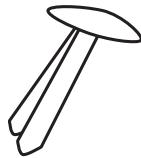


MAKING THE **Full-O-Meters**

What you'll need:

- Heavier weight paper
- Label paper or good bright printer paper
- Single hole punch
- Split pins or round top brad fasteners for the moveable arrow



Keep in mind that the Full-O-Meters (like the dolls' stomachs) will be handled quite a bit throughout the sessions. Using a heavier weight paper stock for the printed Full-O-Meters would work best. Also, you'll need to punch a hole in the Full-O-Meter to attach the moveable arrow. Flimsy copy paper will not work well for this. We realize that not all printers are created equal and some printers cannot handle heavier stock without it buckling or getting stuck. Below are instructions that will allow you to put the Full-O-Meters on a good weight paper without putting heavier paper through your printer.

Note: If you're able to print the Full-O-Meters directly on heavier stock in your printer, you can then cut out the Full-O-Meter and the arrow and follow the instructions for attaching the arrow.

Printing the Full-O-Meters on Label Paper or Plain Bright Paper

Purchase letter-size label paper that has a peel and stick back (like Avery® label paper).

Put the label paper in your printer and print out the Full-O-Meter and arrow from the template. Then stick the label paper with the Full-O-Meter to heavier paper and cut around the Full-O-Meter and the arrow. You'll need to attach the arrow after this step.

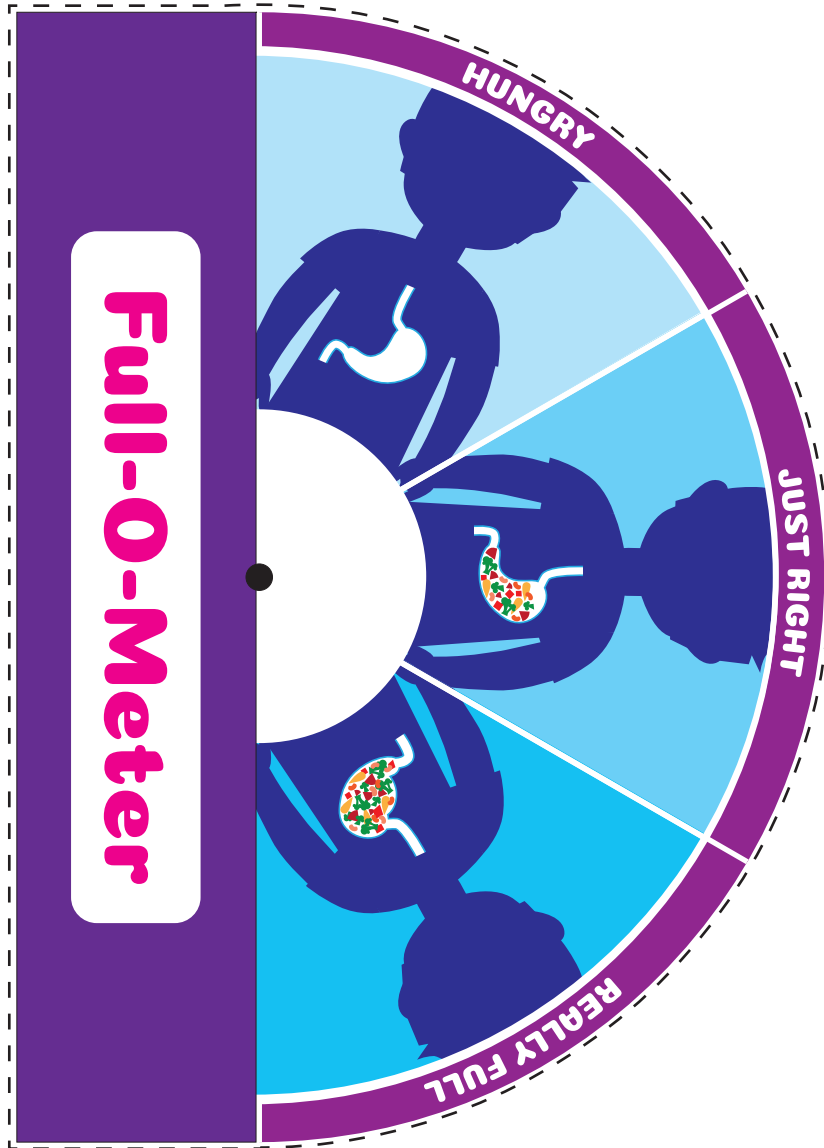
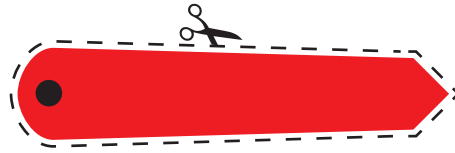
Instead of using the label paper, you can use good bright paper and print out the Full-O-Meter and arrow. Then glue the printer paper to heavier paper before cutting out the Full-O-Meter and the arrow separately.

Another option to make the Full-O-Meters and the arrows sturdier is to laminate the pieces before you assemble them.

Attaching the Arrow

Using a handheld one-hole punch, punch out a hole in the center bottom of the half-moon on the Full-O-Meter. This is where you'll attach the arrow. Punch a hole in the arrow. Take the split pin or round top brad fastener and poke it through the end of the arrow. Then slide the split pin through the hole in the Full-O-Meter and spread out the ends of it on the backside of the Full-O-Meter. You should now be able to move the arrow toward different states on the Full-O-Meter.





Developed by The SEEDS Research Team,
Baylor College of Medicine Children's Nutrition Research Center
and Washington State University Extension.
Graphic Design: Cynthia Pinsonnault
Illustrations: Brian White

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