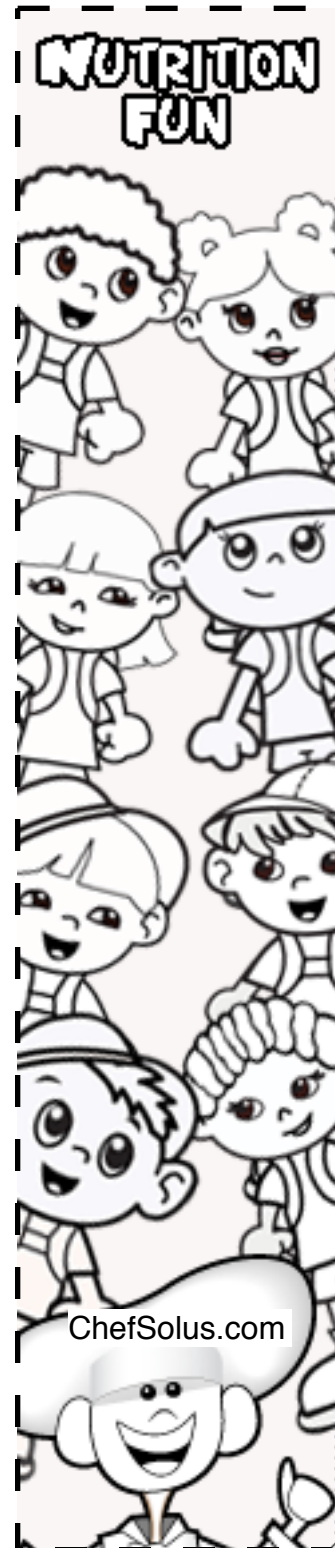
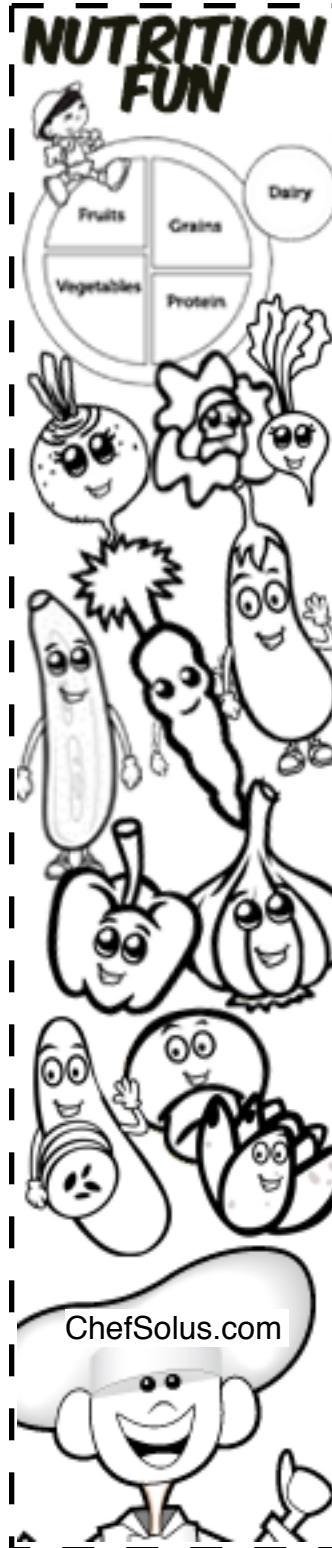
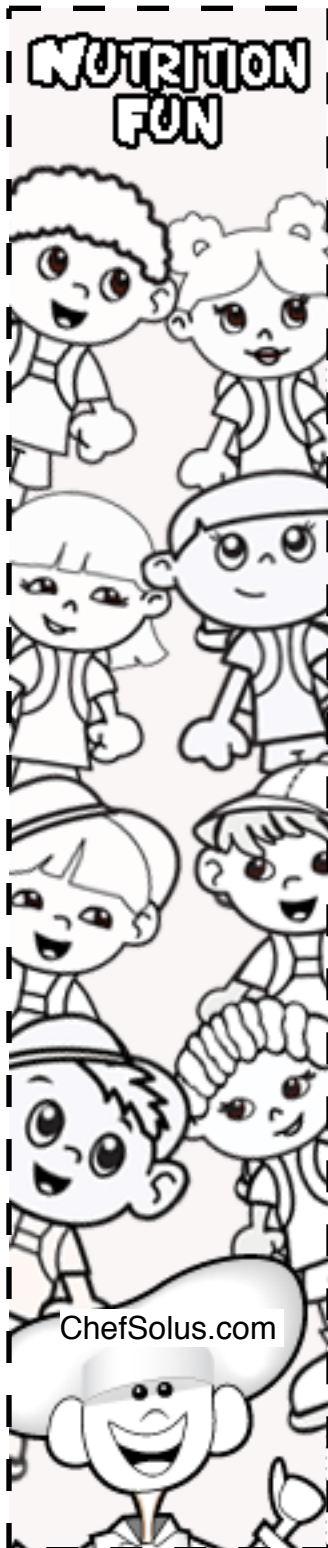


# Chef Solus' Nutrition is Fun Bookmarks



Visit [www.ChefSolus.com](http://www.ChefSolus.com) for free printable worksheets for kids, nutrition education games, puzzles, activities and more!

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# Chef Solus' Nutrition is Fun Bookmarks

Cute nutrition oriented bookmarks for kids to use during reading time.

Supplies:

Construction paper

Colored Crayons

Scissors

Glue or Paste

Hole puncher

Yarn

Instructions:

Print the sheet with the bookmarks.

If black and white, decorate the bookmarks with your favorite colors.

Cut out the bookmarks on the dotted lines

Cut out a rectangular shape from construction paper is larger than the bookmark

Paste the colored bookmark to the construction paper

Punch a hole at the top of bookmark

Thread a piece of yarn about 5-6 inches long through the hole and tie a knot

