

CRAFTY TUESDAYS

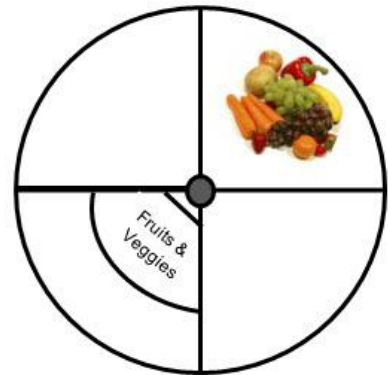


HEALTHY MEAL WHEEL

This is a great way for kids to learn about the four food groups! Girls can complete the following girls' programming by making this craft: Sparks: *Being Healthy*, and Brownies: *Key to Active Living*

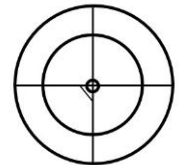
MATERIALS

- Old magazines with pictures of food
- Glue & Scissors
- Brass, round head paper fastener
- 2 sheets of construction paper
- Paper clips
- Protractor (1)
- Ruler and pencil

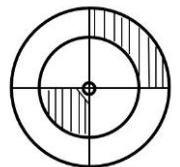


INSTRUCTIONS

1. Cut out magazine pictures of food from the four basic food groups: Grain Products, Fruits & Vegetables, Dairy Products, Meat and Alternatives.
2. Paper clip together two sheets of construction paper. Trace a large circle with the protractor set at the centre of the paper.
3. Create another circle about half the size of the first circle.
4. Draw a circle about the size of a dime around your midpoint. You now have a bull's eye with a large, medium size and small circle. (See pic. 1)
5. Cut along the outline of the large circle to create a bull's eye wheel.
6. Using a ruler, divide your bull's eye into 4 quarters. Do the same for the 2nd sheet of paper. Put one sheet aside.
7. Paste the magazine photos from one food group in one quarter of the large circle. Repeat with each of the other food groups and quarters until they are filled up.
8. Write the name of the food group in the **OPPOSITE** quarter of the **SMALLER** circle. Repeat for each of the quarters. Set aside.
9. Take the blank wheel (without the photos) and cut out one quarter of the largest circle.
10. Rotate your wheel so that you are looking at one quarter of the smaller circle that is directly **OPPOSITE** the one you've just cut out. Cut it out carefully, ensuring to leave 1 inch around the centre circle. (See pic. 2)
11. Place this cut wheel over top the wheel with glued photos. Poke the brass fastener through the centre of both sheets of paper and separate the prongs so that they hold the wheel together.



Pic 1



Pic 2