

Make a fruit and veg mobile

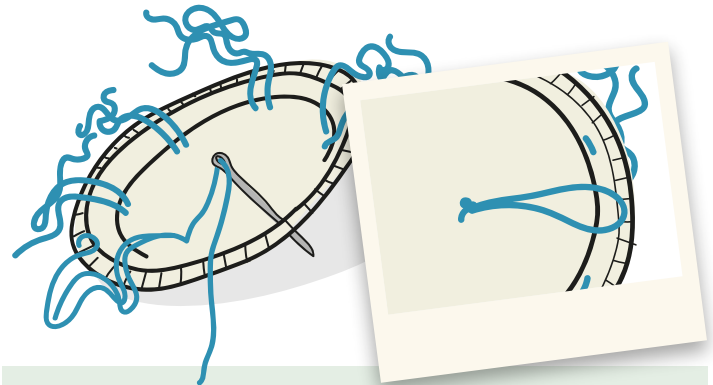
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There are lots of different colourful fruit and veg. To remind you to aim for eating a good healthy mix of different fruit and veg every day of the week, why not make a colourful fruit and veg mobile to hang in your window.

You will need...



- A paper plate
- Printout of the fruit and veg pictures and the days of the week labels
- Yarn or string (6 pieces around 120cm long and one around 150cm long)
- Colouring pencils
- A darning needle (a fat needle with a large eye)
- A compass or other sharp point to make holes
- A protractor to help you mark out the holes evenly
- Double-sided sticky tape

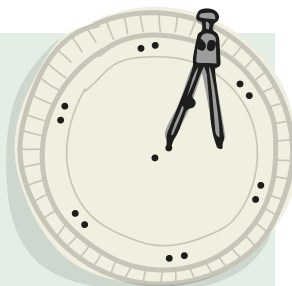


- For the central hole leave a loop of yarn sticking out at the top of the plate and tie a knot in it close to the plate. Tie another knot beneath the plate to secure it in place.

- Cut out the day of the week labels and stick each one (back to back) near the top of one of the lengths of yarn using double-sided sticky tape. Next choose five different fruit and veg items for each day of the week. Colour them in and add a word in the box to describe the taste or texture of that particular food. For example, on an orange you might write 'juicy' or 'zesty'. For a carrot you might write 'crunchy' or 'sweet'. Think about the tastes and textures of the foods that you've chosen.

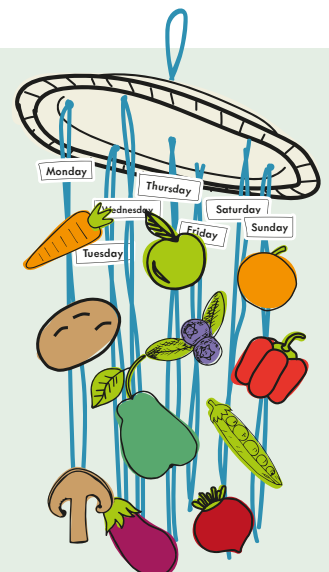
- First mark out 6 points evenly spaced around the rim of your paper plate. You can use a protractor to do this, making a dot every 60°. Find the centre of the plate by drawing across two sets of the points diagonally opposite each other and make a dot in the centre.

- Using a sharp point like a compass, carefully poke holes through the plate, 1cm apart on either side of the dots you've marked out.



- Using the darning needle, thread a length of yarn up through one of the holes from the underside of the plate then back down the hole next to it. Take the needle off the yarn and gently pull so that both sides are equal in length. Tie a knot in the yarn to secure it beneath the plate. Repeat this for all the sets of holes around the edge of the plate.

- Next cut them out and stick them back-to-back down each length of yarn using double-sided sticky tape. When you've stuck all 35 items onto your mobile trim off any long ends and hang it up on display.



