

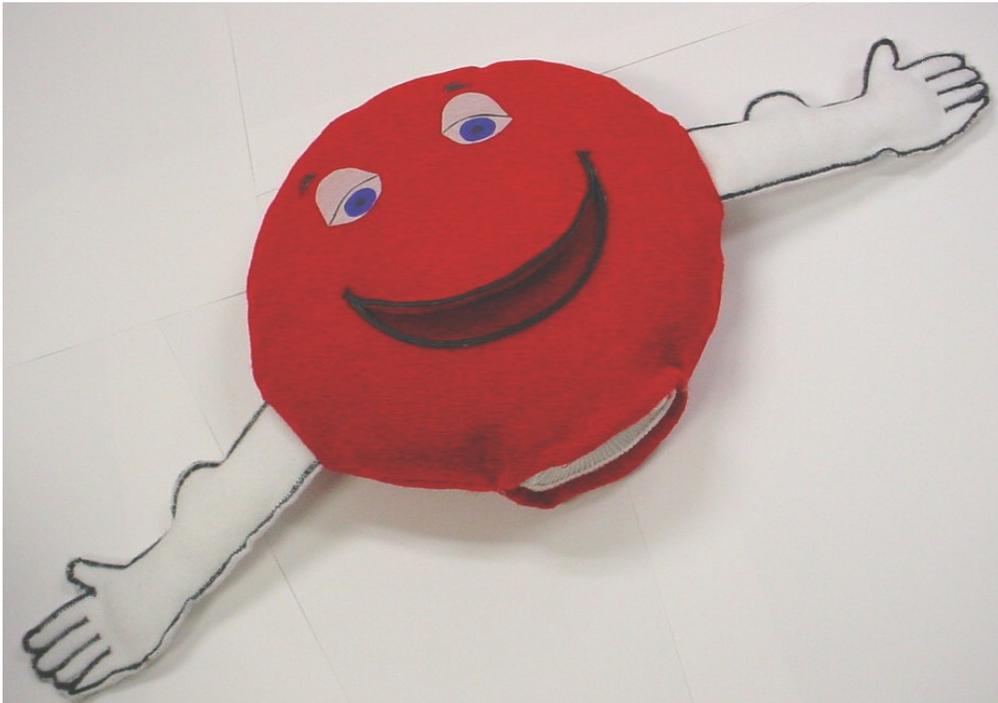
# Healthy Beginnings

Theme: Muscle Builders

Activity #1: Introducing Iron Kid

Contents:

- Picture of Iron Kid puppet
- Instructions to make Iron Kid puppet
- Iron rich food squares (need two copies of each)



Iron kid is felt material sewn together with filling to make a puppet. See the next pages for more detailed instructions.

For a very simplified version of the puppet use the "stick pattern puppet" located after the detailed instructions.

# Iron Kid Puppet Instructions

Materials Needed: 1/3 yard red felt  
1/6 yard white felt  
1/3 yard  $\frac{1}{2}$  inch quilting batting  
One white cotton sock  
White iron-on mending fabric  
Soutache sewing braid  
Blue permanent marker  
Hot glue gun and sticks  
Black and red thread

1. Using pattern piece #1 (enclosed) cut two circles from red felt.
2. Using pattern piece #2 cut one from red felt.
3. Using pattern piece #3 cut four circles from batting.
4. Cut out pattern piece #4. Lay on double thickness of white felt and trace around the pattern with an ink pen. Repeat on another double thickness of felt. Remove pattern piece and using a zigzag stitch, stitch along the traced line to create a bold, black outline. Do not stitch along end of the arm. Cut on outside edge of the stitched zigzag line. You now have two arms. Lightly stuff each arm with pieces of batting, leaving unstuffed 1" at open end.

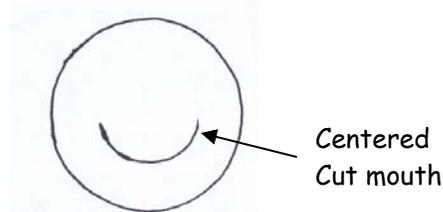


5. Using pattern piece #5, cut two eye pieces from white iron-on mending fabric. Using a black pen, draw eyelid line and eyeball. Using blue permanent marker fill in eye. Draw two eyebrows with black pen and cut out.

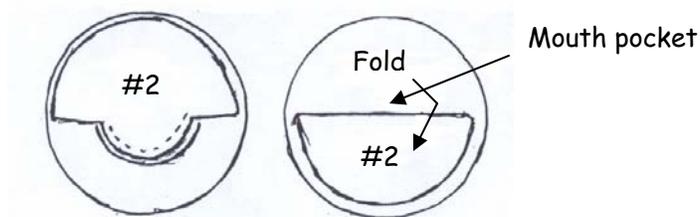


6. Cut out pattern piece #6.

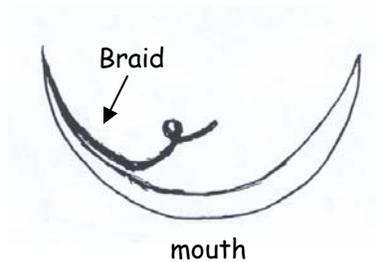
7. Using one cut #1 red felt circle piece, place pattern piece #6 centered and  $2 \frac{3}{4}$  inch from the bottom and trace a semi circle smile using a black ink pen. Remove the pattern piece and cut along that line with scissors to open the mouth.



8. Lay felt pattern piece #2 on the #1 red felt circle matching the small mouth piece with the mouth piece.
9. Stitch along the mouth line only. Fold remaining half circle over and pin with a straight pin. Turn over the unstitched felt piece.



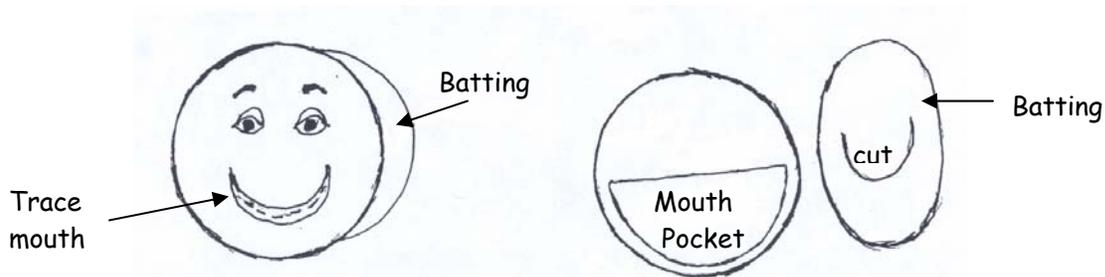
10. Cut two 8 inch pieces of Soutache braid. Using one piece of braid, hot glue onto the top mouth line. Using the second piece of braid, hot glue onto the bottom of the mouth.



