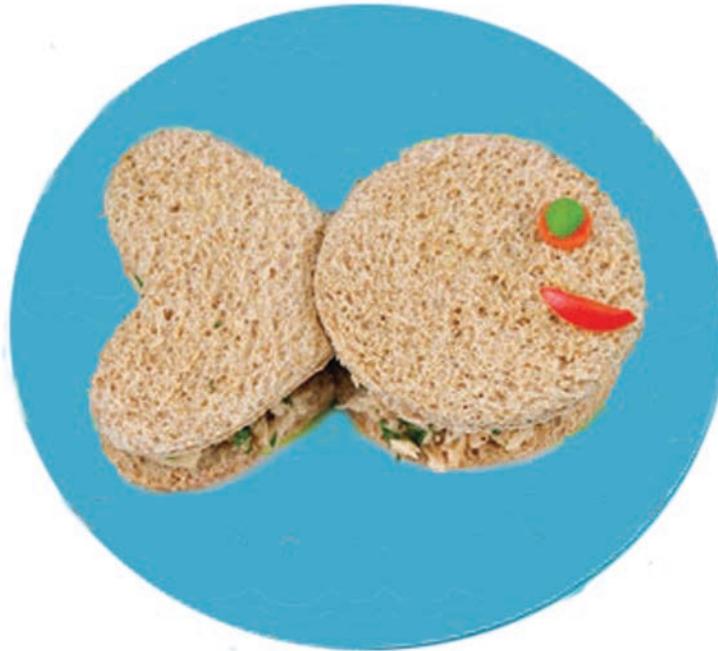


• This is a simple twist on the classic tuna sandwich, easy to prepare with a child. Because the class is learning about clean water, remind the children that the fish we eat comes from our oceans, lakes, and rivers and that it's important to keep the earth's water clean.

# Healthy Eating



## Tuna Fish Sandwich

Whole wheat bread

1 can of tuna fish

1 tablespoon of Vegenaïse

1 teaspoon of granulated vegetable bouillon

Onion salt and pepper to taste.

Optional: 1 hard boiled egg - diced

Mix all ingredients. Use heart shaped cookie cutter for tail and circle shaped cookie cutter for head. Enjoy!