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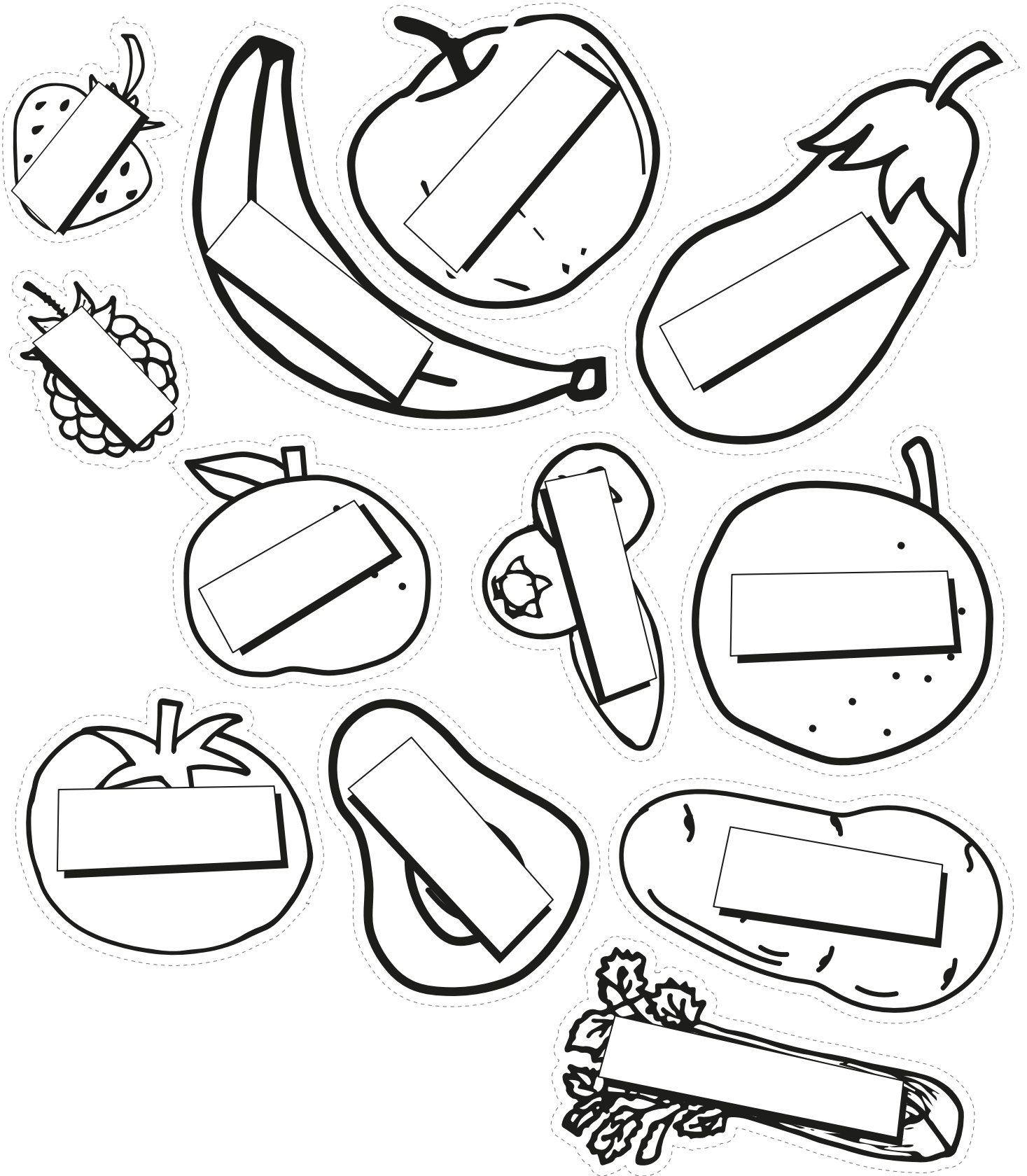
Don't forget to take a
snap of your activities
and share them with us!

