

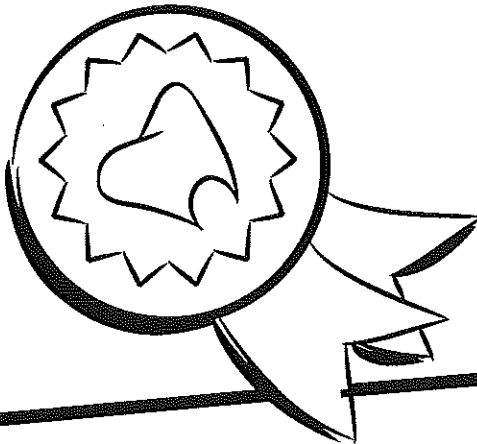
February is National Children's Dental Health Month!

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**FLOSSY AWARDS THIS
HEALTHY SMILE
CERTIFICATE
TO:**

PRESENTED BY:

DATE:



February is National Children's Dental Health Month!



Writing is So Much Fun!

Help Den finish his essay by asking a buddy to provide the correct type of word for each blank. Write them in and then read the silly story out loud!

A WACKY VISIT TO THE DENTIST

Den likes to visit his dentist, Dr. _____ noun. Den sits in a big chair and the dental

hygienist puts a _____ noun around his neck to protect his _____ noun.

The hygienist _____ verb ending in s all of Den's teeth. She uses a (noun) to see way in the back of Den's mouth.

"Would you like _____ adjective or _____ adjective toothpaste today, Den?" she asks.

Her toothbrush _____ verb ending in s very fast. When she is done brushing, she takes a piece of dental floss that is _____ number inches long, and _____ verb ending in s between all of Den's teeth.

Now it's time for the Dentist to make one final check.

"Looks like you have been doing a good job _____ verb ending in -ing your teeth Den! I don't see any _____ plural noun"

"Thanks," says Den, "I like to keep my _____ noun healthy!"

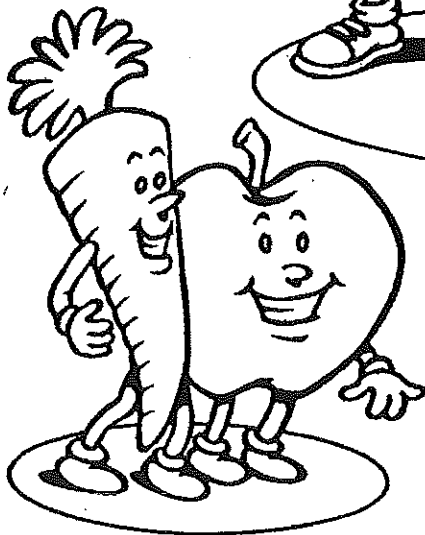
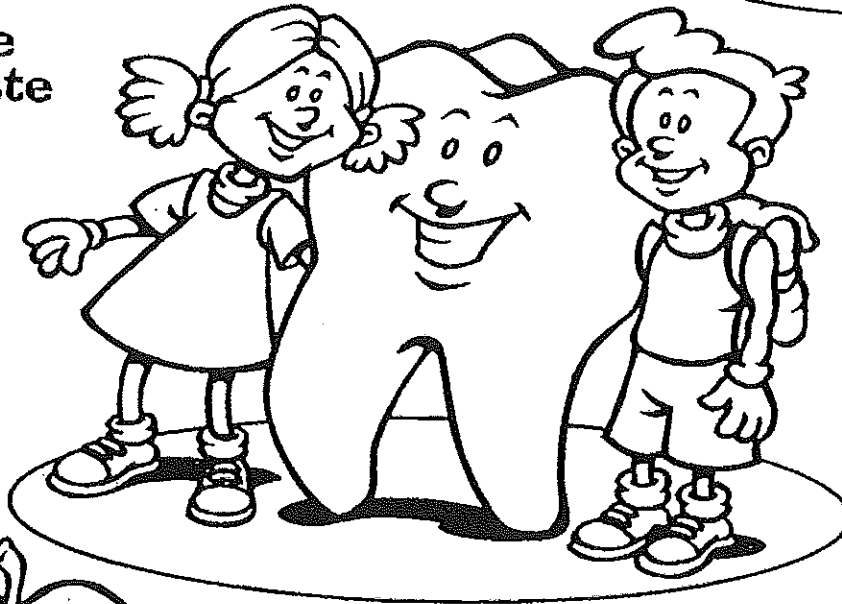
FIVE COOL RULES FOR HAPPY TEETH



**Fluoride
Toothpaste**



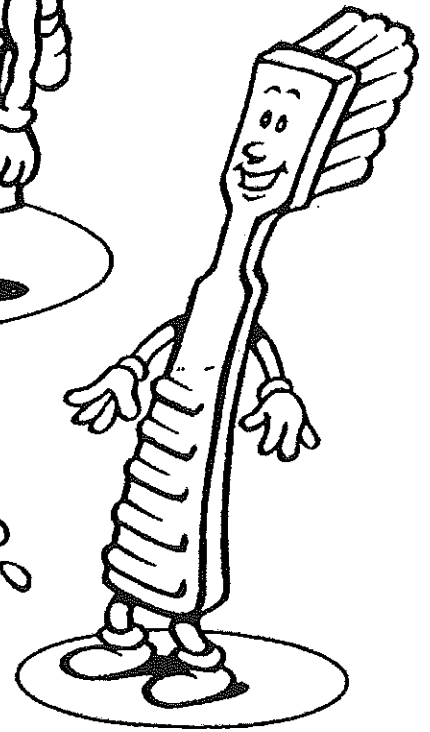
**Friendly
Dentists**



Healthy Snacks



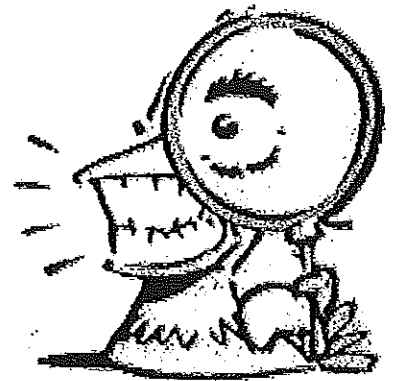
Fluoridated Water



Toothbrush



Hidden Dental Words



S	E	A	L	A	N	T	R	X
O	M	O	L	A	R	O	C	E
G	R	I	M	S	S	O	L	F
R	P	K	L	F	Z	T	E	U
I	Y	A	C	E	D	H	A	N
N	C	A	V	I	T	Y	N	A
M	O	U	T	H	S	U	R	B
Q	D	E	N	T	I	S	T	L

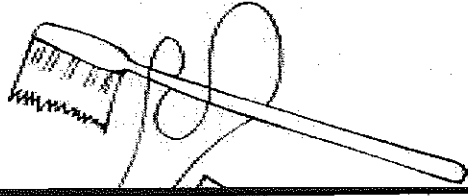
Have Fun Finding the Following Hidden Dental Words:

