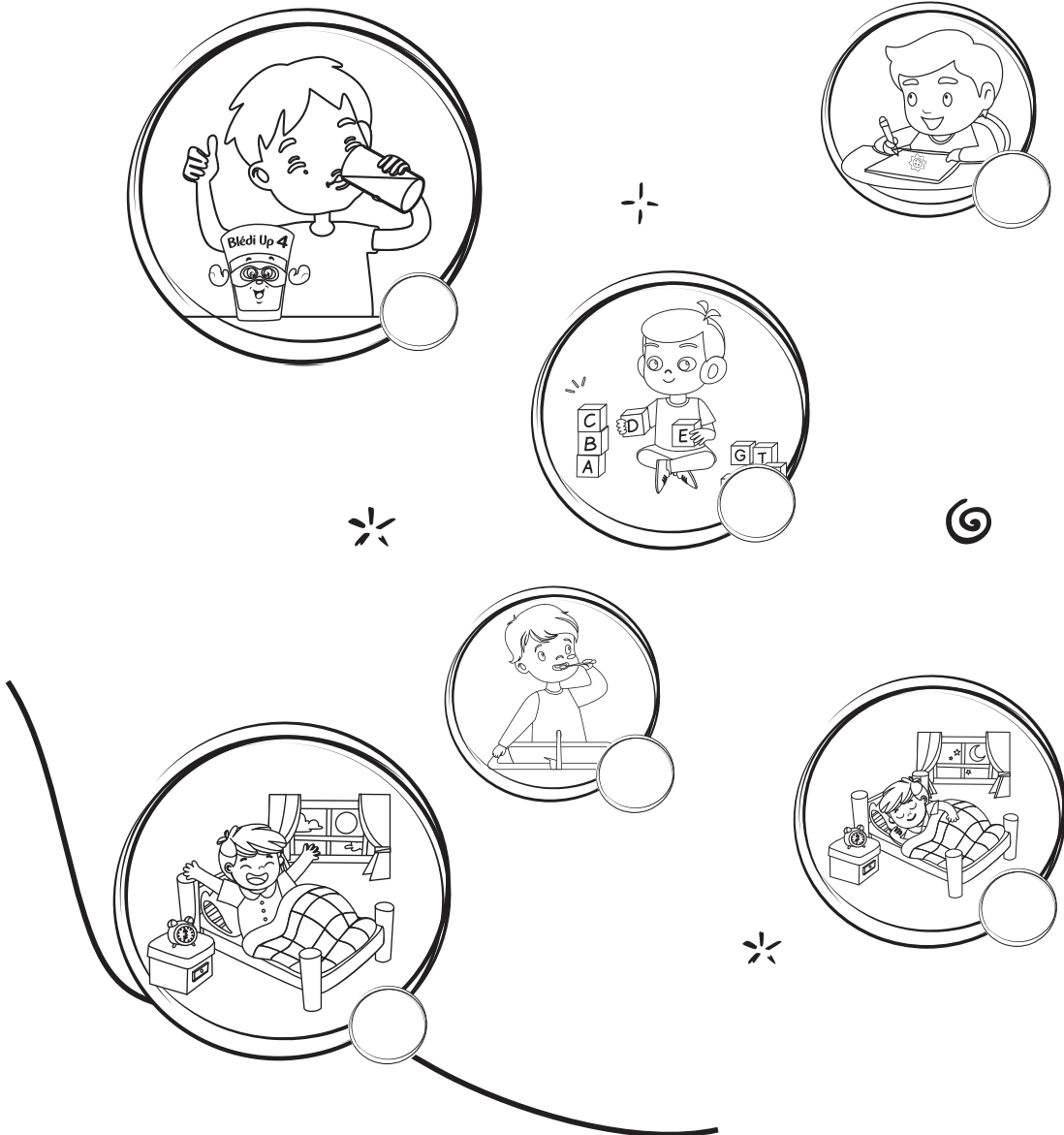
A- Maze-ing

Help the SuperKid find his BlediUp 4 milk! Be careful, do not eat any sweets!




My SuperDay

How do you spend your day Superkid? Number the pictures in order.

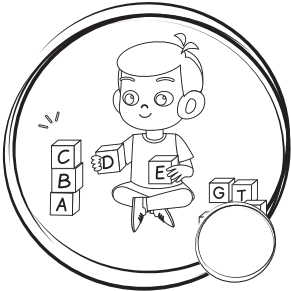


Little Chef

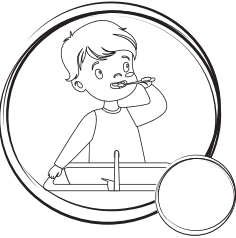
Time to cook with Mommy!




+




+





+






+







1 Cup Rolled Oats




1/2 Raisins




1 Apple Grated




1 Teaspoon Vanilla Extract



1 Teaspoon Cinnamon



1/2 Cup of Milk (Bledi up)



HOW TO MAKE APPLE CINNAMON OATMEAL STEP-BY-STEP
Here's a look at how to make this simple oatmeal and the process involved.

- 1 Assemble the ingredients. Grate the apple.
- 2 Heat water in a medium pot over high heat. When it's almost about to boil, lower to medium low and add all ingredients except the optional nut or seed butter and optional toppings.
- 3 Cook, stirring often, until the oats are softened and the water is absorbed, about 10-8 minutes.
- 4 Remove from heat and let sit. Stir in the milk and add optional toppings and serve warm.



Color Like Me

Match the same colors as the picture on the right.

