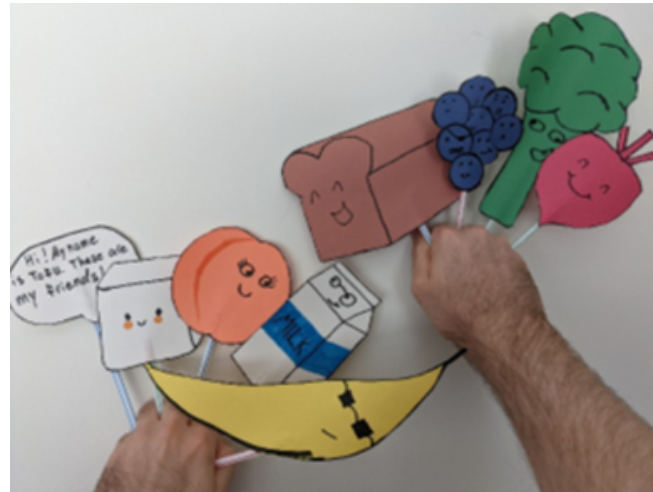


MyPlate Food Group Puppets

Materials

- Construction Paper, Various Colors
- Scissors
- Erasable Pencil
- Markers, Various Colors
- Plastic Drinking Straws
- Glue



Instructions

1. Using the erasable pencil, lightly trace an outline of a specific food from one of the five MyPlate food groups on a piece of construction paper. Retrace that same outline using a marker (preferably black).
2. Use scissors to cut out the outline. Try to cut along the outside of the outline that was traced using the marker. This will give the puppets better shape and depth.
3. Once the puppets are cut out, use markers to decorate by adding eyes, mouth, glasses, jewelry, etc. This is the time to be fun and creative!
4. Take a plastic drinking straw and cut it in half. Glue one of the halves onto the back of the puppet. Be sure to leave some of the straw exposed at the bottom so they can be gripped during playtime.
5. Depending on how strong the glue is, the puppet may need to set for a few hours until the glue is set. Once the glue is dry then it is time to play!

Learn more about the NC Summer Nutrition Program & find more enrichment activities at SummerMeals4NCKids.org!

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