Lunch

1

Eat pizza muffins

2

Eat broccomole

Pick

8

Eat carrot & beetroot fritters

Play chair soccer

Play melting statues

Run 7-station obstacle course

Make activity jar

3

Eat pumpkin & couscous fingers

7

Eat mini chicken capsicum quiches

Play push-up challenge

Play again

Play game from activity jar

Play coloured ball fitness

4

Eat tomato ricotta tart

Choose

6

Eat sang chow bows

Eat banana oat balls

5

Play

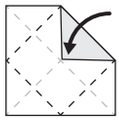
Fold it!

1. Cut off the excess outside the dotted lines, leaving the square Chatterbox template.

2. Fold the square diagonally in half from the *play* corner to the *lunch* corner, unfold and then fold diagonally from the *choose* corner to *pick* corner.

3. Lay the Chatterbox out flat, with the colours, numbers and words face down.

4. Fold each corner in to the centre point of the paper, to form a smaller square.



5. Now flip the Chatterbox over so the number side is face down. Then fold each corner in to the centre point of the square, forming an even smaller square.

6. Fold the Chatterbox in half, so the *pick, lunch, choose* and *play* squares are on the outside.

7. Put your thumbs and forefingers under each flap and bring your fingers together, towards the middle, to work the Chatterbox open.

8. Now you're ready to play!

And play!

1. Player 1 (the Chatterbox holder) asks: *Which would you like* – **pick, lunch, choose** *or* **play***?*
2. Player 2 selects a word.
3. Player 1 opens and closes the Chatterbox based on the number of letters in that word.
4. Player 2 then picks a visible number.
5. Player 1 counts out the number, while opening and closing the Chatterbox accordingly.
6. Player 2 selects another visible number.
7. Player 1 lifts the flap to reveal the fun game to set-up and play or the healthy snack to whip up, with a little bit of help in the kitchen!
8. For recipes and instructions for the games listed in the Chatterbox, visit **hbf.com.au/lunchandplay**

15/12/16 HBF13366