Remember to tag us and use the hashtag
#TopTatieTips



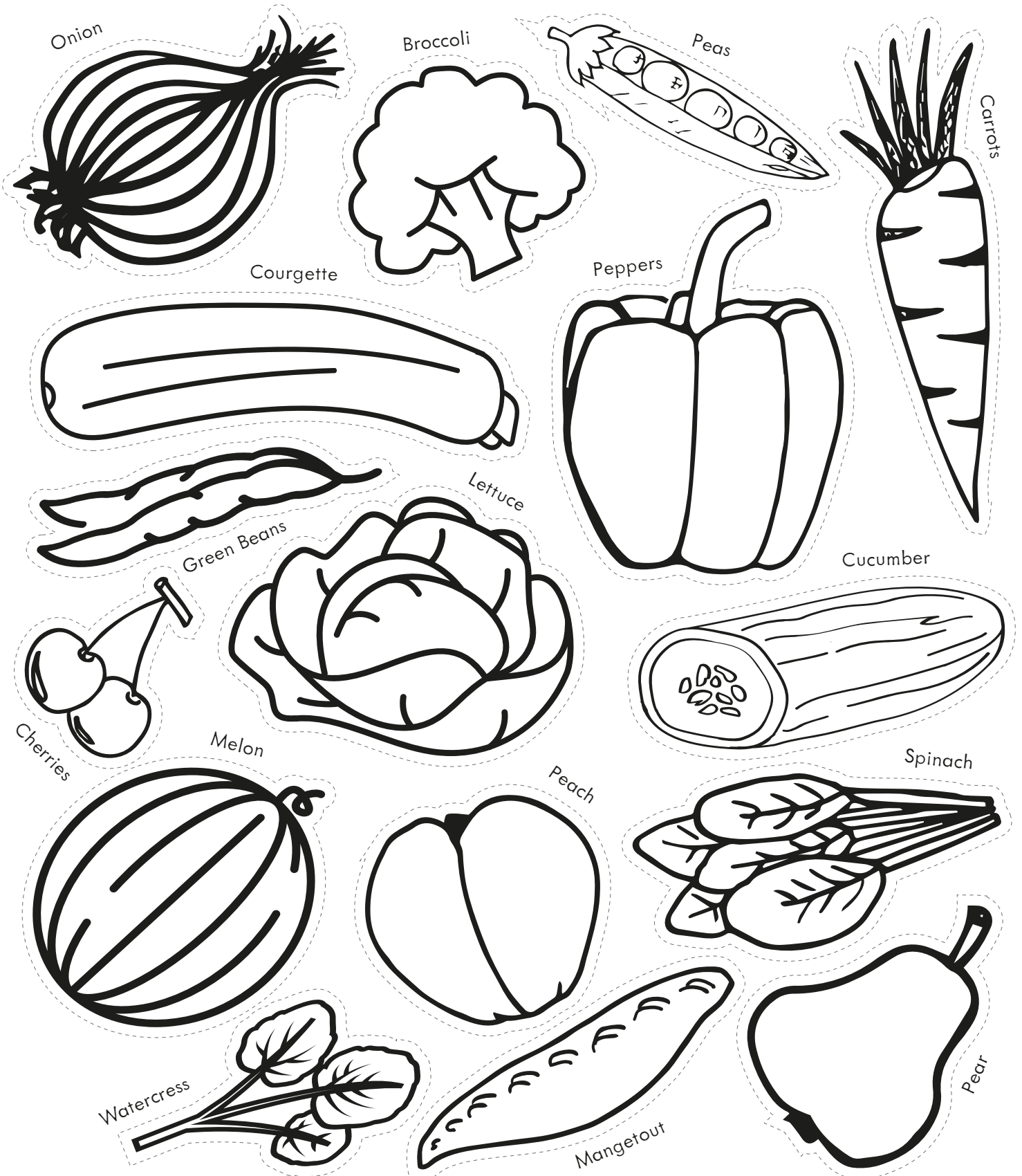
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