

Nutrition Education Fortune Tellers

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1	FOOD NAME	FOOD NAME	2
FOOD NAME	Why did you pick this food? What activity will you do with the energy you get from this food?	FOOD NAME	FOOD NAME
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4	FOOD NAME	FOOD NAME	3

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!