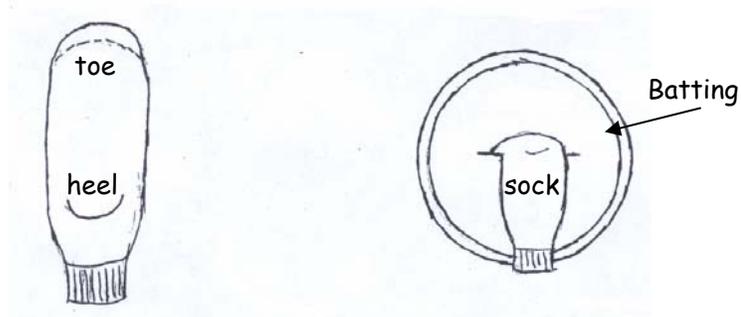
11. Lay cut eye pieces and eye brow pieces onto face and iron on following the instructions on the mending fabric package.



12. Lay two cut batting pieces on the backside of face circle. Turn it over. Using a black pen, trace the mouth opening onto the batting. Remove the batting pieces and cut along tracing of mouth through both batting pieces. Lay the batting pieces on the backside of the face and gently stuff the cut mouth pieces of the batting into the mouth pocket. Hot glue pieces to hold. See below.



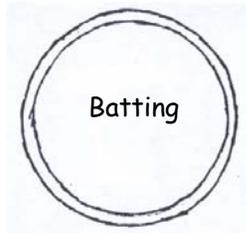
13. Take the white sock and lay it flat so the heel of the sock is centered. Slip your hand into the sock and tuck the toe of the sock into the mouth opening behind the batting. Hot glue to hold in place.



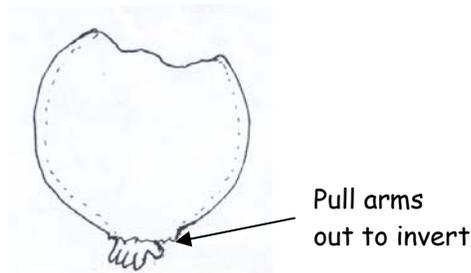
14. Turn over so the front of the face is showing. Take the arms and pin into place. Laying them pointing in, with thumbs pointing up. Refer to pattern piece #1 to see where to place. Hand base or machine stitch into place. Remove pins.



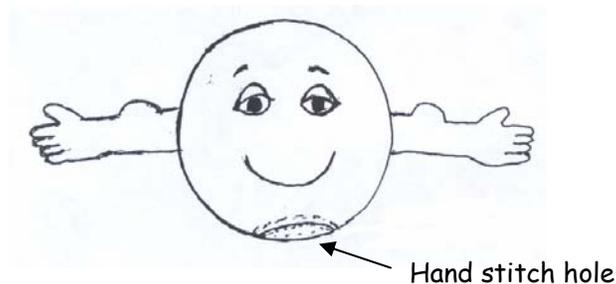
15. Take the two remaining batting pieces and hot glue onto the second #1 red felt piece, centered evenly inside seam lines (1/4 inch) on edge.

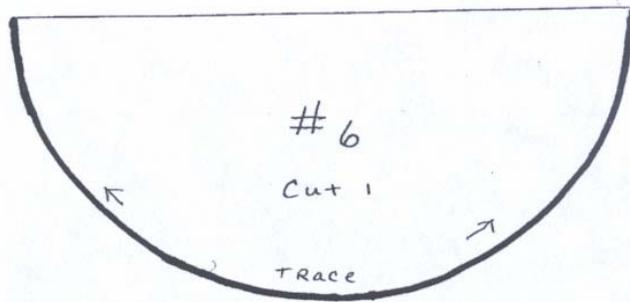
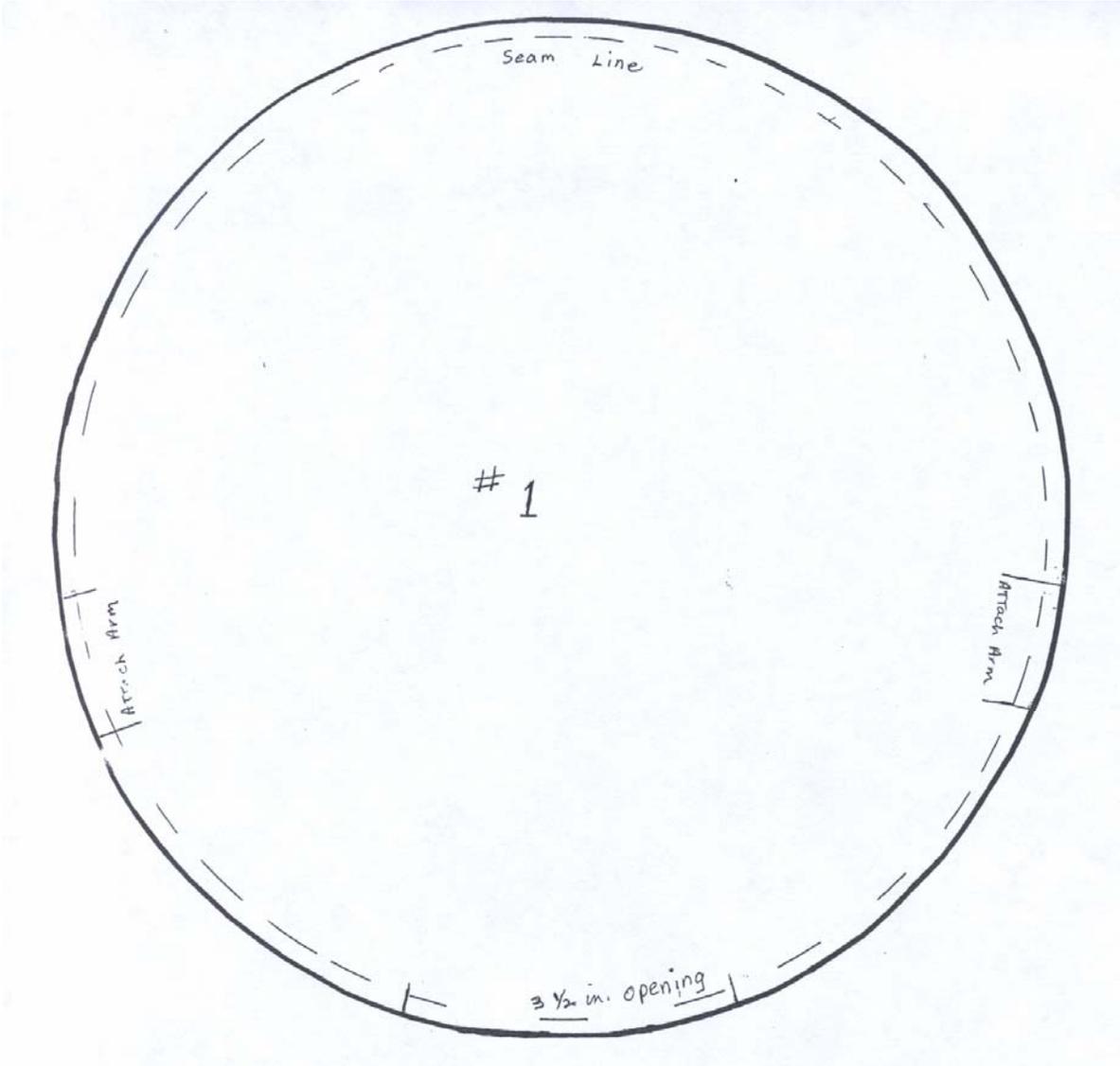


16. Lay the two #1 red felt pieces, right sides together (arms in), and pin together.
17. Leaving a  $3 \frac{1}{2}$  inch opening at the bottom, carefully stitch on a sewing machine with a straight stitch (red thread) a  $\frac{1}{4}$  inch seam around body. When the seam is complete carefully invert the body by slowly pulling the arms through  $3 \frac{1}{2}$  inch hand hole until totally reversed.