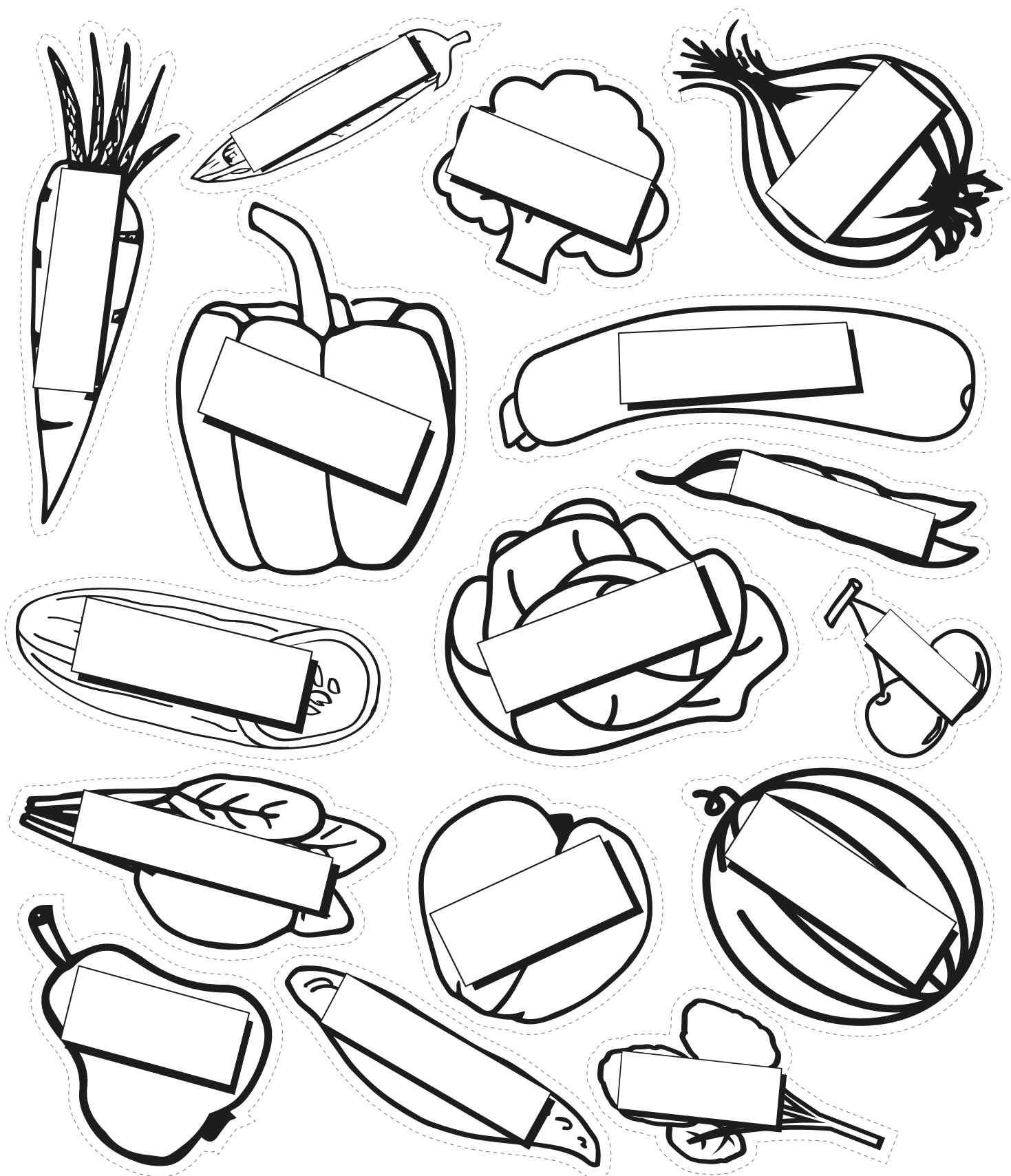
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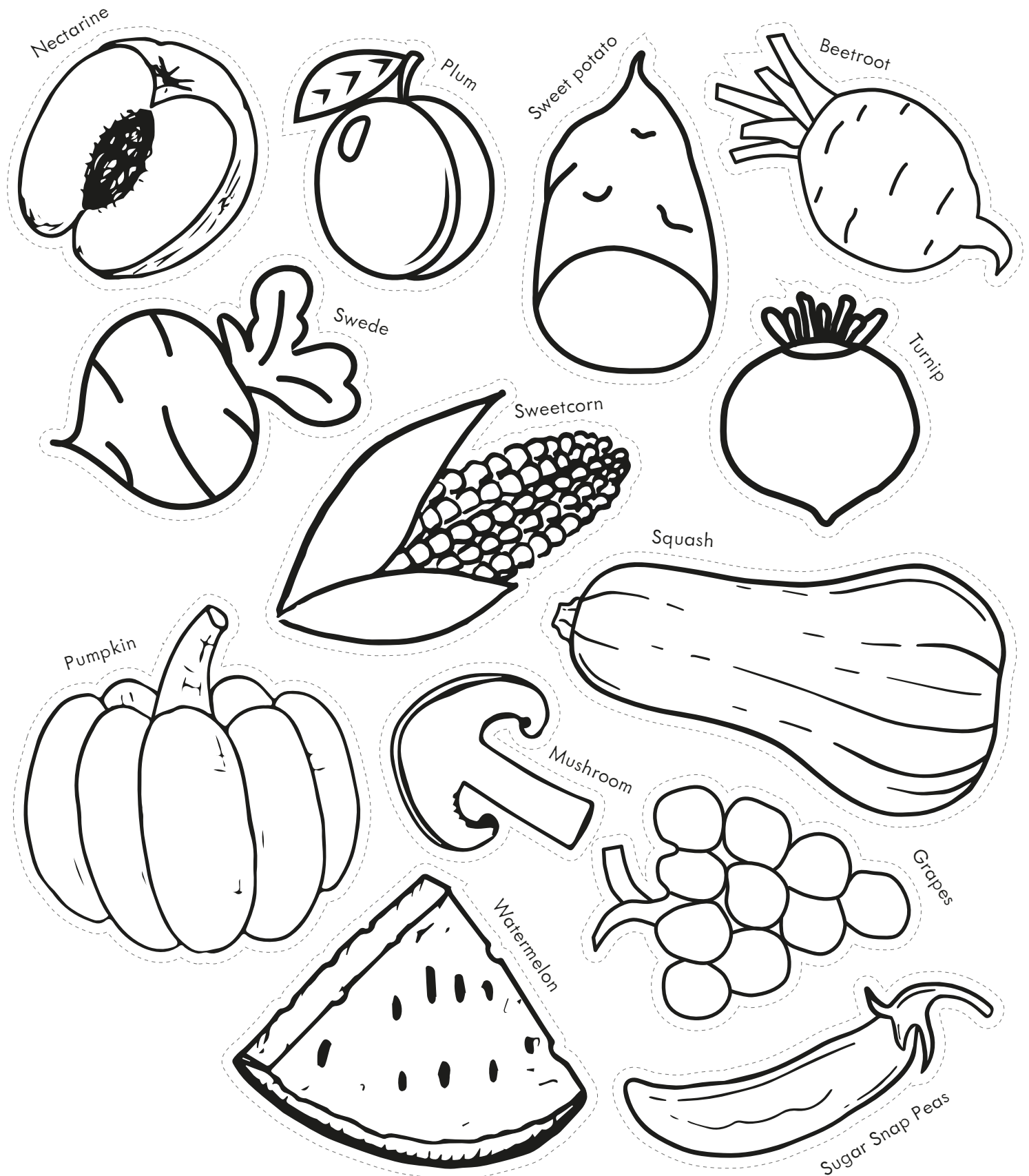
