

# SCIENCE FROM HOME



## Tortoise Snack Time

Tortoises need a rich diet of different fruits and vegetables. The academy works hard to make sure our turtles get the healthy and nutritious diet they need. If you want to try sampling some tortoise cuisine, now's your chance!

### Know before you begin

- This activity can be done inside in a kitchen
- All supplies are easy to find, substitute, or modify
- Adult supervision is strongly recommended
- Please choose a safe space for this activity

### Materials

- Lettuce or other leafy greens like kale, collard, or mustard greens
- Vegetables like squash, zucchini, carrots, corn, or peas
- Fruit like berries, tropical fruits, grapes, apples, or pears
- A bowl or plate

### Instructions

- Assemble your snack by putting your leafy greens on the bottom of your bowl or plate.
- Add your vegetables on top of your leafy greens.
- Top with your fruit of choice.
- Enjoy your turtle snack! If you want to try it à la turtle, eat using only your mouth.
- If you have a pet tortoise, try it as a shared snack time bonding experience.