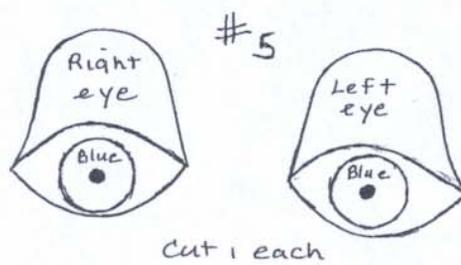
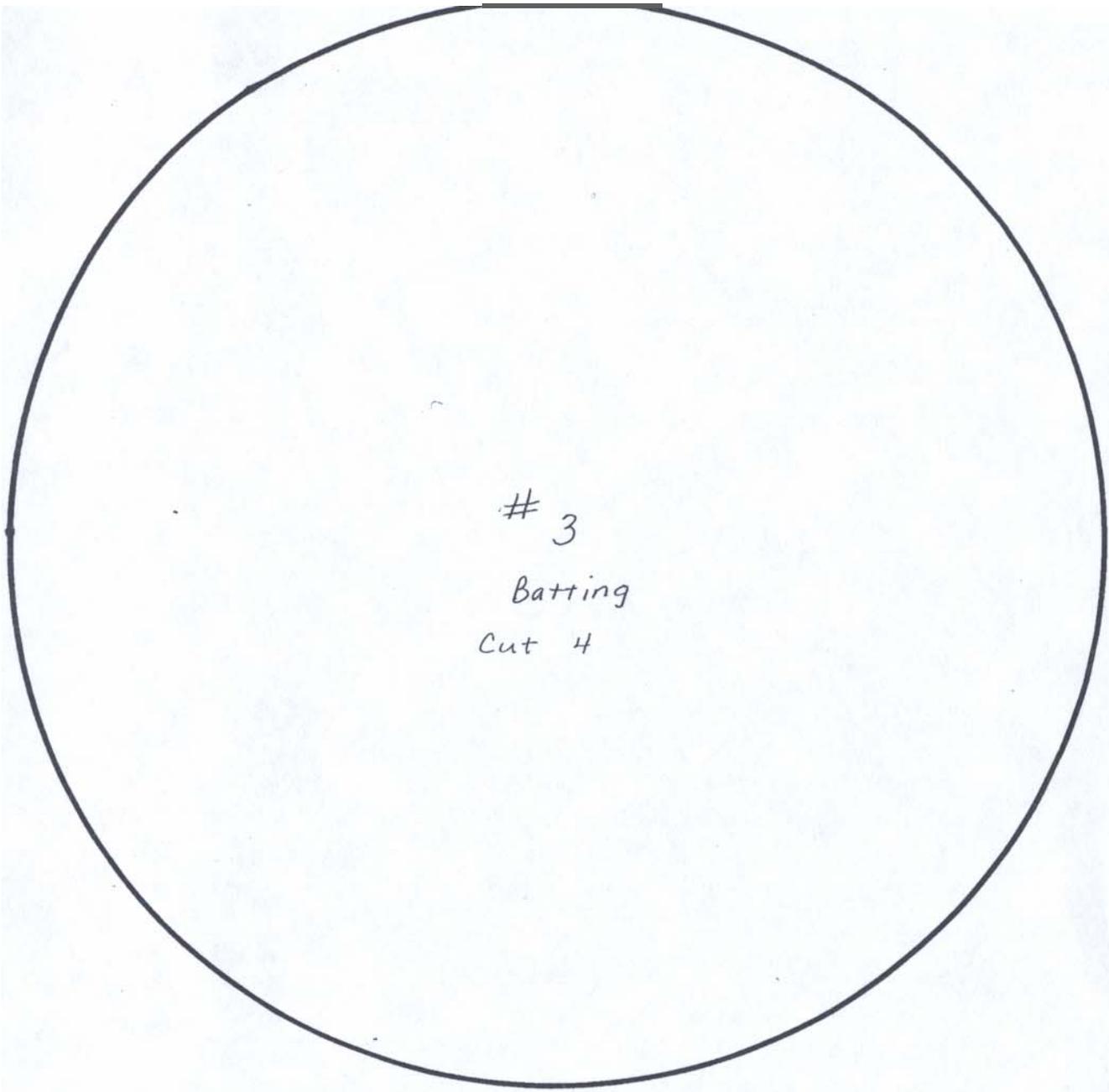


18. Turn the sock edge through the  $3 \frac{1}{2}$  inch hole. Put your hand up inside sock and make sure the sock is in position. Use your cupped fingers to fit down into the mouth (toe of sock). When sock is positioned, remove your hand and make sure the edge of sock is sticking out of the  $3 \frac{1}{2}$  inch hand hole. Turn edge of sock and felt seam under and hand stitch with red thread to finish off.









# Iron Kid Red Blood Cell Stick Puppet Pattern

To Make Puppet:

1. Print Iron Kid and Healthy Red Blood Cells in color
2. Cut out Iron Kid and Laminate
3. Cut out Healthy Red Blood Cells the same size as Iron Kid and laminate
4. Cut out cardboard circle the same size
5. Glue Iron Kid to cardboard circle
6. Glue tongue depressor to back side of cardboard
7. Glue healthy red blood cell picture on top of tongue depressor





