

VEG SELECTA

HOW TO MAKE IT

1 Colour in the Veg Selecta below and cut it out. Fold it in half diagonally, then open it up and repeat for the opposite side.

3 It should now look like this.

6 It will now look like this.

2 Open it up and put it face down on the table. Fold up all four corners so they meet in the middle.

4 Turn it over.

5 Now fold each of these corners in to the middle.

7 Fold in half.

8 Now slot your fingers into the four corner flaps.

HOW TO PLAY

- Put your fingers in the Veg Selecta and keep it closed up.
- Ask a friend to chose one of the four colours.
- Spell out the colour they chose, while opening and shutting the Veg Selecta, forwards and sideways.
- Ask your friend to now choose one of the numbers shown.
- Count that number while opening and shutting the Veg Selecta.
- Ask them to choose another number.
- Lift up the flap under that number and read out their veggie dare!

COLOUR IN

RED

ORANGE

GREEN

YELLOW

1 Do an impression of a body-popping **BROCCOLI!**

2 Go **CRUNCH** a carrot!

3 Say something really **SWEET** to a friend!

4 Pat your head and rub your tummy whilst saying **"MORE PEAS PLEASE!"**

5 Find some **"I'M GOING TO EAT THEM TO DEFEAT THEM!"** Vegetables and shout

6 Roll around on the floor pretending to be a runaway **SPROUT!**

7 Answer **"SQUASHED TOMATOES"** to every question you're asked!

8 Make a face like this petrifying **PEPPER!**

