

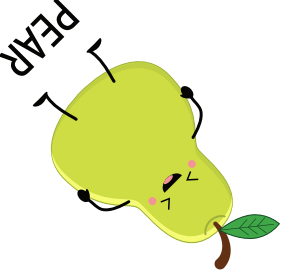
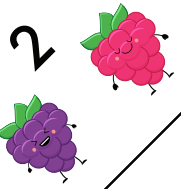
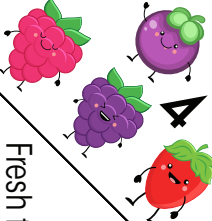
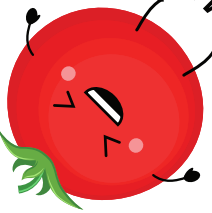

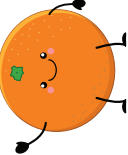
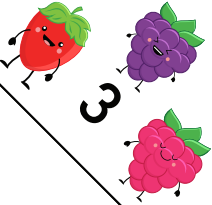
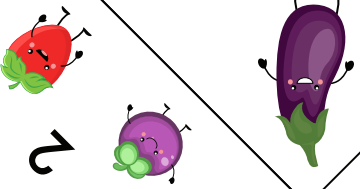

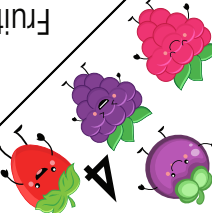
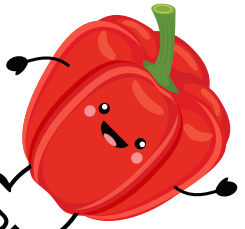
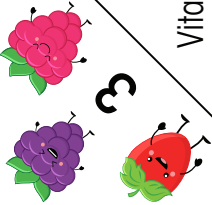

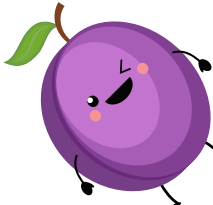


NUTRITION

From the Hart

Fruit & Veggie Game Pack



 <p>PEAR</p>	<p>2</p> 	 <p>4</p>	 <p>TOMATO</p>
<p>1</p>  <p>MOVE</p> <p>Fruits and veggies give you energy to move! Jog in place and count to 10.</p>	 <p>Can you name 5 red or orange fruits and vegetables?</p>	<p>LEARN</p> <p>Fresh fruit makes a healthy and yummy snack! Name 2 fruits that you like to eat for a snack.</p>	 <p>3</p>
 <p>2</p> <p>MOVE</p> <p>Fruits and veggies give you energy to be a friend. Name a friend and do 5 jumping jacks.</p>	<p>LEARN</p> <p>Vitamins from fruits and veggies keep our brains healthy. Name a fruit <i>and</i> veggie you like to eat.</p>	<p>MOVE</p> <p>What is your favorite fruit? What is your favorite vegetable?</p> 	 <p>4</p>
 <p>PEPPER</p>	 <p>3</p>	<p>1</p> 	 <p>PLUM</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.