Dentist	Smile	Molar	Cavity
Tooth	Fun	Decay	Grin
Sealant	Floss	Mouth	Clean
Brush			



Oral Care Calendar

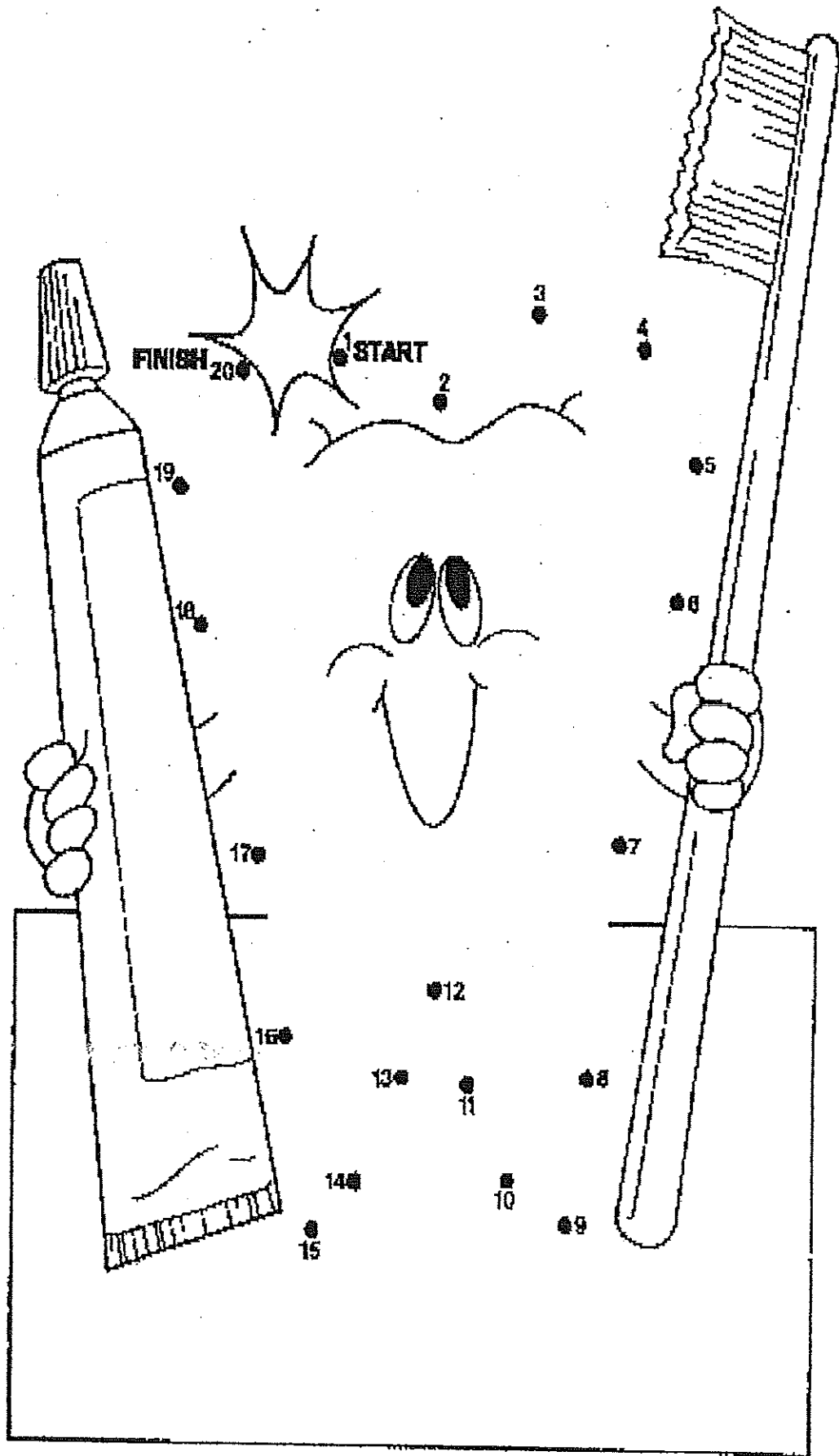
Put a happy face in the box when you brush twice each day.



