

▼ Cut along here. ▲



cashew nut



brazil nut



sunflower seeds



walnut

▲ Cut along here. ▼

The GREAT GRUB CLUB

www.greatgrubclub.com

Don't forget to ask an adult for help with making this.



Put safe glue on this rectangle.

▲ Cut along here. ▼

▲ Cut along here. ▼

Put safe glue on this square.

▲ Fold ALL the way along this line. ▼

PICK 'n' MIX bag

Colour in the pictures. Fold, cut and stick the bag together as shown. Line with a napkin or piece of kitchen roll then fill with dried fruit, nuts and seeds to make a healthy snack!

▲ Fold along this line. ▼

▲ Cut along here. ▼

Put safe glue on this square.

▲ Fold ALL the way along this line. ▼

▲ Cut along here. ▼

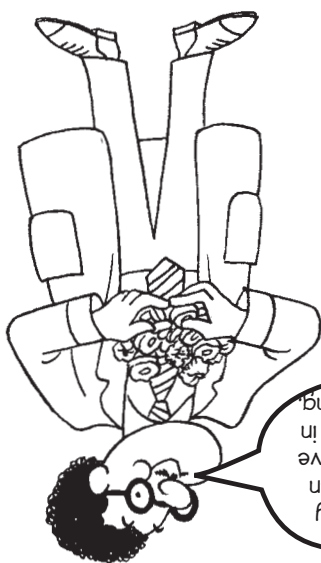
▲ Fold along this line. ▼

▲ Cut along here. ▼

Put safe glue on this rectangle.

▲ Cut along here. ▼

This bag belongs to:



ADULTS! Very young children should not have seeds or nuts in case of choking.

pumpkin seed



dried apple ring



raisins



dried fig



▲ Cut along here. ▼