



# Bento-Box Lunches

By Apryl Stott

Children in Japan often bring bento boxes for their school lunches. Bento boxes are a whole meal in one container. Traditionally they're made with rice, meat or fish, and vegetables, but you can make yours out of your favorite healthy lunch foods. *Kyaraben*, or character bento, turns your favorite lunch foods into a picture. Here are a few suggestions to help you get started.

Remember to ask an adult for help when you make a Kitchen Crafts recipe.

Bunny bento is made from **rice**, **grapes** (for the background and one sliced in half lengthwise for the nose), **cheese slices** (for the inner ears and cheeks), **raisins** (for the eyes), and **baby carrots** (for the background).



Star bento is made from a **peanut butter and jelly sandwich** cut into a star shape, **raisins** (for the eyes, nose, and background), **cheese slices** (for the cheeks), and **apple slices** (for the mouth and background).



Puppy bento is made from a slice of **lunch meat**, **pickles** (cut lengthwise for the ears and sliced for the spot around the eye), **olives** (cut lengthwise for the eyes and nose, and chopped into bits for the whisker dots), **cheese** (for the muzzle), and **celery sticks** (for the background).



Lion bento is made from **macaroni and cheese** (for the lion mane), a **tortilla** (cut into a circle for the head and triangles for the ears), **lunch meat** (cut into triangles for the nose and inner ears), **raisins** (for the eyes and mouth), and **soybeans** (for the background).