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Functions Of The Mouth

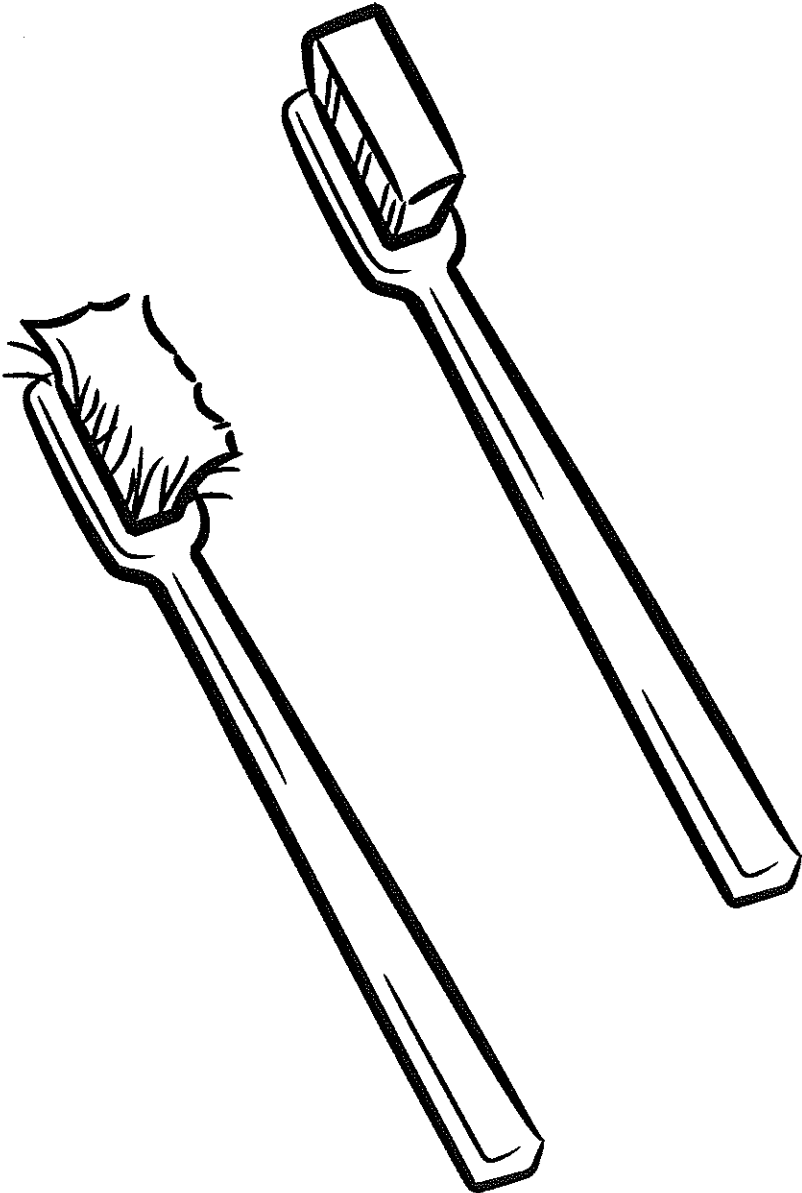




Sealant Application



Old & New Toothbrushes



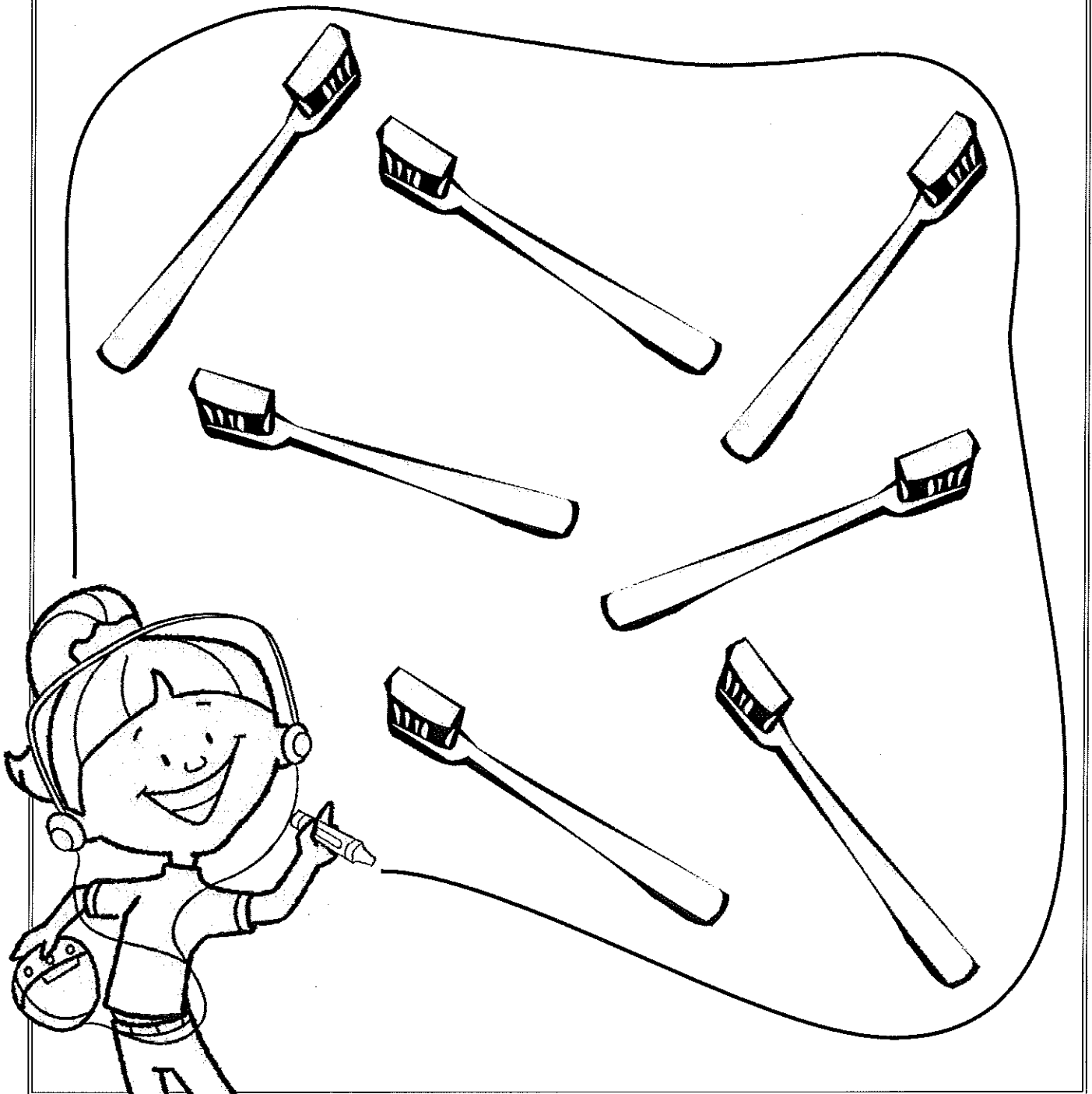
Adult and Child-Size Toothbrushes

Which one would be easiest for him to use?



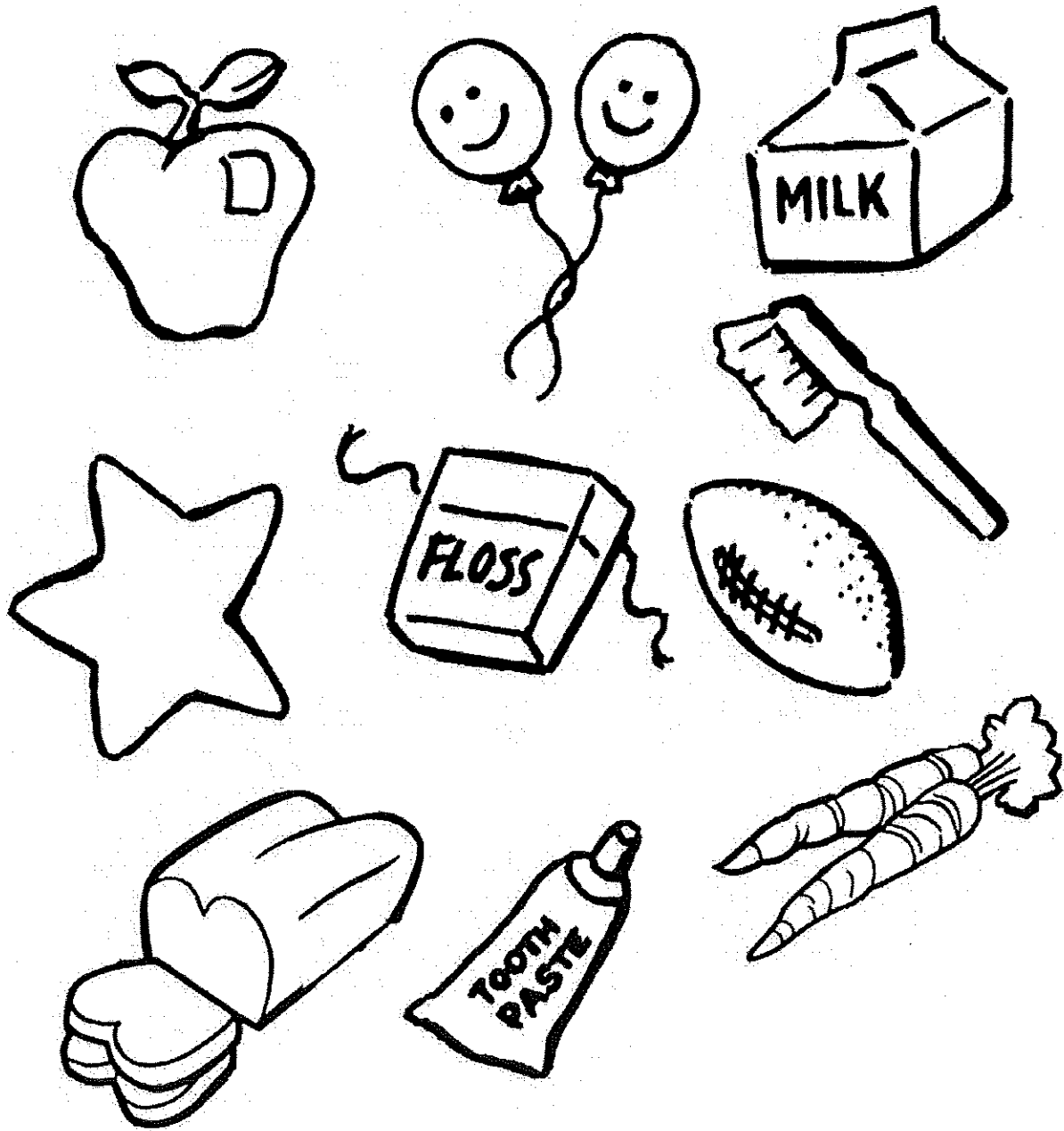
Count and Color

Chris has been very busy drawing pictures of toothbrushes!
Count the toothbrushes. Draw a pea-sized ball of toothpaste on each toothbrush.
Color the toothbrushes bright, happy colors!



Finders Keepers

Color the things that help you keep your mouth healthy.



