



## HEALTHY SELFIE

Use this craft to help your child remember that just like Daniel, they can be faithful by being healthy. They will use fruits and vegetables to create a unique and healthy picture of themselves to see that eating good food is one way we can choose to stand with God!

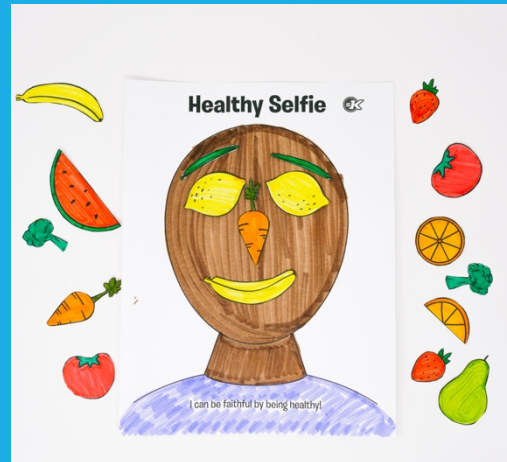
### DIRECTIONS

#### PREP

1. Print out the Healthy Selfie printables.
  - Head Template printable
  - Fruit and Vegetable printableOption: Create your own design using the printables as a guide.

#### DO

1. Allow your child to color the printables.
2. Help your child cut out the fruit and veggies.
3. Have your child lay out the fruit and veggies on the head template to create a picture of themselves.
4. Once they are satisfied with their Healthy Selfie portrait, have your child glue on the fruits and veggies.



### SUPPLIES NEEDED



Head  
Template  
printable



Fruit and  
Vegetable  
printable



Crayons or  
markers



Glue

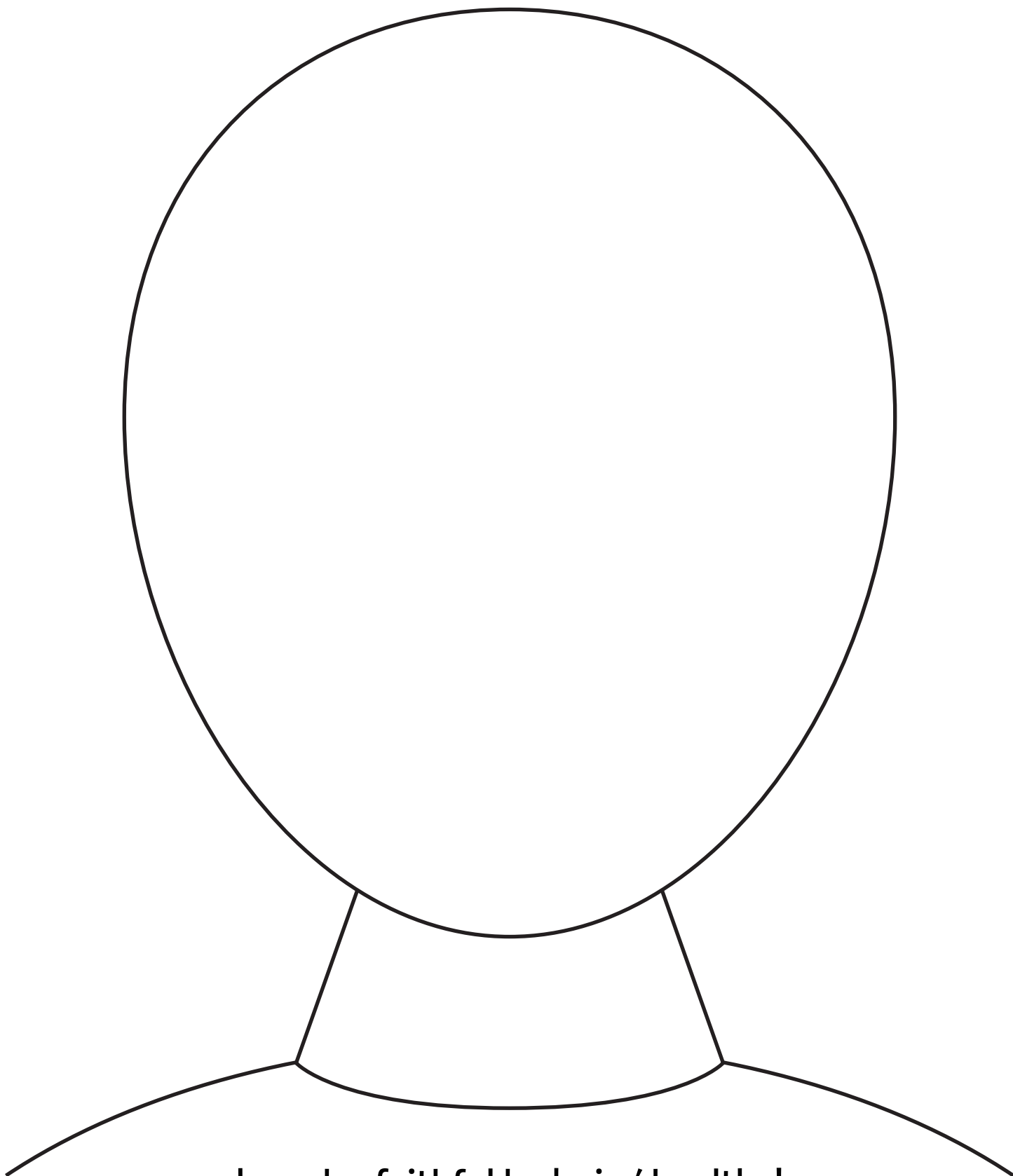


Scissors

### TALKING POINTS

- What fruit or veggies do you like to eat?
- Is there a fruit or veggie you see that you've never tried before?
- Who made all the fruits and veggies for you to be healthy?

# Healthy Selfie



I can be faithful by being healthy!