Healthy Red  
Blood Cells



**D**ates

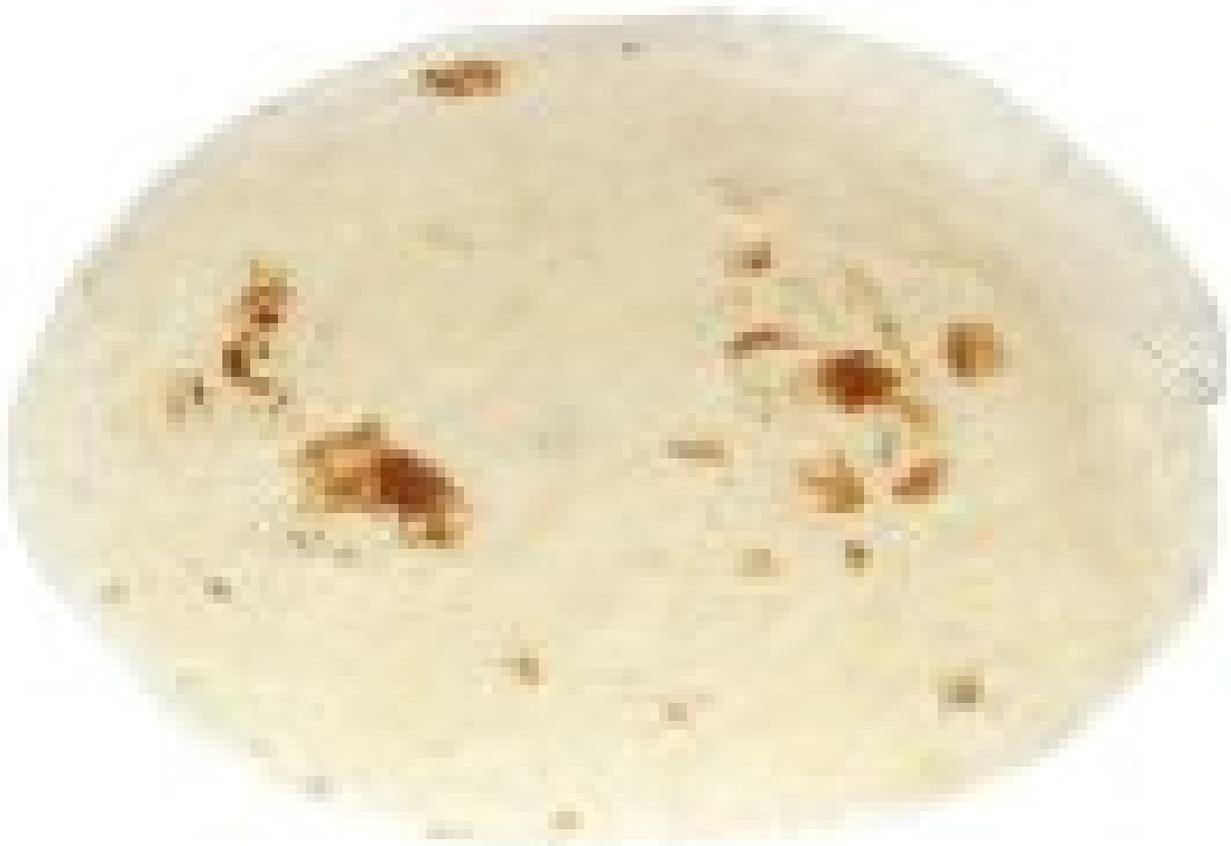


**R**ice



Wheat

Chex



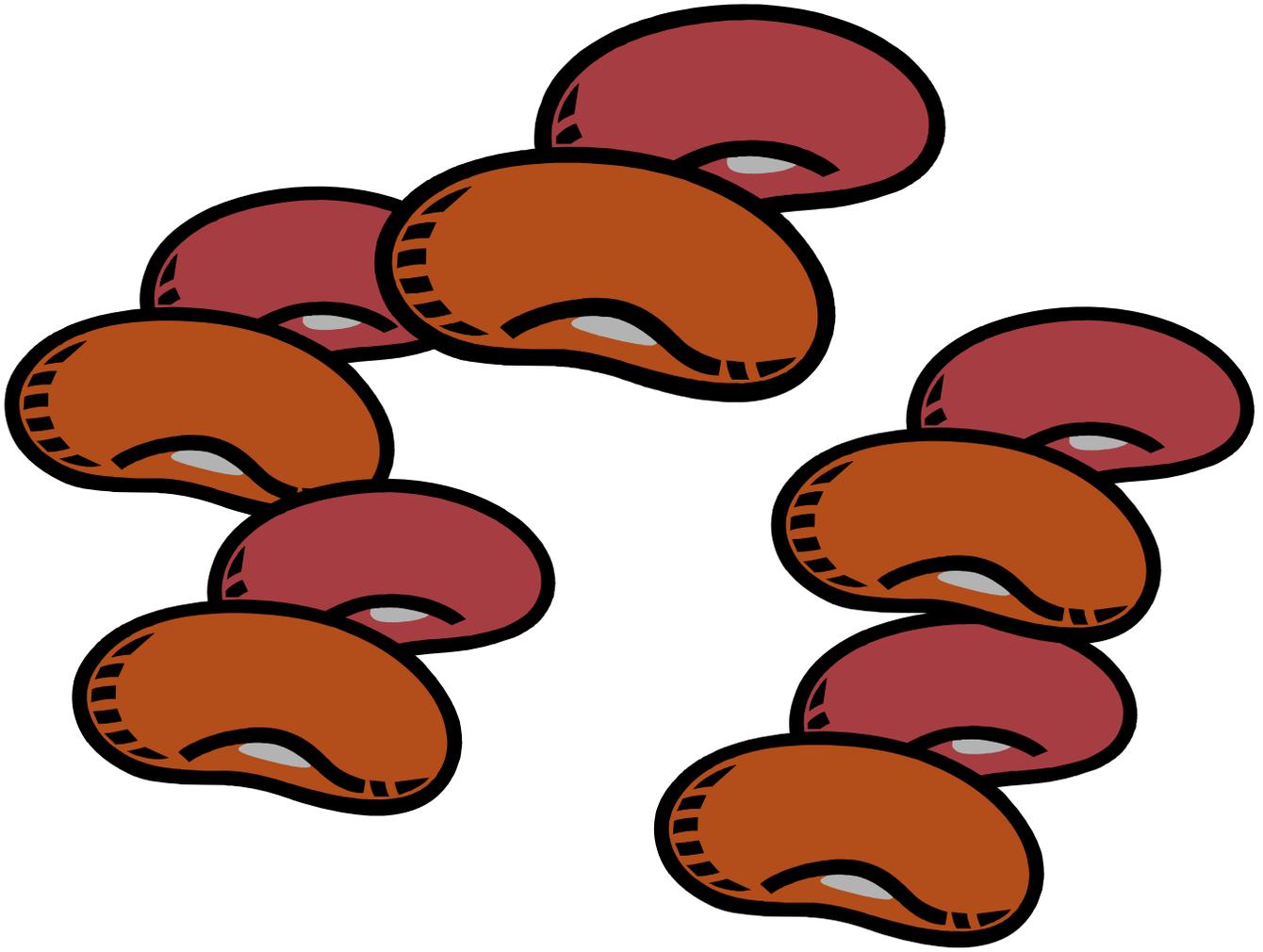
**T**

ortilla



