

Giant Germs

Fun-filled cracker sandwiches!

Makes: 1



Level: Easy

Kids' Tool Kit

Plastic knife
Spoon

Chef's Choice

Giant Germ
Low fat milk

Ingredients:

2 round crackers
1 tablespoon peanut butter
5 to 10 small pretzel sticks
2 raisins or olive slices



Directions:

Remember to wash your hands!

1. Spread peanut butter on one cracker and make a sandwich.
2. Insert pretzel sticks for legs.
3. With a dab of filling, set raisin eyes on cracker.



Helpful Hints: Let each child create a "germ" using their imagination. Other "germ" filling could include cream cheese spread or pimiento-cheese spread. For a variety, have other dried fruit available for eyes or for decorating the germ.



Safety Tips: One of the most common food allergies in children is peanuts. Before sharing with friends, it's always a good idea to tell kids this snack contains peanut butter to avoid an allergic reaction. Even a touch or tiny bite of a food allergen can be harmful.

Nutrition Facts

Serving Size 1 germ (28g)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	9%
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *Germs! Germs! Germs!* by Bobby Katz. For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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