

# BEING HEALTHY





# Balanced Diet

A diet consisting of the proper quantities and portions of foods need to maintain health or growth.



# Nutrit

ood that you eat at it affects you



# Fit

To be in good physicc



# Exercise

Physical activity that is done in order to become stronger and healthier.



# Food Pyramid

A visual tool for planning your diet that divides foods into six food groups.



# Hyg

ce concerne ss and main



# Germs

Tiny, invisible organisms th make you sick.



# Wash

To apply water or some other liquid for the purpose of cleaning.



# Vegetable



# Fruit



# Dairy



# Protein

# ains



# eets



# Vegetab



# Fruit



# Dairy



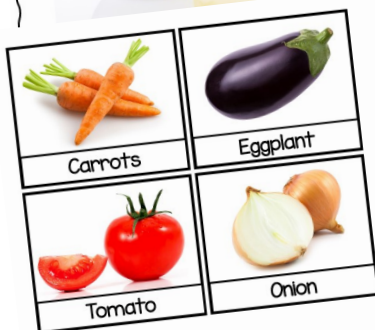
# Pro



# Grains



# Sweets



Vegetable



Dairy



Protein

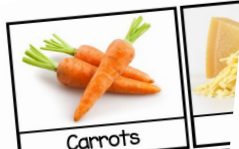




# Healthy Not Healthy

## Healthy Food

A food that is believed to be good for your health.



Carrots



Tomato



Banana



Chicken



Grapes



Oatmeal

Healthy



Lemonade



Candy

Sweets



Coke



Milk

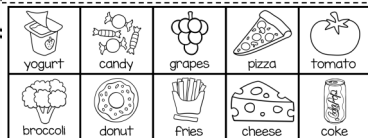


Water

Not Healthy

## Healthy Food or Not?

| Healthy | Not Healthy |
|---------|-------------|
|         |             |



## Get Moving



You are even being active when you are playing on the playground at school.



It is important that we keep moving from a young age.



You are being active without knowing it.



Be active when you walk to school.



When you play sports with friends.



There are many benefits to being active.



Feel better.



Play a game!

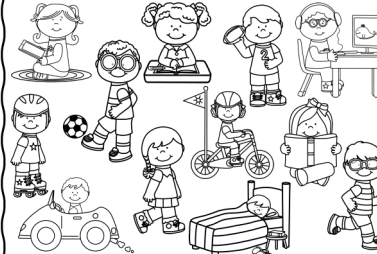
Show you are active and you will tell the teacher how you are doing.



Name: \_\_\_\_\_

## Am I Active or Not?

Color the pictures that show kids being active and place an X on the ones that are not.



Draw a picture and label three of your favorite things to do when being active.

A DAB of GLUE will do



# Healthy Habits



Having healthy habits now, but it will be for the rest of your life.



They help improve overall well-being and you feel good.



There are many healthy habits you can start today, if you do not do them.

Brush regularly.



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Brush your



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Go to the dentist.



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Eat healthy foods.



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## Healthy Habits



## Healthy Habits



Make sure that you get plenty of sleep. You need at least 8 hours of sleep every day.



Make sure you are getting plenty of sleep.



Wash your hands after going to the bathroom and before you eat.



Wash your hands after going to the bathroom and before you eat.



Wash your face every day.



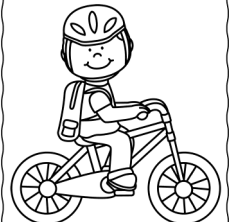
Try your best to be active throughout the day!



Try your best to be active throughout the day!



Wear your helmet when you are riding your bike or scooter.



Wear your helmet when you are riding your bike or scooter.

### How to Wash My Hands

by: \_\_\_\_\_



First I turn on warm water.



Then I rinse my hands under warm water.



Lastly, I dry my hands with a clean towel.



Then I put soap on my hands.



Next I scrub my hands with soap for 20 seconds.



Then I rinse my hands under warm water.



Lastly, I dry my hands with a clean towel.