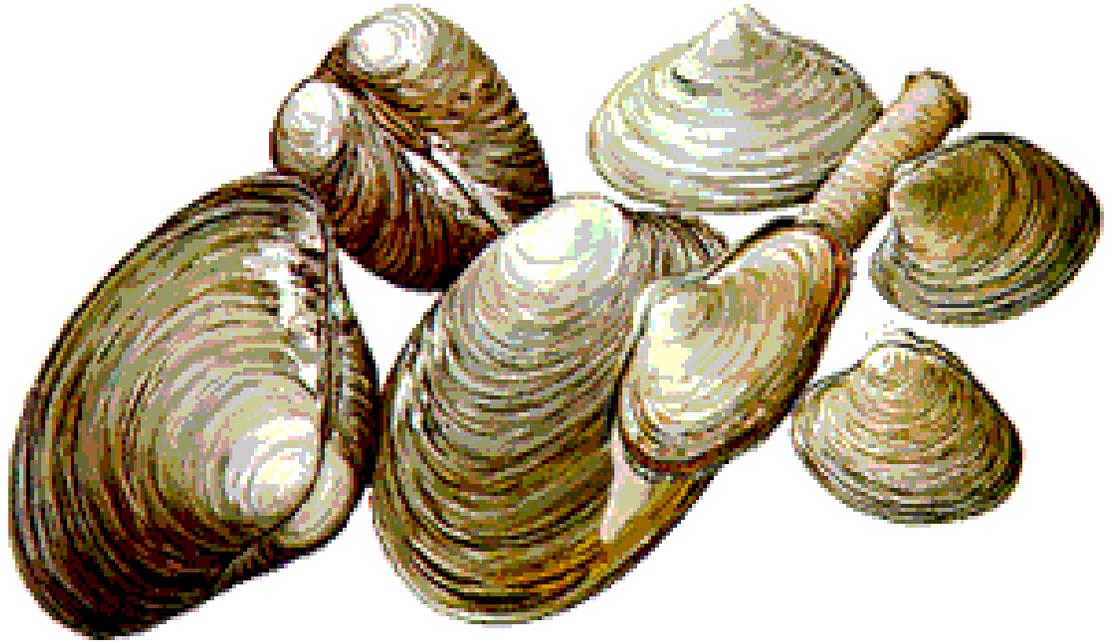
C

hard

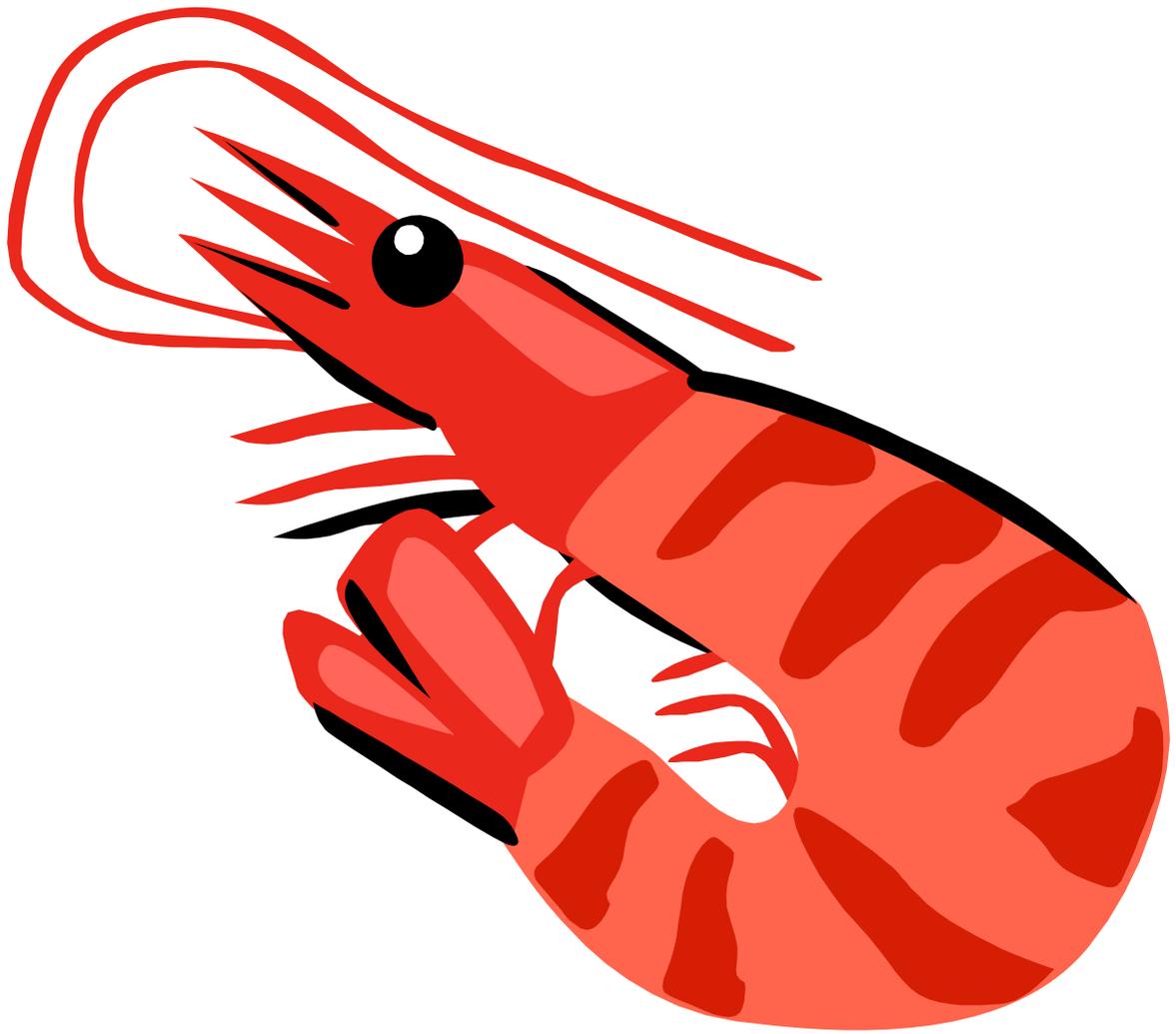


B

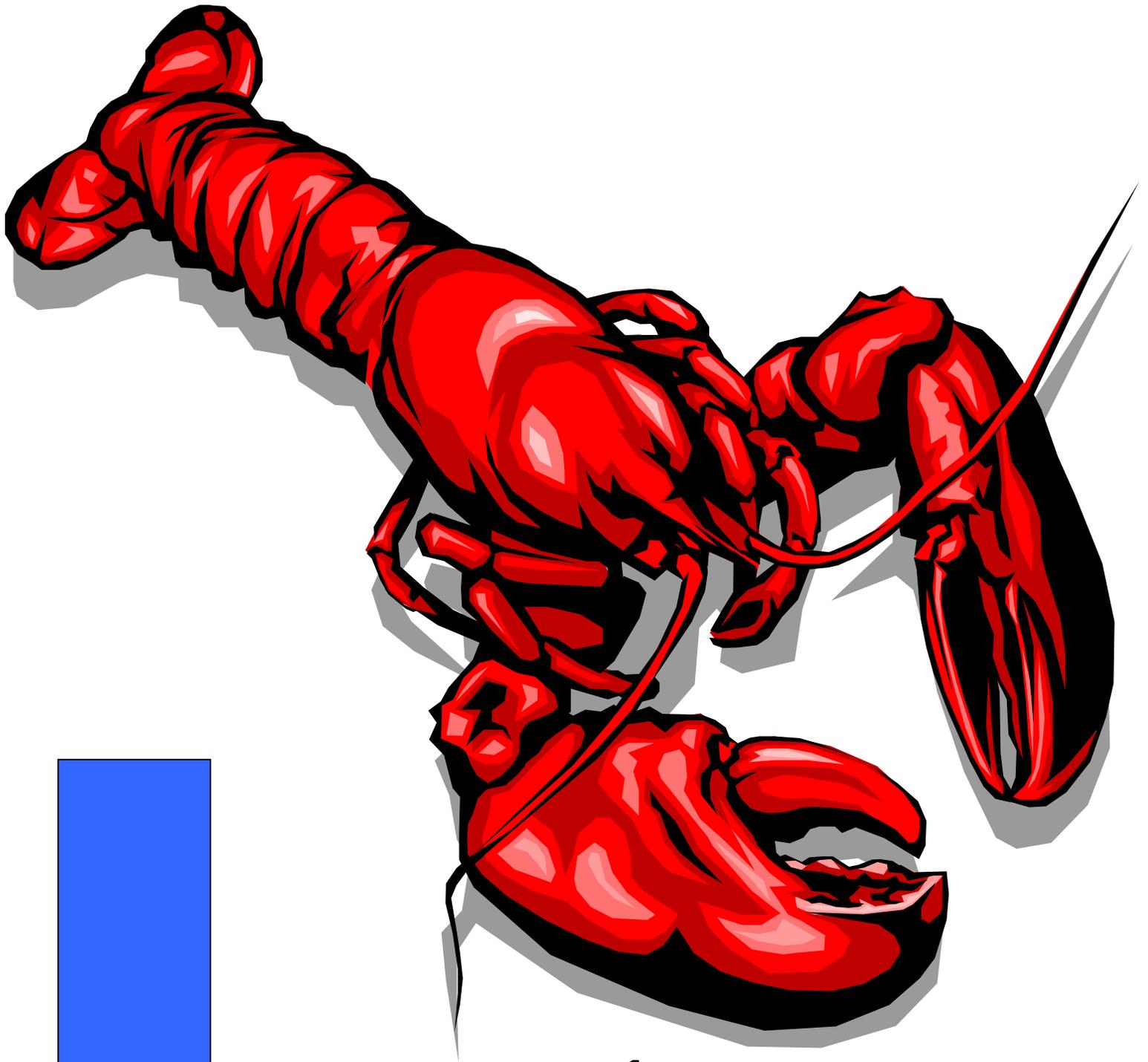
beans



Oyster



