

Fiesta Parfait

Ingredients:

- 1 can Black Beans
- 2 cups Brown Rice, cooked
- 1 cup Salsa
- 1 Lime
- 1 can Corn
- 1/4 bunch Cilantro
- 1/4 cup Shredded Cheese

Directions:

Layer all ingredients together in a cup. Experiment with different ingredients. Write your favorite below!



Pump it Up: Stand with your legs shoulder width apart. Bend your knees so you are squatting. Now alternate lifting one foot then the other, quickly like you are running. Feel your heart and legs working! How long can you do it?



Food for Thought: Corn is a member of the grass family. It is a major source of starch around the world. A single ear of corn has about 800 kernels, that's a lot of corn!

Tasty Thoughts: _____