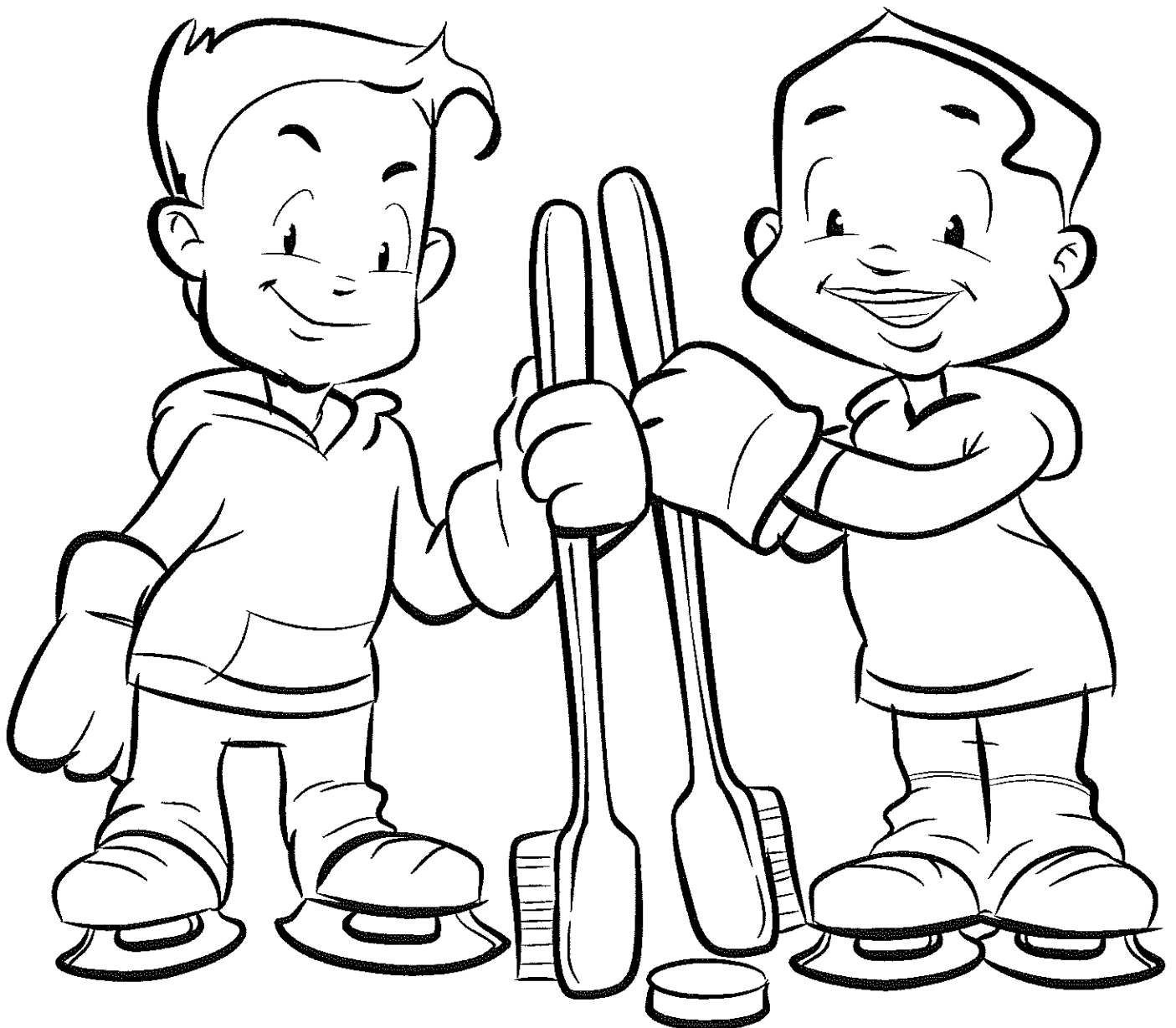
Mouthguard



February is National Children's Dental Health Month!

Coloring Sheet

**Buck is teaching Den to play hockey.
Rule number one? Always wear a mouthguard!**



February is National Children's Dental Health Month!

Coloring Sheet



A HEALTHY SMILE IS PRETTY AS A PICTURE!

February is National Children's Dental Health Month!

Den asks, "How many words can you find hidden in this phrase?"

Can you find 15? Can you find 25?"

BRUSH YOUR TEETH!

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

13 _____

14 _____

15 _____

16 _____

17 _____

18 _____

19 _____

20 _____

21 _____

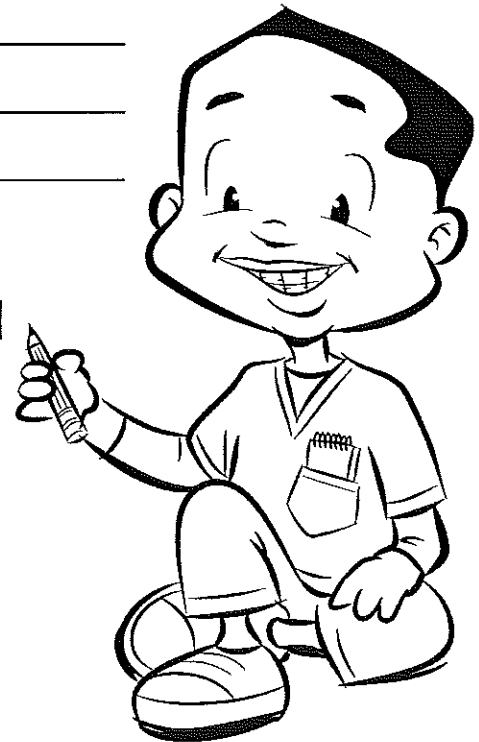
22 _____

23 _____

24 _____

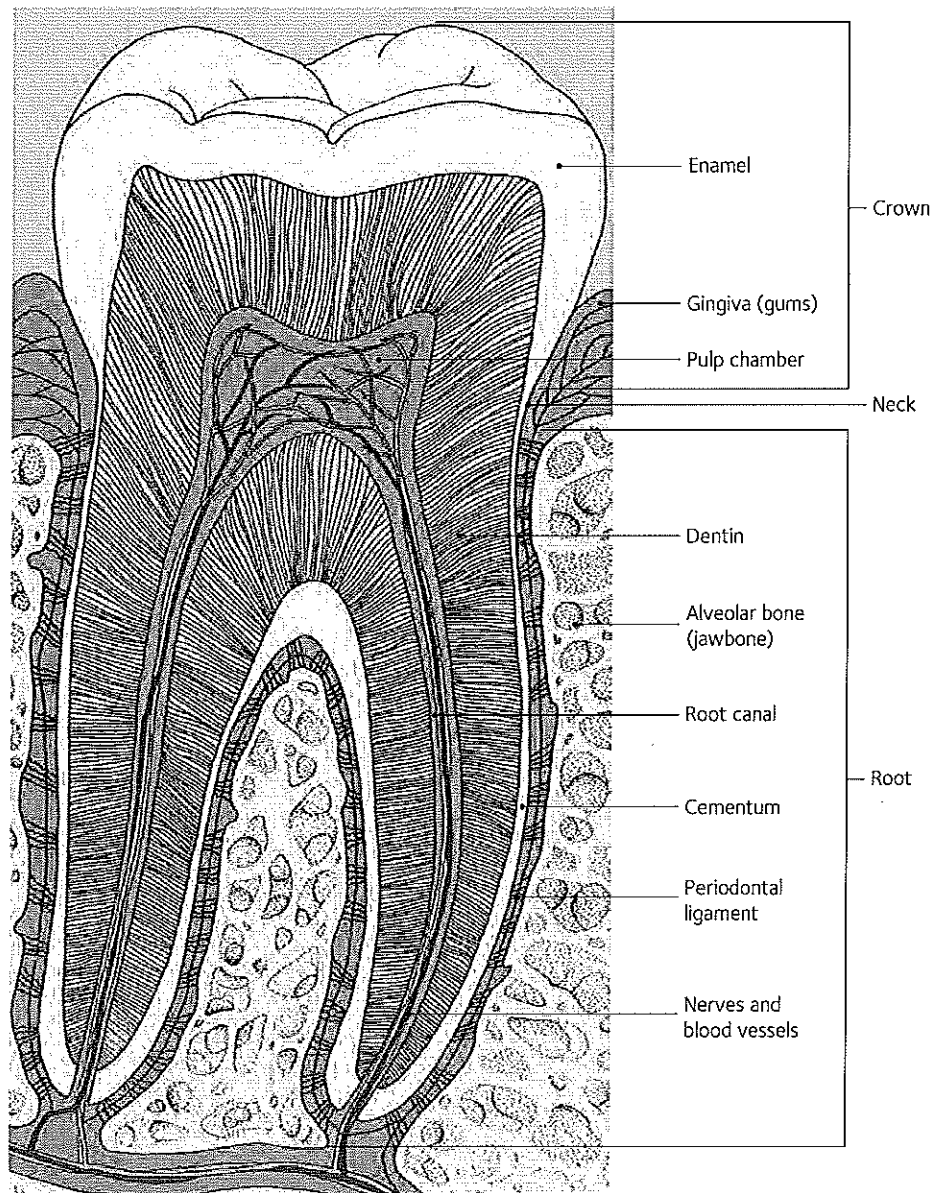
25 _____

BONUS: How many words can you find with 6 letters or more?