**S**hrimp



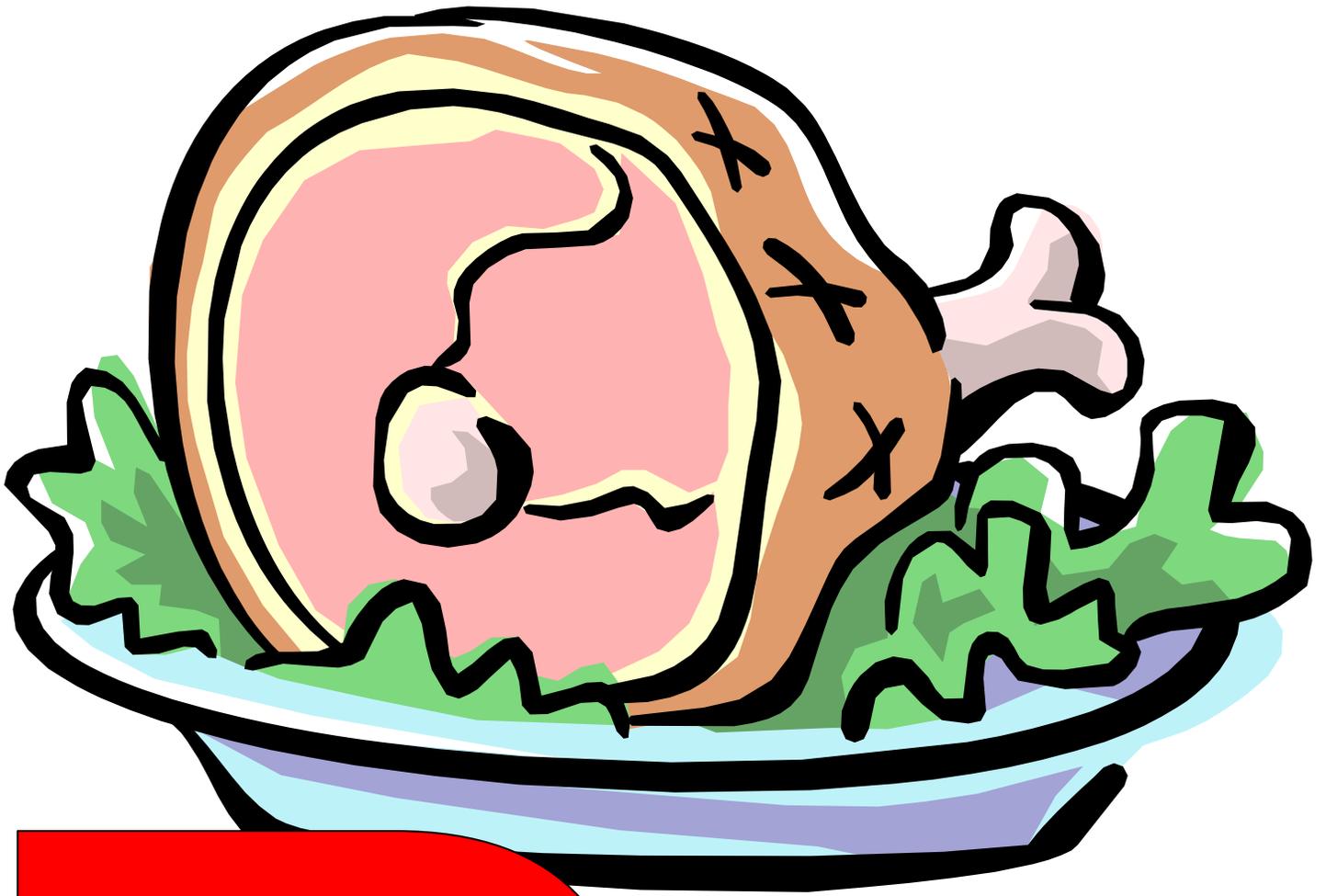
L

obster



P

runes



**P**ork

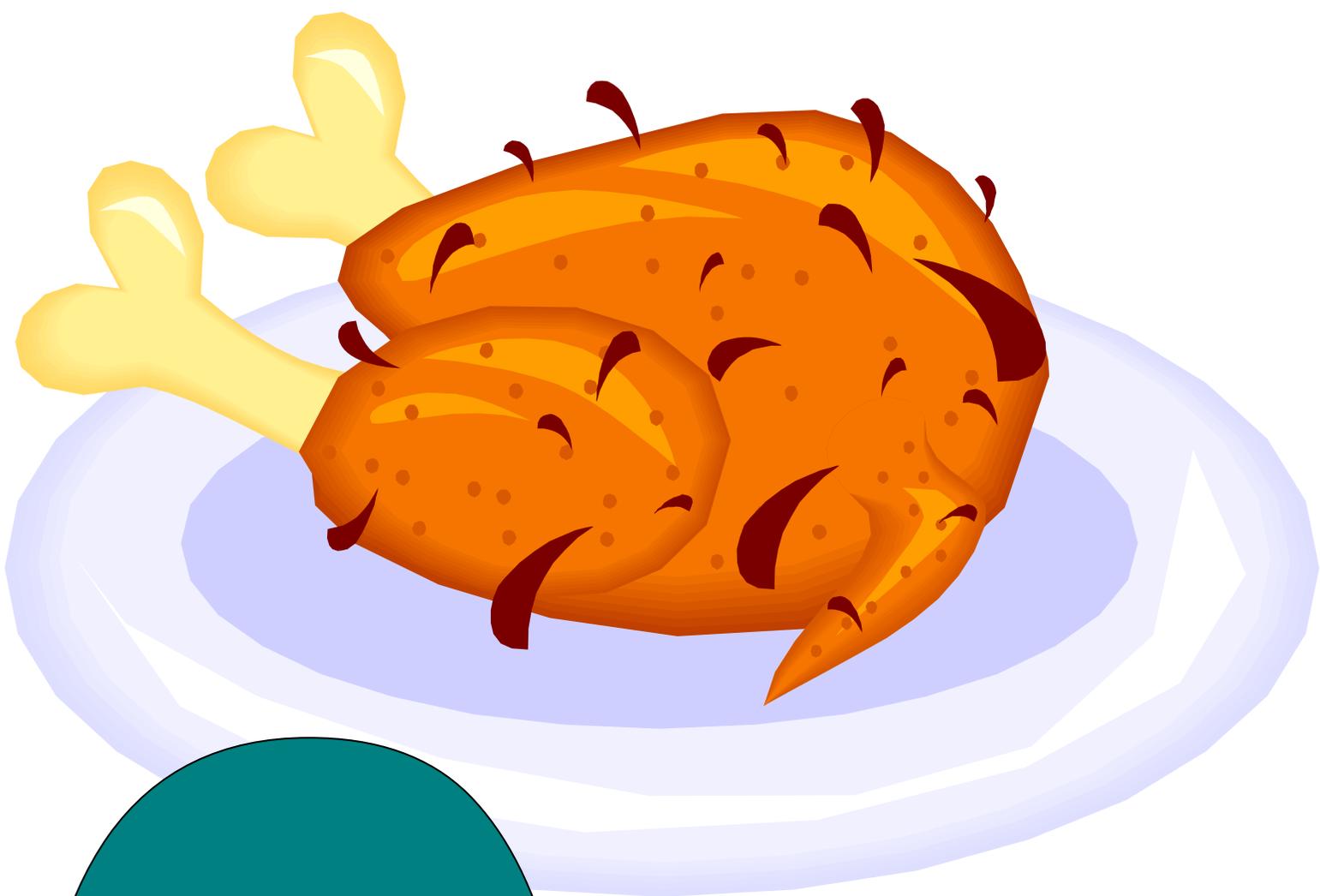


K

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**E**ggs

