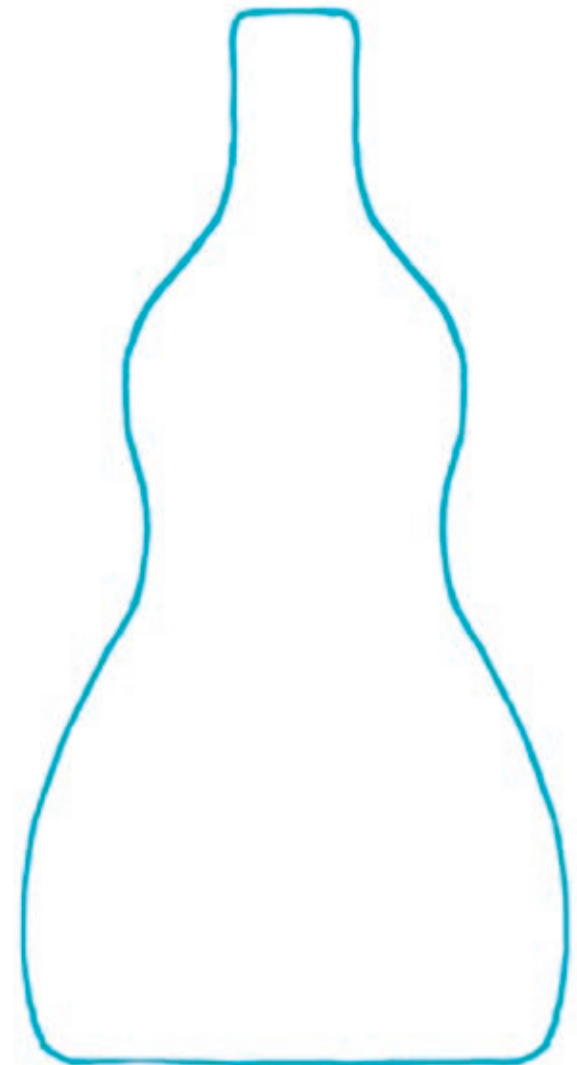
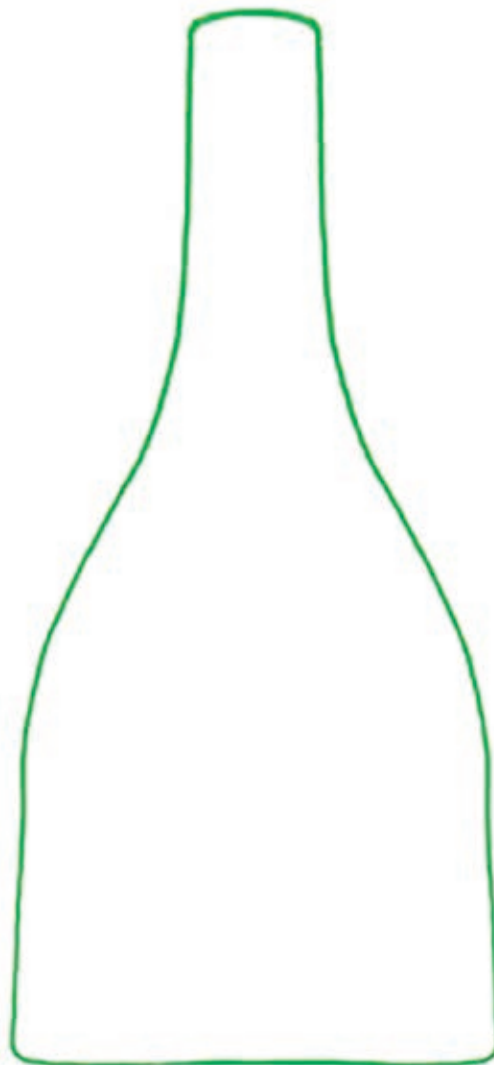
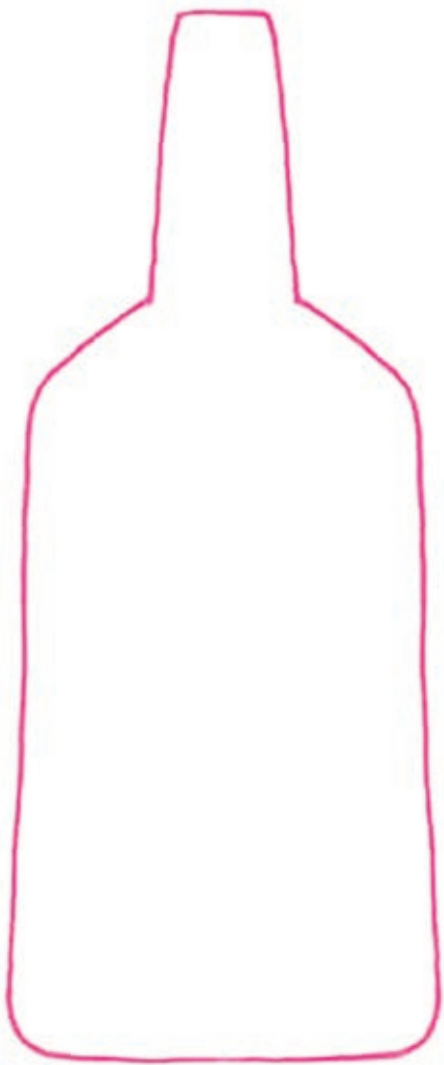


MATERIALS

- pencil
- scissors
- straw
- tempera paint
- toothbrush
- watercolours

4. **Create**  Paint the bottles using the three art techniques; splatter painting, finger painting and blow painting.



Make a healthy bookmark

MATERIALS

- card
- magazine cutouts
- foam paper
- scissors
- glue



Step 1: Choose some examples of **healthy eating habits**. Draw and cut out their shapes in card and foam paper.



Step 3: Cut out four strips of card. Think of a **design** and paste the pictures.



DON'T FORGET TO WATCH THE VIDEO!



Step 2: Find pictures in **magazines** related to the eating habits you have chosen.



Step 4: Write the **name** of your habit at the top of the strip and paste the **cutouts**.