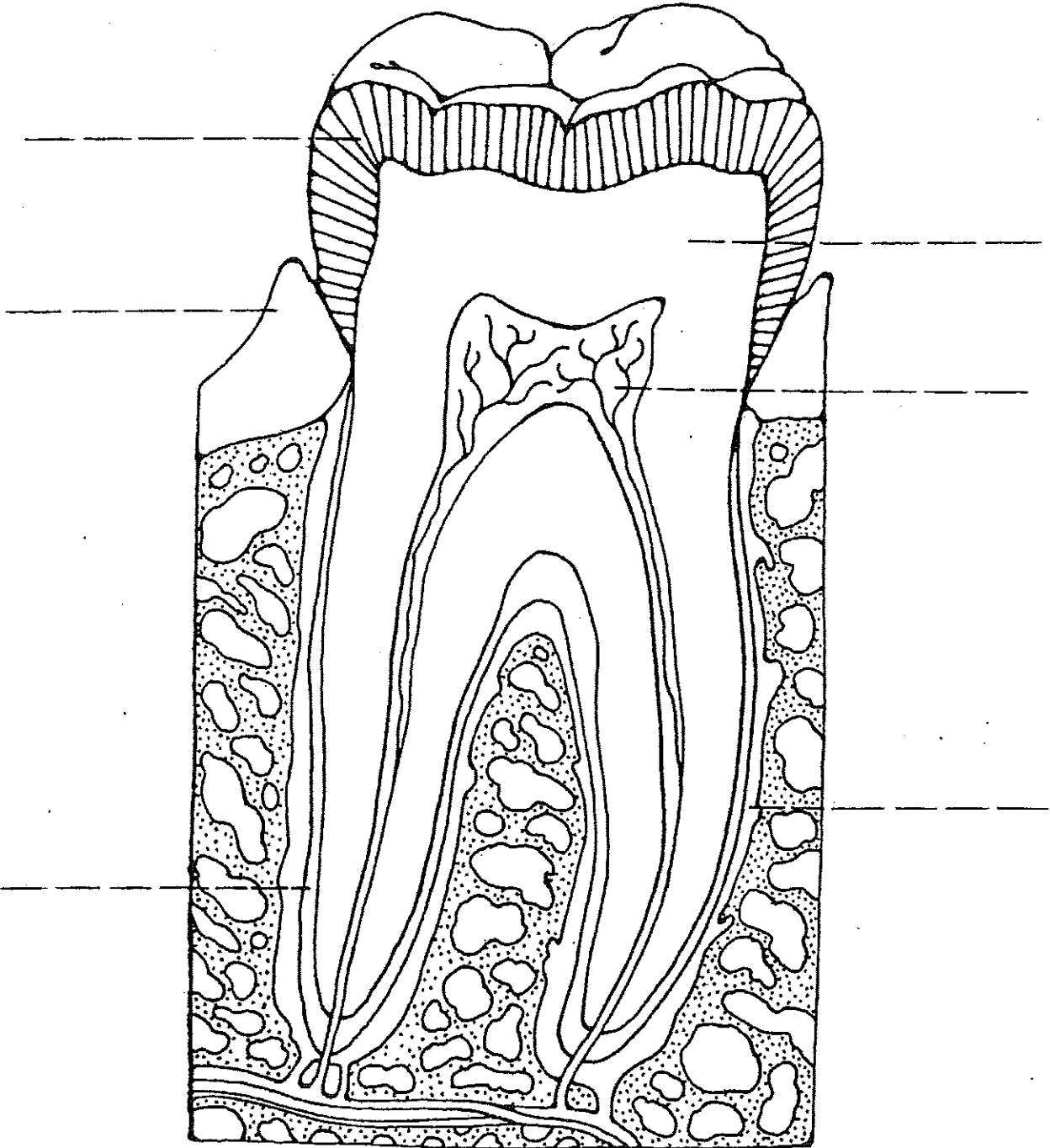


February is National Children's Dental Health Month

Tooth Anatomy



Cross-section of a Molar Tooth



Label enamel, dentin, pulp, cementum, gingiva and periodontal ligament on this picture of a molar tooth.

FIND THE WORDS

To find the words you will need to read forward, up, down, and diagonally. Once you find a word draw a circle around it and cross this word off the word list at the bottom.

B D G W E A K S P O T D I C A S M
O V P Q U S P L A Q U E S I G A E
E O E I L J E K P U D Z R O R Q A
M F R G O H S E L D A E O N A K T
S K V L E Y F U H E T J N L I P S
E L T E E T H M U C R U S T N C T
T I Q Y R I A D A A F R V B I Q O
S M U G T V H B S Y L G M C L S O
A L M T W A S F L U O R I D E U T
P E Y O H C I J T E S M K A N G H
H C A N D Y F O F N S L T W O A B
T H I G B I T E A F R U I T S R R
O E M U L S I C M O U T H B L O U
O W E E B C K U P K J U I C E S S
T H R P O S W A L L O W E H C L H

DENTIST
ACID
VEGETABLES
TOOTHBRUSH
JUICES
LIPS
CHEW

BACTERIA
PLAQUE
FISH
DAIRY
WEAK SPOT
SWALLOW
SUGAR

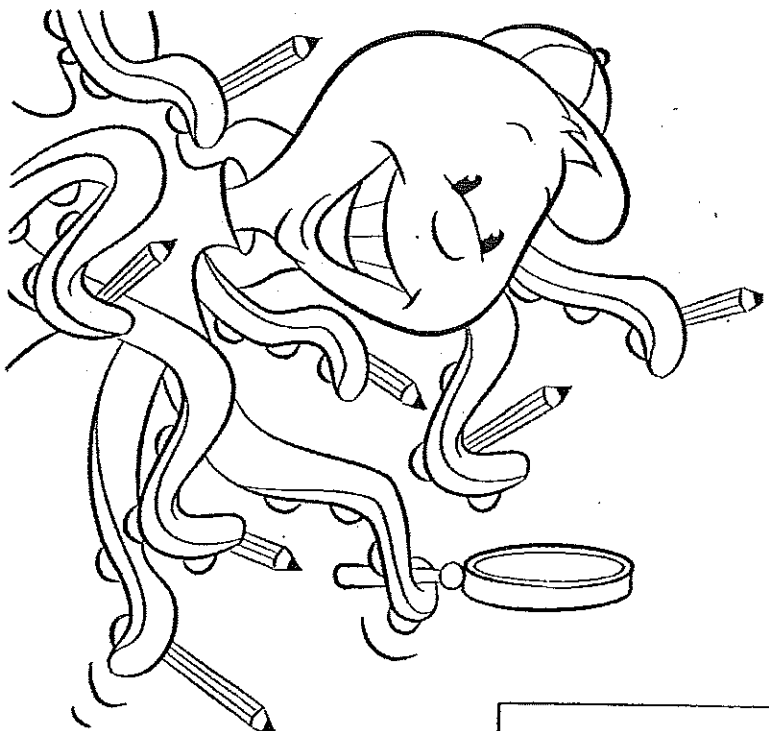
SNACKS
GUMS
TOOTHPASTE
MILK
TONGUE
FLOSS
CANDY

CAVITY
MEAT
FRUITS
CRUST
EAT
MOUTH
SITE

FLUORIDE
TEETH
CHEESE
GRAIN
DECAY

A healthy smile is always in style

INSTRUCTIONS:
The words can be forwards,
backwards, up or down, or
diagonal.