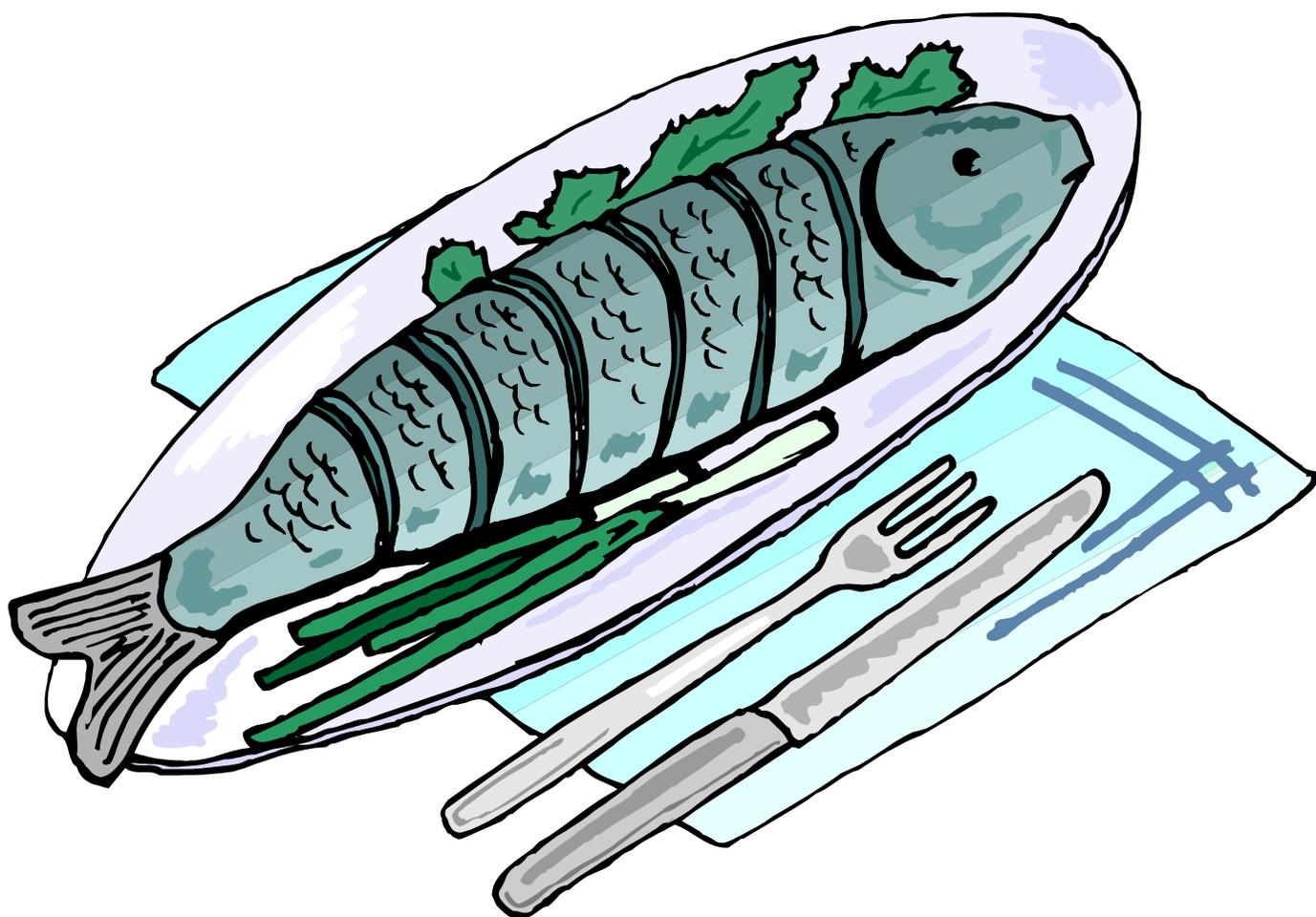


**C**hicken



**W**heat

**B**read



**F**ish



**S**pinach

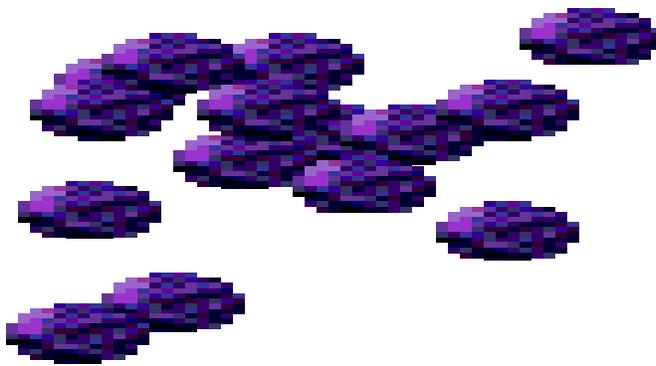