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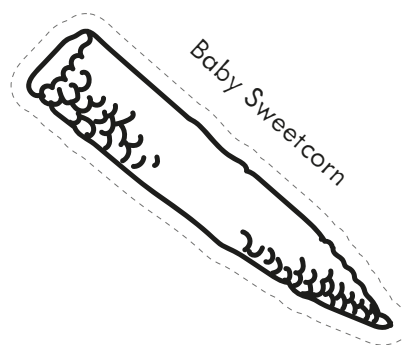
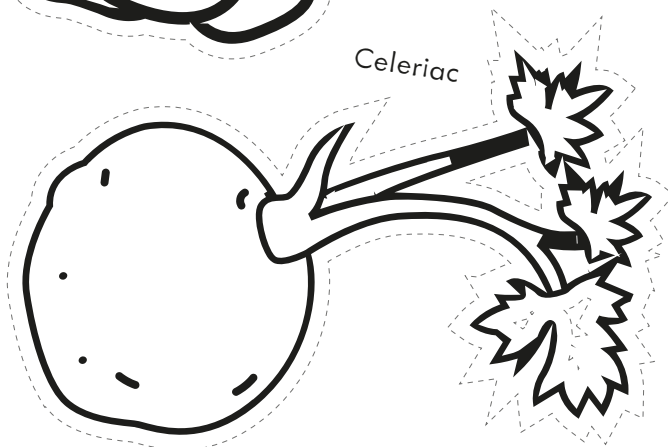
