



**WHOLE KIDS FOUNDATION**

Supporting Schools. Inspiring Families. Nourishing Kids.

# MAKE A Flying KITE



## What You'll Need:



Piece of Newspaper or Magazine



Towel Tube



5 Drinking Straws



String (15-20 feet)



Tape



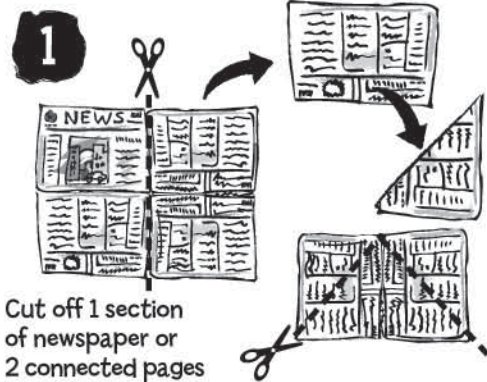
Hole Punch



Scissors

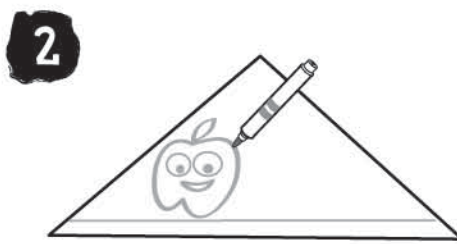


Markers or Crayons

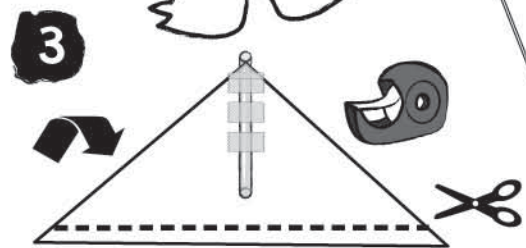


Cut off 1 section of newspaper or 2 connected pages of magazine.

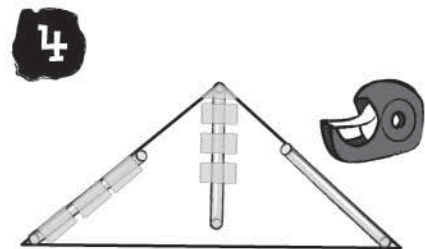
Fold it in half then in a TRIANGLE. Unfold and cut along fold line.



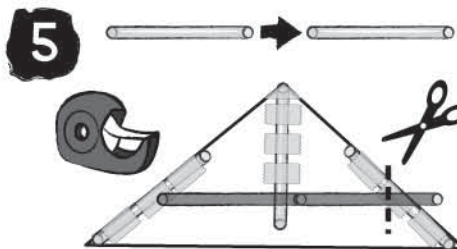
Draw and decorate one side of your kite with your favorite fruits and veggies. The decorated side will be the **BOTTOM** side of your kite.



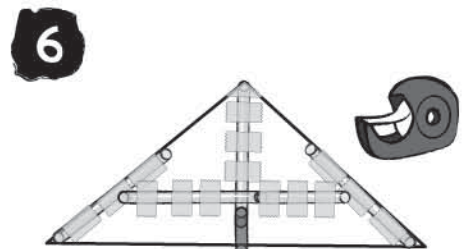
Cut off a strip along the bottom. Turn over your kite. Line up one end of a straw with the top point of the triangle and tape it down along the middle line.



Tape one straw from the bottom of each corner along the edge. Tape one side then flip the kite over to tape along the other edge.



Insert one straw end into another by pinching the end. Tape this long straw across and **OVER** the center straw. Cut off the extra piece.

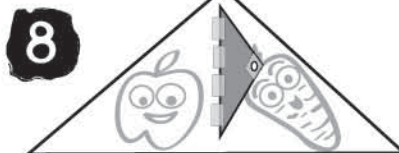


Insert the end of the extra straw piece into the center straw. Tape into place. \*Check that the **ENDS** of all your straws are taped tightly to the newspaper or each other.

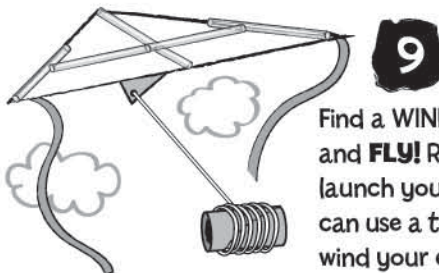


Cut a small triangle from newspaper to make a **KEEL**.

Put a few pieces of tape on the top point and punch a hole.



Tape the **KEEL** on the bottom of your kite in the middle along the center. Tape it along both sides. Tie string to the hole. Make kite tails from newspaper strips.



Find a **WINDY** spot and **FLY!** Run fast to launch your kite. You can use a towel tube to wind your extra string.

## Think About It!

- 1 What fuel makes your kite fly?
- 2 Did you know that the color of a fruit or vegetable gives you a clue about how much "fuel" it provides your body? The darker the color the more nutrients they have.
- 3 Leafy greens like kale & spinach pack the most nutrients. How many green fruits or veggies can you name?

ANSWER to 1 = WIND!



www.scrapkins.com

www.WholeKidsFoundation.org