





Nutrition Education Fortune Tellers

www.NutritionFromTheHart.com

	<p>BLUEBERRY</p> <p>Tell a friend or family member why you want them to be healthy.</p>	<p>OATS</p> <p>Oats are great for your gut! They help your GI tract stay healthy!</p>	
<p>BLUEBERRY</p> <p>Blueberries have a lot of antioxidants to keep you healthy.</p>		<p>OATS</p> <p>Invisible Jump Rope for 30 Seconds.</p>	
<p>BEANS</p> <p>Yog in place for 30 seconds.</p>	<p>BEANS</p> <p>Black beans give us great protein and help fight heart disease.</p>	<p>BROCCOLI</p> <p>Take 1 slow, deep breath and hold it for 3 seconds. Then slowly exhale.</p>	<p>BROCCOLI</p> <p>Broccoli has fiber, protein! Plus, lots of vitamins.</p>
	<p>BEANS</p>	<p>BROCCOLI</p>	

1. Print and 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, and fold each corner into the middle. Turn it over and repeat.
4. Turn so you can see the pictures, fold each corner to create a square showing 4 pictures.
5. Fold so words come together and touch.
6. Slide thumb and pointer finger under pictures and all pictures together in fortune teller form.
7. Ready to use the fortune teller!