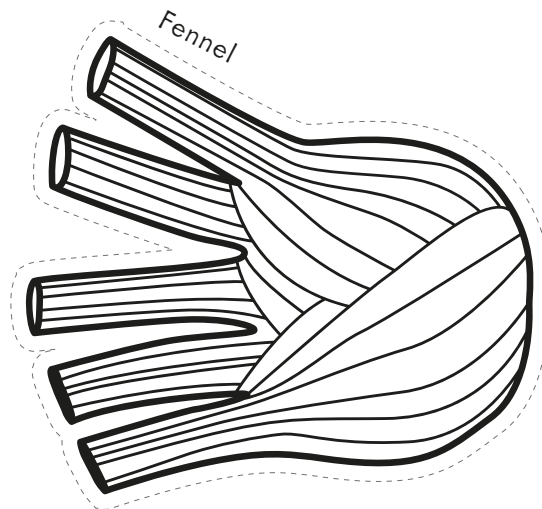
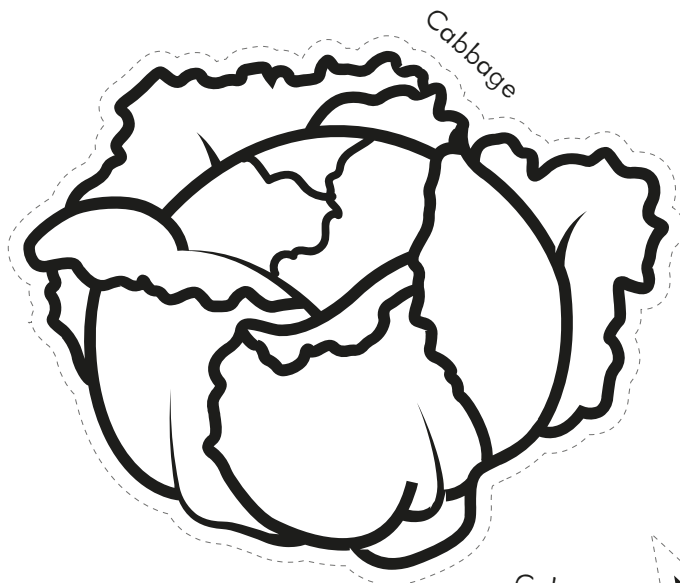
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Monday

