



# WHOLE KIDS FOUNDATION

Supporting Schools • Inspiring Families • Nourishing Kids

# Make A CHEF'S HAT

RECYCLED



LEVEL: MEDIUM



### What You'll Need:



Paper Bag



Cereal Box



Stapler



Ruler



Strong Tape



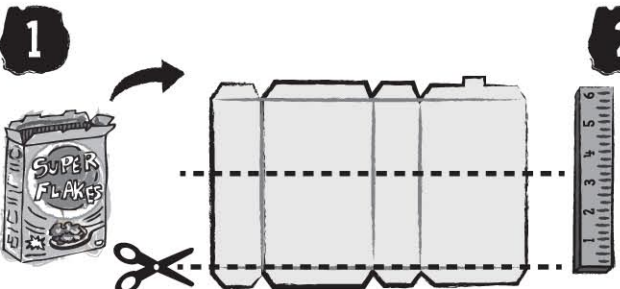
Scissors



Markers and Crayons



Pencil



Unfold cereal box. Cut out a strip about 3 inches tall.



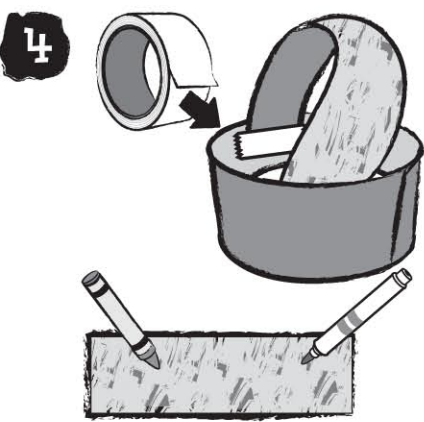
Wrap strip around your head. Mark where it forms a good fit. Take off and staple the ends together at your mark.

Put a piece of tape over the staples so it won't bother your skin.

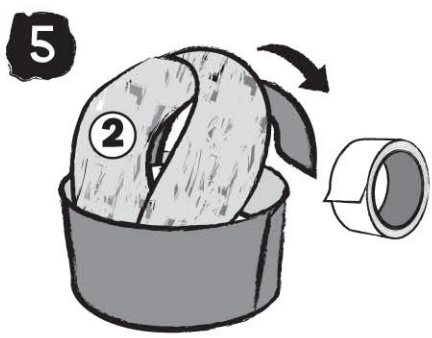


Cut the front panel off of your paper bag.

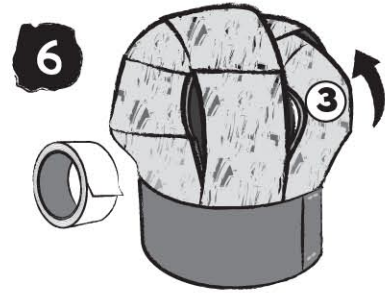
Gently remove the handle and cut into 3 equal strips.



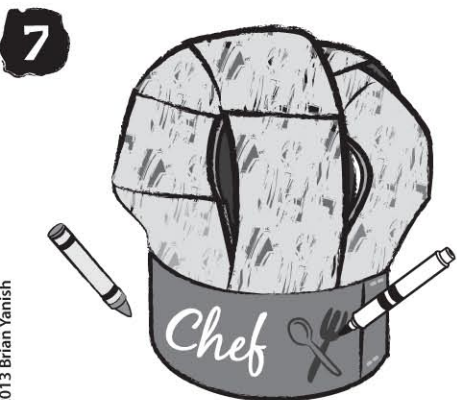
Tape one end of one paper bag strip inside the hat band near the top. Fold it into an arch shape and tape the other end. You can color and decorate the strips before taping them.



Tape the inside of the 2nd strip inside the band NEXT to the first strip. Loop in UNDER the 1st strip and tape the other end.



Tape the last strip inside the band between the other strips and loop it UNDER the 2nd strip. Tape down the last end.



Decorate the band of your hat.



## GET COOKING!

### Think About It!

- 1 You're the chef! What healthy, balanced meals would you put on the menu?
- 2 Put on your chef's hat and think of three yummy ways to prepare green vegetables.
- 3 Eating a rainbow of fruits and veggies is tasty and healthy. What foods would you put together for a rainbow meal?