W	I	P	E	T	O	O	T	H	P	A	S	T	E	M	B
E	S	N	A	E	L	C	R	Y	L	M	E	Y	E	A	R
H	T	M	I	B	K	G	O	S	A	O	A	R	F	B	A
C	E	S	D	H	T	U	P	M	L	L	L	R	A	A	C
G	M	O	O	T	E	M	R	I	A	A	A	B	U	B	C
K	L	N	L	T	I	S	E	L	D	L	N	R	L	R	E
D	O	G	D	E	D	U	R	E	A	A	A	B	U	R	S
F	M	A	S	T	C	A	D	M	E	S	T	A	R	U	S
J	O	W	T	H	S	I	A	L	E	L	S	A	I	H	S
M	A	U	T	H	G	U	T	E	E	L	L	A	D	M	S

- 1. MOUTHGUARD
- 2. REPORT
- 3. DENTIST
- 4. SEALANTS
- 5. PLAQUE
- 6. FLUORIDE
- 7. BANANA
- 8. SONG
- 9. SMILE
- 10. TEETH
- 11. DUDLEY
- 12. MILK
- 13. BRUSH
- 14. FLOSS
- 15. BITE
- 16. DECAY
- 17. GUMS
- 18. TOOTHPASTE
- 19. DIET
- 20. CLEAN
- 21. FOOD
- 22. CHEW
- 23. MOLAR
- 24. JAWS
- 25. BRACES

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Teeth to Treasure!

Word Search

See how many words you can find in 20 minutes!

Words go across, up, down, and diagonal.

D	C	V	M	S	S	R	J	E	G	S	D	K	F	S
C	S	X	O	S	M	R	Y	T	F	V	L	R	S	T
Q	B	T	O	N	G	U	E	S	G	I	U	E	O	E
H	R	C	X	I	P	L	G	A	M	I	L	B	U	S
R	S	P	T	A	J	I	I	P	T	B	A	Q	L	L
F	L	U	O	R	I	D	E	H	A	C	A	S	O	M
T	P	F	R	G	D	G	F	T	C	L	A	E	Y	S
L	H	Q	T	B	K	E	E	O	P	Y	X	A	F	T
K	E	C	H	T	H	G	N	O	K	W	S	L	L	A
K	W	M	J	X	E	T	H	T	O	O	T	A	O	E
E	D	H	A	V	I	T	O	Z	I	D	C	N	S	M
B	J	X	D	N	P	U	S	O	X	S	A	T	S	E
S	G	M	C	M	E	S	G	N	T	W	T	I	R	E
D	R	A	U	G	H	T	U	O	M	L	I	Y	L	T
Y	T	I	V	A	C	U	H	F	S	Z	X	E	O	Y

CAVITY

FLOSS

GUMS

PLAQUE

TOOTH

DAILY

FLUORIDE

MEAT

SEALANT

TOOTHBRUSH

DENTIST

FRUIT

MILK

TOBACCO

TOOTHPASTE

ENAMEL

GRAINS

MOUTHGUARD

TONGUE

VEGETABLES



Teeth to Treasure!

Word Search Challenge

See how many words you can find in 20 minutes!

Words go across, up, down, and diagonal.

K E F Q J S P M O D K R D G C Q T M T E
 M Z K L D W E B O T P O H R K S E O C U
 X D G M O F C L S U C O B T I W O R E Q
 D A I L Y S W N B A T T D T J T S L D A
 A S G L E B S O V A J H N B H W P P I L
 H C E K I L C I F S T E G B E N I R R P
 E T S A P H T O O T D E R U J J L E O G
 P J U V L Y M F C S L U G A A N N V U J
 T D L E M A N E U Z S E O E Y R E E L U
 O E O O X B N G O H Y V F R V M D N F F
 B F V Q A E A T K X V L J T A P K T A U
 A S U N U R Y P X P K L A D F L E I K P
 C L N G W Q H T O O T E H N R Q T O V H
 C S N I H V L G K Z M W A J U B P N A X
 O O M I A N X G I X A N A F I X P Z R H
 T F I U A R V U C Z K H Z U T Z B A L D
 U I U Y G C G C P P B V X K P J Y S R Z
 P R I M A R Y Z A T E K Y L V P I R F J
 I I U J M I L K I K M O G N T L Z I L B
 B Q L X O I W D L A E H V L E U Z L I E

CAVITY	FRUIT	MILK	ROOT	TOOTHBRUSH
DAILY	GRAINS	MOUTHGUARD	SEALANT	TOOTHPASTE
DENTIST	GUMS	ORAL	SUGAR	VEGETABLES
ENAMEL	JAW	PLAQUE	TOBACCO	XRAY
FLOSS	LIPS	PREVENTION	TONGUE	
FLUORIDE	MEAT	PRIMARY	TOOTH	



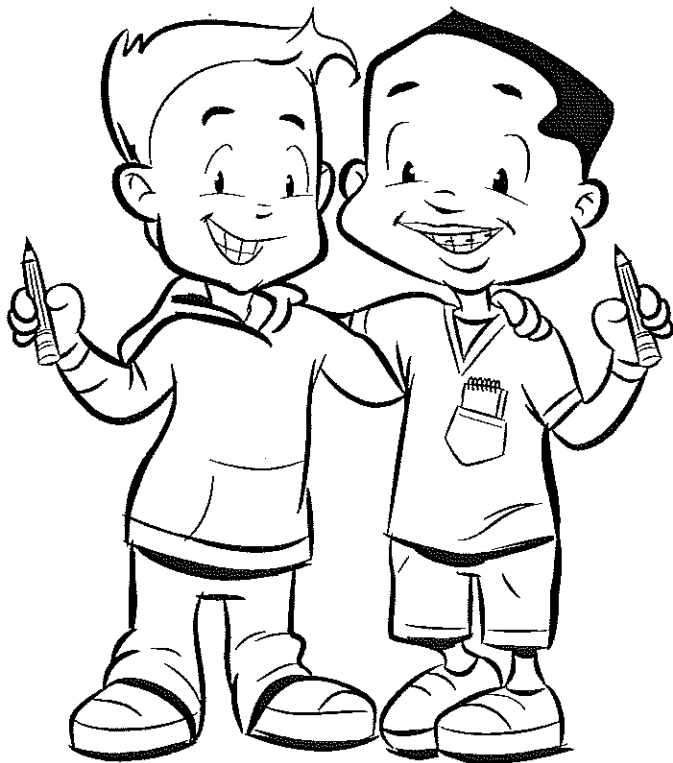
February is National Children's Dental Health Month!

SECRET MESSAGE!

Den and Buck are decoding a secret message.

Join in the fun! Cross off the words in the grid below by following the steps.

	A	B	C	D	E
1	HEN	MOUTHGUARD	TONGUE	BASEBALL	BOOK
2	SEALANT	BRUSH	MAGAZINE	DEN	VEGETABLES
3	HAPPY	GLAD	WHEN	CYCLING	GRAPE
4	JOURNALIST	GEN	CARROT	LETTER	POSTCARD
5	AND	SOCCER	SMILE	GRIN	MEN
6	BUCKY	PLAQUE	PEAR	FLOSS	WELCOME
7	DUCK	APPLE	LUCK	SWIMMING	EMAIL
8	ENAMEL	TENNIS	FLOSSY	TOOTHPASTE	YOUR
9	NEWSPAPER	FRIEND	BUDDY	CAULIFLOWER	TRUCK
10	NEIGHBORS	ADVENTURES	TEETH	SURPRISE	PLAYGROUND



