

## **Ann's Creative Corner**

### **Project #339: Food Booklets**

- Gather some magazine pictures of Healthy Foods from all 4 food groups: Vegetables and Fruits, Meats, Meat products and Eggs, Milk and Milk Products, Grains.
- Find a printed page online "Look What I Tried" or make one yourself.
- Make a thin booklet by folding construction paper in half.
- Insert some thinner pages from printing paper.
- Fold over with the thin pages inside and staple the top.
- Fold the pages with a nice crease to be sure the pages turn before you start to colour or put pictures into your booklet.
- Draw your own foods.
- Cut the magazine photos and glue in with a glue stick.
- Find some printable pages that you may cut out the printed shapes.
- Create your own shapes of foods with various colours on paper and glue them in with a glue stick.

#### **Activities:**

Talk about the value of each food group. Taste some of the foods that you have put into your booklet. Go shopping and/or find things to prepare to eat in your home. Read books on Healthy Eating!