Thursday

Saturday

Tuesday

Friday

Sunday

Wednesday

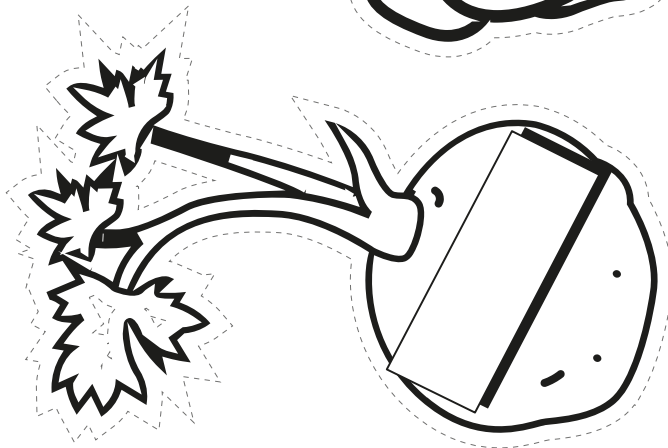
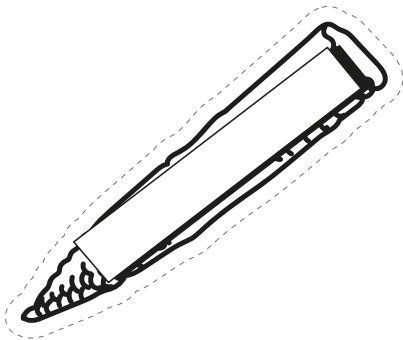
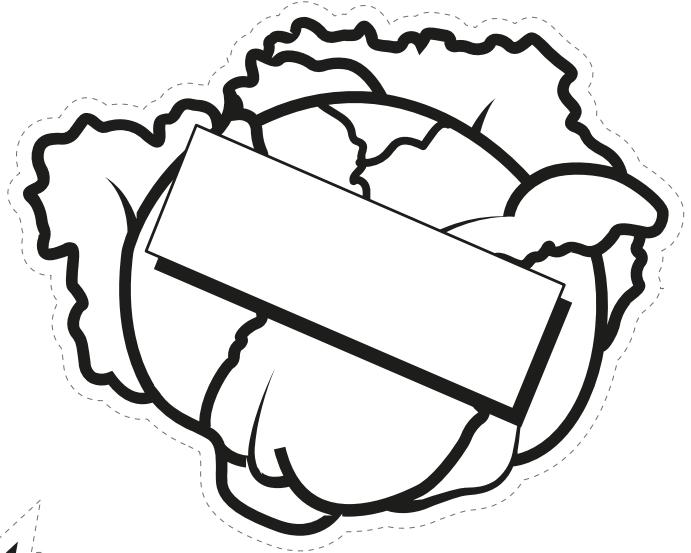
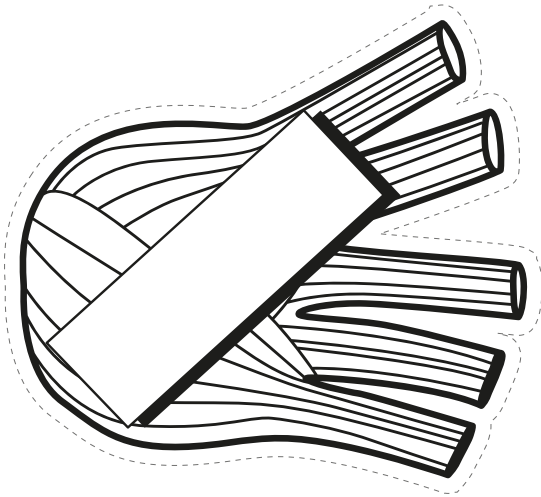
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Saturday

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