

kick start!
eat smart!

**FAVORITE
SPORT:**

Jogging

**FAVORITE
SONG:**

Bodyrock by
Moby

**FAVORITE
COLOR:**

Blue

**FAVORITE
CDM**

EXHIBIT:
The Treadle

**STRONG
IN:**

Vitamins
A, C, and K



BAY-TO-CAROTENE RACE

Julienne Carrot

A MEMBER OF THE PARSLEY FAMILY



Children's Discovery
Museum of San Jose

KAISER PERMANENTE.
KP SAN JOSE MEDICAL CENTER



thrive

RECIPE:

Dip for Carrots

Carrots are fat free, cholesterol free and an excellent source of vitamin A and vitamin C. Eating carrots regularly will help your body to stay healthy. Try this easy-to-make dip for carrots—you'll love it!

- 8 oz. fat free cream cheese, softened
- ½ cup fat free cottage cheese
- 1 carrot, diced
- ½ green pepper, diced
- 1 piece celery, diced
- Add pepper or garlic powder to taste

Directions:

Mix all ingredients together and dip in your baby carrots!

