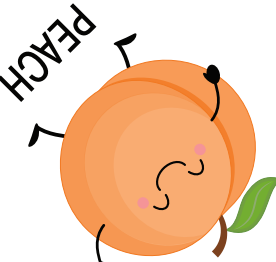
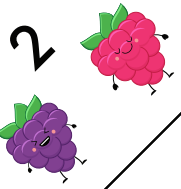
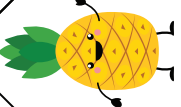




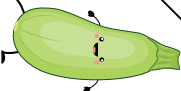
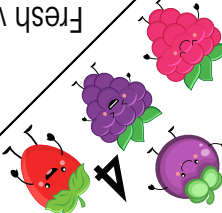
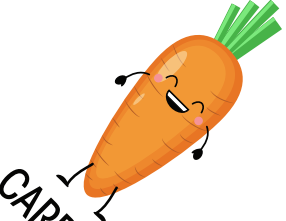
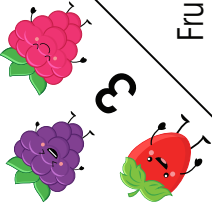

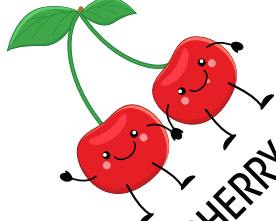




NUTRITION From the Hart

Fruit & Veggie Game Pack



 <p>PEACH</p>	<p>2</p> 		 <p>CORN</p>
<p>1</p>  <p>LEARN</p> <p>Different colors give you different vitamins and minerals. Name fruits & veggies of different colors.</p>	<p>Take 3 deep breaths. Feel your body relax with each breath.</p>	<p>MOVE</p> <p>Fruits and veggies give you vitamins to stay healthy! Jump for joy 3 times!</p>	 <p>3</p> <p>Onions, carrots, & potatoes are root vegetables that grow in the ground. Name your favorite root vegetable.</p>
 <p>2</p> <p>Red fruits & veggies have Lycopene that protects us from disease. Name 3 red fruits or veggies.</p>	<p>MOVE</p> <p>Fruits and veggies give your brain energy to think! Count by 2s to 22 and balance on 1 foot. Feel your body relax with each breath.</p>	<p>LEARN</p> <p>Fresh vegetables are good for our bodies and our minds. Name 2 vegetables you like to eat.</p> 	 <p>4</p>
 <p>CARROT</p>	<p>3</p> 	<p>1</p> 	 <p>CHERRY</p>

FOLDING INSTRUCTION

1. Cut the outside square of the fortune teller.
2. Fold in half and in half again – in the opposite direction.
3. Open out. Turn over so the top is blank. Fold each corner into the middle.
4. Turn it over and repeat.
5. Fold in half so berries touch. Open up, and turn 1/4 turn and fold in half again.
6. Slide thumb and pointer finger under pictures with all berries together in fortune teller form.
7. You're ready to use the fortune teller!

PLAY INSTRUCTIONS

- Step 1:** Pick a food. Spell its name while you open/close the fortune teller with each letter.
- Step 2:** Pick a number and count the berries. Open/close the fortune teller with each number you count.
- Step 3:** Pick another number. Open/close the fortune teller with each number you count.
- Step 4:** Pick and open a flap. Learn something about fruits and veggies.