

### Culinary Skills



Cutting



Spreading



# Stoplight Bites

Servings: 3 per child



## Ingredients:

- 1 celery stalk, rinsed
- 1-1 ½ tablespoon cream cheese
- 1 red bell pepper strip
- 1 yellow pepper strip
- 1 green pepper strip

## Supplies:

- Table knife
- Cutting board
- Spreader
- Pizza cutter

## Directions:

Adults will:

- Rinse and cut peppers into small pieces.
- Give each child a celery stalk, pepper pieces, and cream cheese.

Children will:

1. Cut top and bottom off celery stalk.
2. Cut celery into 3 equal pieces.
3. Cut all pepper strips into 3 small pieces.
4. Spread cream cheese onto celery pieces.
5. Place peppers in a row from top to bottom (red, yellow, green) to represent a stoplight.