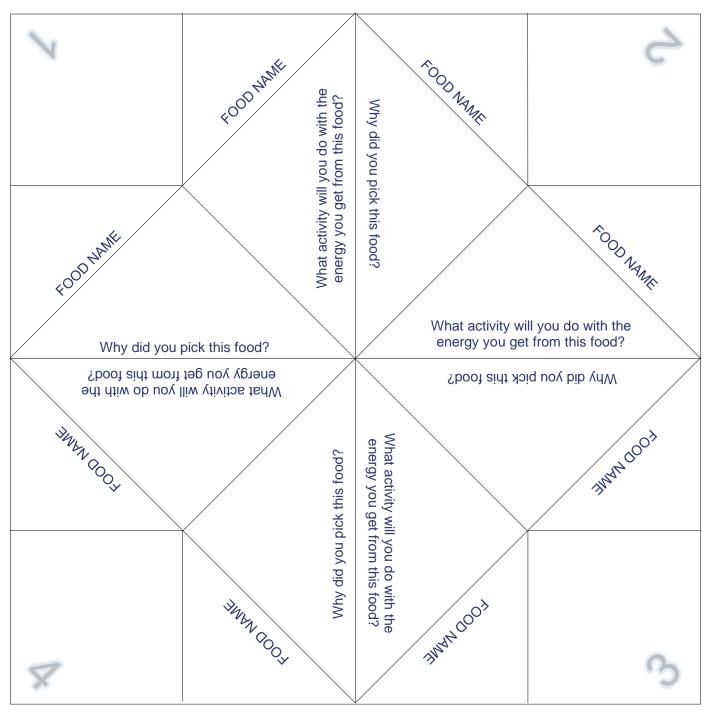
Nutrition Education Fortune Tellers

www.NutritionFromTheHart.com



- 1. Draw your favorite fruit or vegetable in the square with the numbers.
- 2. Next, write the food name, why you picked that food, and an activity that you like to do.
- 3. Cut the outside square of the fortune teller.
- 4. Fold in half and in half again in the opposite direction.
- 5. Open out, turn over so the top is blank, and fold each corner into the middle. Turn it over and repeat.
- 6. Turn so you can see the pictures, fold each corner to create a square showing 4 pictures.
- 7. Fold so words come together and touch.
- 8. Slide thumb and pointer finger under pictures and all pictures together in fortune teller form.
- 9. Ready to use the fortune teller!