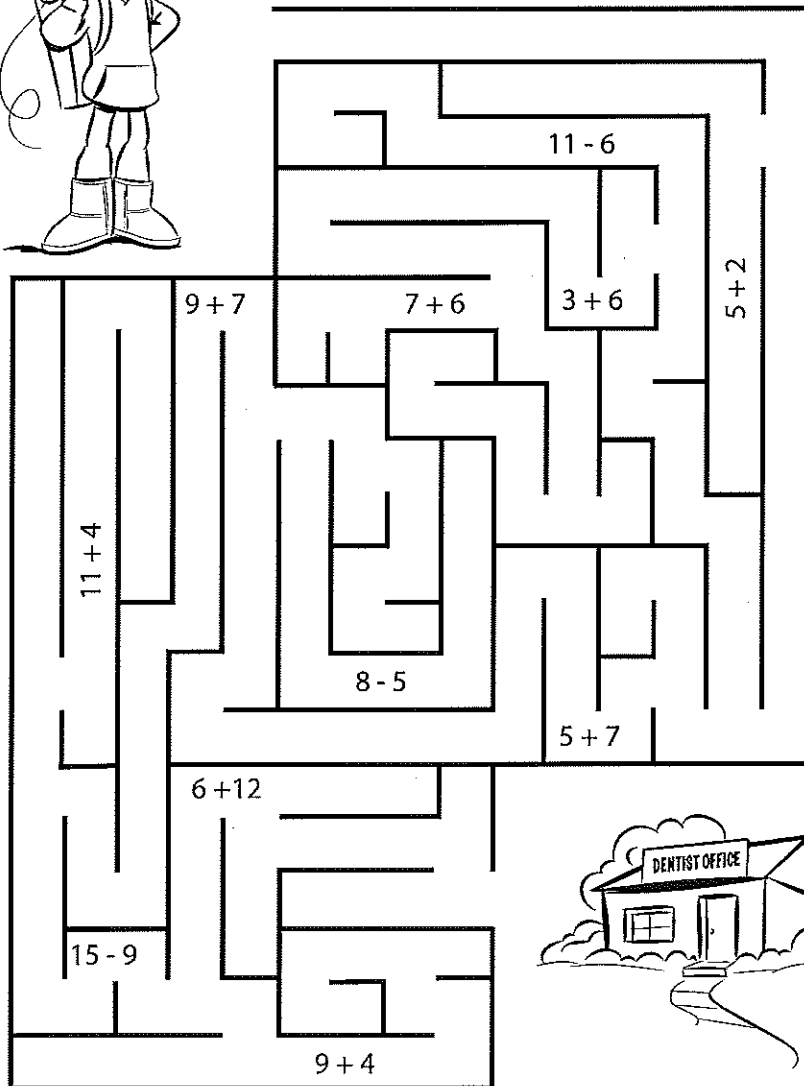
Message: Brush and floss your teeth.

1. Cross off all 10 letter words.
2. Cross off all things you can read.
3. Cross off all sports activities in columns B and D.
4. Cross off all words with exactly 3 vowels.
5. Cross off the first names of the McGrinns and the Smileys.
6. Cross off all the words that rhyme with Den or Buck.
7. Cross off all the words that are healthy fruits and vegetables.
8. If 2 words directly next to each other in a row, have the same meaning, cross them both off.
9. Now, read the remaining words in order from top to bottom by rows to find the hidden message.

February is National Children's Dental Health Month!

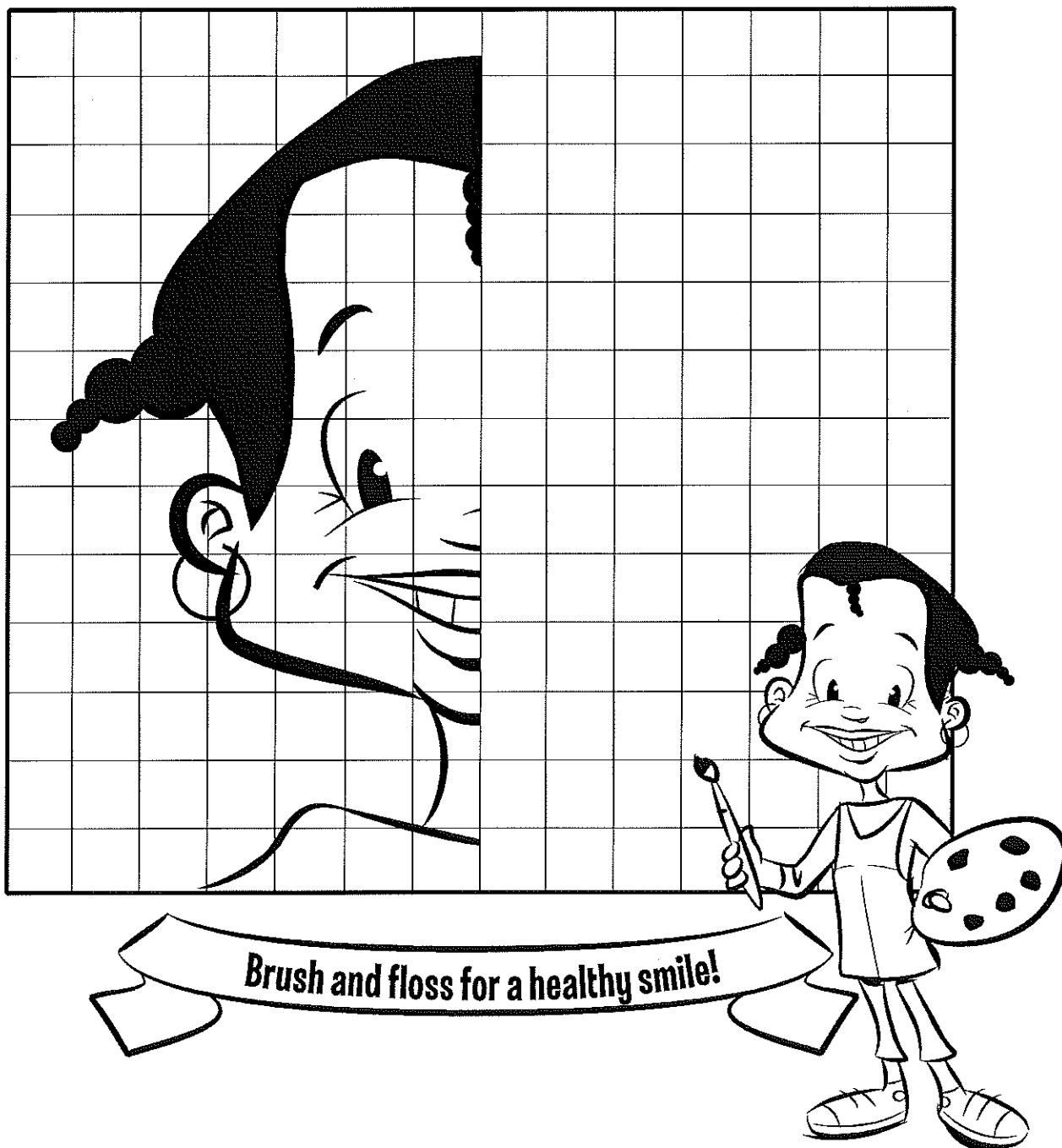
MATH MAZE

Flossy is visiting the dentist but not sure how to get there. Help her find her way!
Do the math problems along the paths. If your answer is an even number, you're on the right path. If it's odd, better turn back!



February is National Children's Dental Health Month!

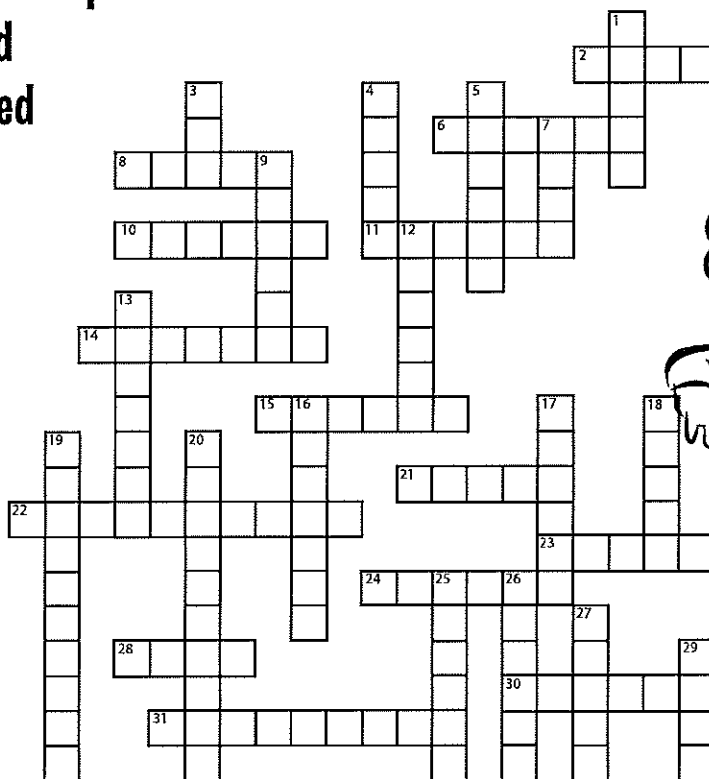
Gen loves to paint portraits with big, beautiful smiles.
Can you help her finish her self-portrait? Use the grid as a guide!



