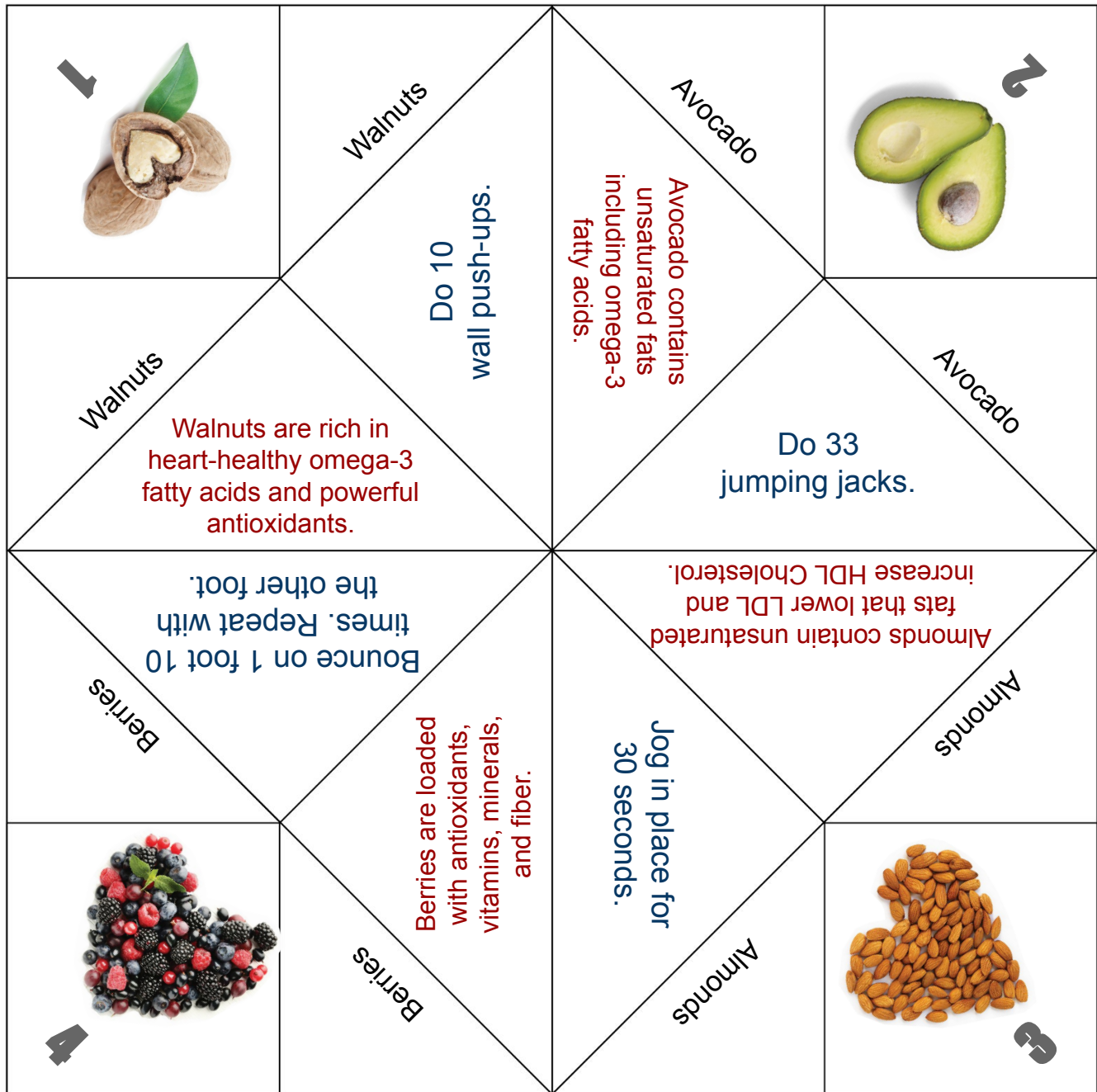


Nutrition Education Fortune Tellers

www.NutritionFromTheHart.com



1. Cut the large 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. Turn so you can see the pictures, fold each corner to create a square showing 4 pictures.
6. Fold so words come together and touch.
7. Slide thumb and pointer finger under pictures and all pictures together in fortune teller form.
8. You're ready to use the fortune teller!

