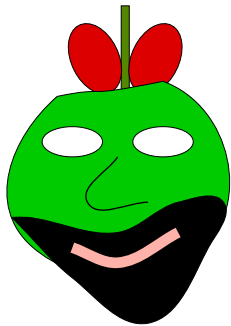


Making Healthy Family Cards.

Using the idea of happy family cards, such as Mr Baker, Mrs Baker, Master Baker and Miss Baker. Try designing cards along these lines, apart from making them based on healthy foods, such as fruit and vegetables.

Use card cut to about 5cms (2 inches) wide, and about 8cms (3 inches) high. The cubs can then label the top and bottom of each card with the names of each person in family. The children need to make a set of about 5 families to be able to play with them in groups of 4.

Mr Apple



Mr Apple

The cubs will need to be given a list of the spellings for some fruit, and given some ideas about how to decorate the fruit to give them a personal feel.

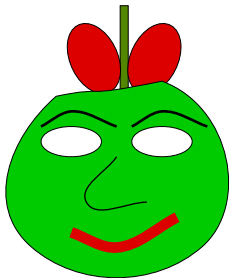
Easy fruit and vegetables that the cubs might attempt are :-

banana	apple	orange
pineapple	cherry	runner bean
carrot	pear	lemon
lime	cabbage	cauliflower

The other advantage of doing these happy families, is that they can be used for games of snap, or pairs as well.

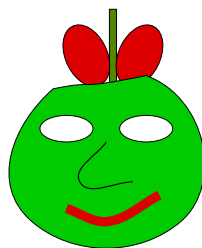
There is supplied a backing sheet for the cubs to use to make their cards look even more realistic. A good help if you are only using thin card, as it will cut out most of the colour coming through.

Mrs Apple



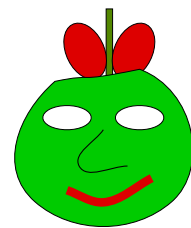
Mrs Apple

Master Apple



Master Apple

Miss Apple



Miss Apple

