



# BODY WISE

## Orange Wedge Boat

*What can be wiser for your body than a healthy snack?*

### What you need:

- White cardstock cut into a triangle
- Toothpick
- One quarter of an orange
- Crayons or markers
- Clear adhesive tape

### What you do:

1. Decorate your paper triangles like ships' sails, using crayons or markers.
2. Tape a toothpick onto one side of your sail, leaving about half of the toothpick sticking out.
3. Stick the end of the toothpick into an orange wedge. The orange becomes a boat, and the paper triangles become sails.
4. Enjoy these healthy snacks! Try floating your orange boat in a large bowl of water. Do you think it will float?