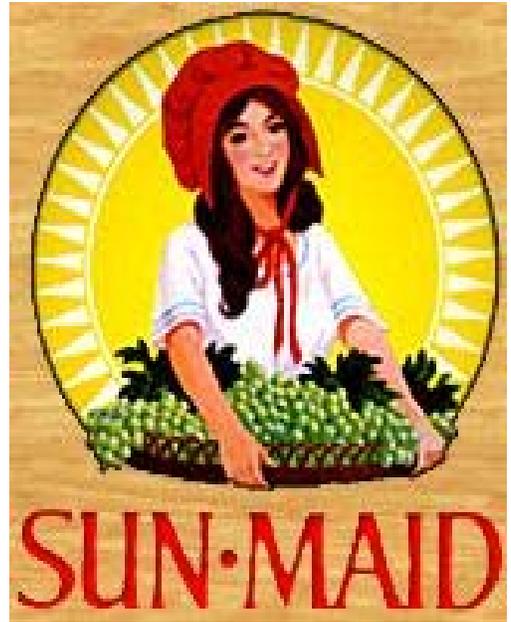


P

eanut

B

utter



**R**

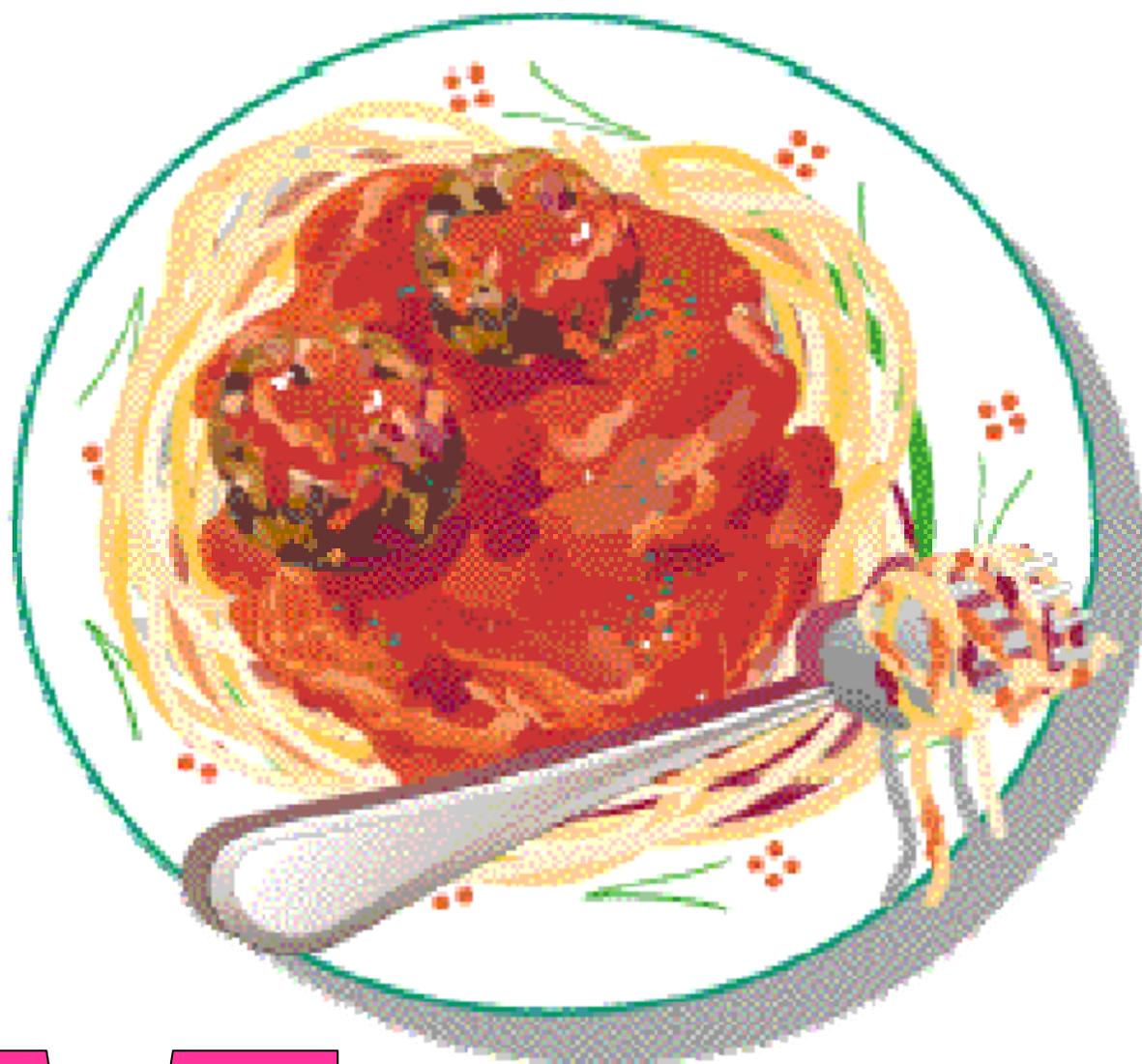
aisins



**B**roccoli



# C chili



M

eatball



**B**eef