



# THE CREATIVE KITCHEN: FRUITY PIZZA

*Get your daily servings of fruit and art with this colorful fruit pizza from CMOM partner The Creative Kitchen.*

IDEAL AGE: 2+

## LEARN TOGETHER

Eating two to four servings of fruit a day builds healthy and strong bodies! Plus, cooking together is a great way to bond while building math and language skills.

## MATERIALS

- Your choices of fruits
- Cream cheese
- Graham crackers
- Butter knife or spoon

## MAKE TOGETHER

Fruit provides nutrients, antioxidants, vitamins, and minerals that promote good health!

Watch Chef Cricket Azima from [The Creative Kitchen](#) show you how to make quick and easy [Fruit Pizza](#)!

- 1 Setup up some graham crackers on a plate.
- 2 Spread cream cheese over a few graham crackers using a butter knife or the back of a spoon.
- 3 Slice some of your favorite fruits into small pieces.
- 4 Lay out your fruit on top of the cream cheese.
- 5 What shapes can you make with your fruit? What colors of the rainbow do you have? Describe the different tastes of each fruit. Are any of them sweet, sour, tart, soft, or crunchy?
- 6 You can even cut your fruit into shapes for a mouth, nose, eyes, ears, and hair to create a fruit pizza person.

Enjoy your delicious nutritious snack!

Track how much fruit you're eating with this fun [Daily Fruit Tracker](#) in English and in [Spanish](#) from CMOM's [EatPlayGrow Early Childhood Curriculum](#).



For more fun activities, please go to  
[cmom.org/resources](http://cmom.org/resources)

