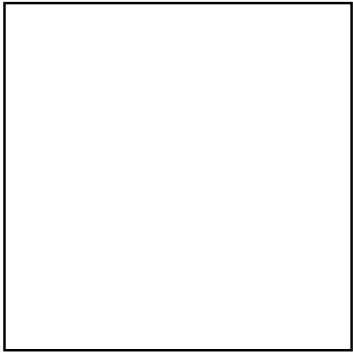
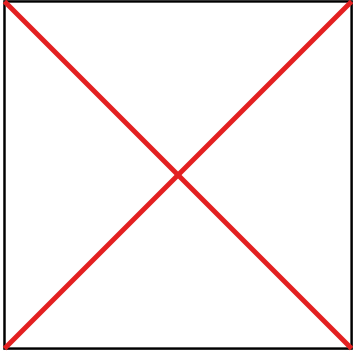


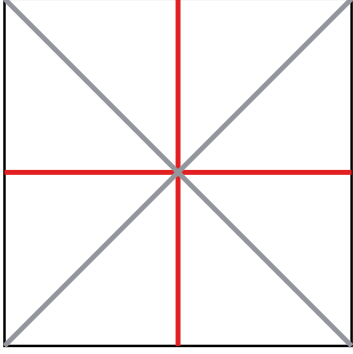
How to create a fortune teller



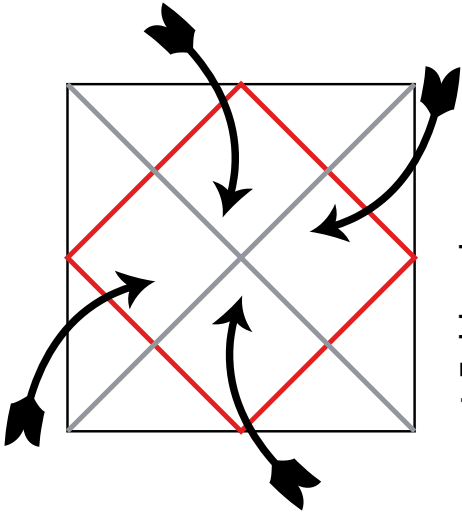
1. Cut your square.



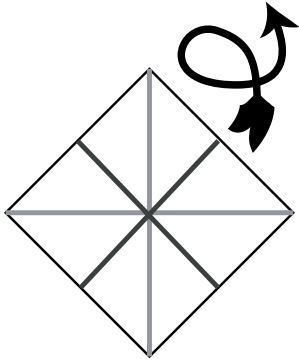
2. Fold and then re-open each diagonal as shown.



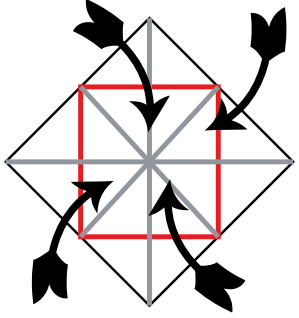
3. Fold in half vertically and then horizontally after each fold.



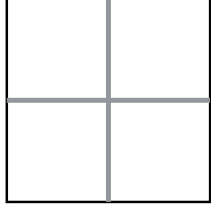
4. Fold each corner into the centre (leave folded!)



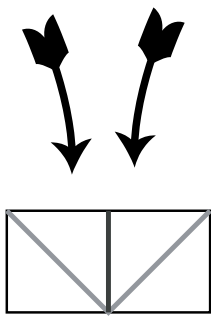
5. Flip the whole thing over.



6. Fold each corner into the middle again.



7. Fold in half towards the back (so everything that is facing up right now stays outside).



8. You should now be able to put your thumbs and point fingers into the pockets of the device and push it all into shape.

HAVE 5 A DAY!



















Disney PIXAR



THE INCREDIBLES

Feel incredible by eating your 5 A DAY!
Create your own Incredible Disney Fortune Teller and learn about food that is good for you.

| | | | |
|--|--|--|---|
|  <p>apple</p> |  <p>pea</p> |  <p>carrot</p> |  <p>banana</p> |
|  <p>asparagus</p> | <p>Make a homemade pizza and see how many vegetables you can stack on top!</p>  | |  <p>broccoli</p> |
| <p>Freeze your favourite fruits and add to low-fat yogurt for a delicious dessert – watch out for the fruity brain freeze!</p>  | | <p>Bake your own veggie bread, try courgette, pepper or pumpkin bread! It's super delicious!</p>  | |
| <p>Bake your own super healthy crisps! Try beetroot, apple, parsnips or sweet potatoes – the list is endless!</p>  <p>cherry</p> | | <p>Prunes, raisins, apricots! Grab some dried fruit as a healthy mid-morning snack when you are on the go!</p>  <p>cabbage</p> | |
|  <p>corn</p> | <p>Mash up banana or avocado on a slice of bread for your breakfast or lunch! Super smashing fuel to keep you going!</p>  | | <p>Create a super veggie-packed stir fry for your tea featuring your 5 A DAY favourites!</p>  <p>mushroom</p> |
|  <p>radish</p> | | <p>Have a go at growing your very own fruit or vegetables – which will be your favourite 5 A DAY?</p>  <p>kiwi</p> | |

