# Apple-cinnamon yogurt dip

Read the full guide before you begin. Use this worksheet to record your own measurements, quantities and choices.

## SUPPLIES TO CHECK

Plain yogurt, ground cinnamon, washed apple slices, bowl, clean utensils

## 01 PLAN

Spoon a small amount of yogurt into a clean bowl. Stir in a little cinnamon and taste before adding more. Use a published recipe when you need exact proportions.

## 02 DETAILS

Wash and cut apples with an adult-handled knife. Arrange broad slices beside the dip rather than using sharp cocktail picks. Check the yogurt and any optional sweetener for dietary needs and allergens.

## 03 FINAL CHECK

Keep yogurt and cut fruit refrigerated until serving and put out small portions. Store according to the ingredient labels and trusted food-safety guidance; this guide does not establish a storage life.

## MY MEASUREMENTS / QUANTITIES / CHANGES

Safety: Hard raw apple pieces can be a choking hazard for young children.
Adapt food to the child and supervise eating. See CDC choking guidance.