February is National Children's Dental Health Month!

No one likes a crossword puzzle more than Den.

He's already finished this one so if you need help see the answer key at the bottom of the page.



ACROSS

- 2 Flossy loves to do _____ problems.
- 6 Don't forget to brush your _____.
- 8 Pictures of your teeth.
- 10 A _____ hygienist cleans your teeth at the dentist's office.
- 11 Buck loves to play _____.
- 14 Visit your _____ regularly.
- 15 Den and Gen's last name is _____.
- 21 Brush your teeth at least _____ a day.
- 22 Wear this to protect your smile while playing sports.
- 23 Flossy and Buck are _____.
- 24 Den wears _____ to straighten his teeth.
- 28 Your first teeth.
- 30 A dentist uses this to help see all your teeth.
- 31 The Smileys moved in down the street from the McGrinns so now they are _____.

- 4 Clean between your teeth with dental _____.
- 5 _____ are back teeth used for grinding food.
- 7 They hold your teeth in place.
- 9 Limit between meal _____.
- 12 If not removed, can lead to cavities.
- 13 What your dentist applies to protect teeth from decay.
- 16 Buck and Flossy's last name is _____.
- 17 Only eat sparingly to keep your smile healthy.
- 18 The part of a tooth that you can see is called the _____.
- 19 Use this to keep teeth clean
- 20 Broccoli and carrots are nutritious _____.
- 25 Gen loves to draw and paint, she wants to be an _____.
- 26 The hard outer layer of a tooth.
- 27 Most kids have all their baby teeth by the age of _____.
- 29 Smile.



DOWN

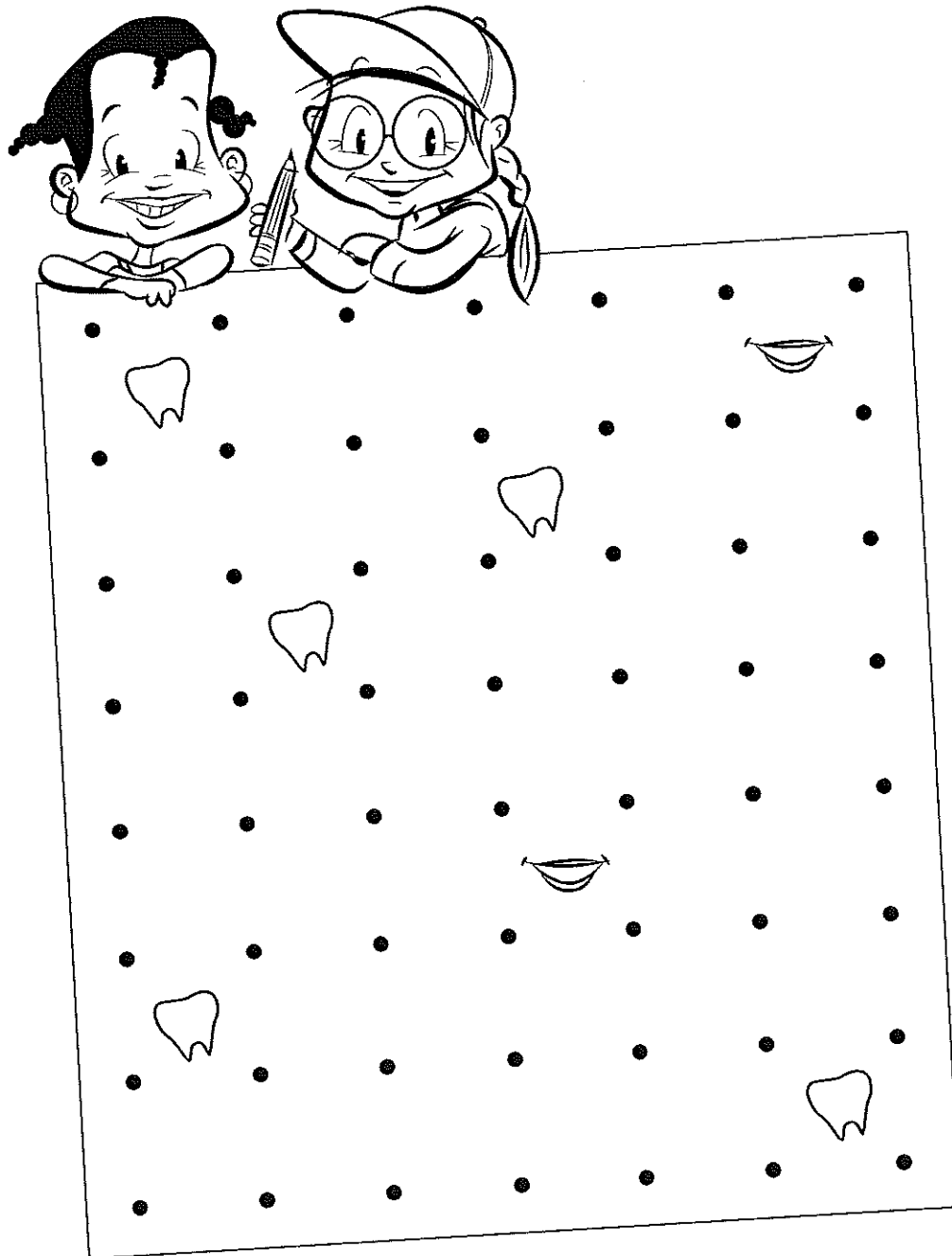
- 1 Drink this instead of soda pop.
- 3 Use only a _____-sized amount of toothpaste when you brush.

ACROSS: 2 - MATH, 6 - TONGUE, 8 - X-RAYS, 10 - DENTAL, 11 - SPORTS, 14 - DENTIST, 15 - SMILEY, 21 - TWICE, 22 - MOUTHGUARD, 23 - TWINS, 24 - BRACES, 28 - BABY, 30 - MIRROR, 31 - NEIGHBORS
 DOWN: 1 - WATER, 3 - PEA, 4 - FLOSS, 5 - MOLARS, 7 - GUMS, 9 - SNACKS, 12 - PLAQUE, 13 - SEALANT, 16 - MCGRINN, 17 - SWEETS, 18 - CROWN, 19 - TOOTHBRUSH, 20 - VEGETABLES, 25 - ENAMEL, 27 - THREE, 29 - GINN

February is National Children's Dental Health Month!

PLAY CONNECT FOUR WITH GEN AND FLOSSY!

Take turns with a friend connecting the dots. If you make a square, give yourself 1 point. A square with a  is worth 2 points. A square with a  is worth 4 points.



Something's Missing

All the vowels (a, e, i, o, u) are missing from these dental words.

How many can you complete in two minutes?

(The answers are at the bottom of the page.)

br _ sh

j _ ws

c _ v _ ty

m _ _ th

ch _ w

m _ _ th g _ _ rd

cl _ _ n

n _ tr _ t _ _ n

d _ c _ y

pl _ q _ _

d _ nt _ st

t _ _ th br _ sh

fl _ ss

sm _ l _

fl _ _ r _ d _

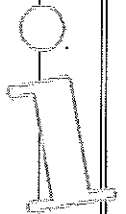
t _ _ th

f _ _ d

t _ _ th p _ st _

g _ ms

X - r _ y

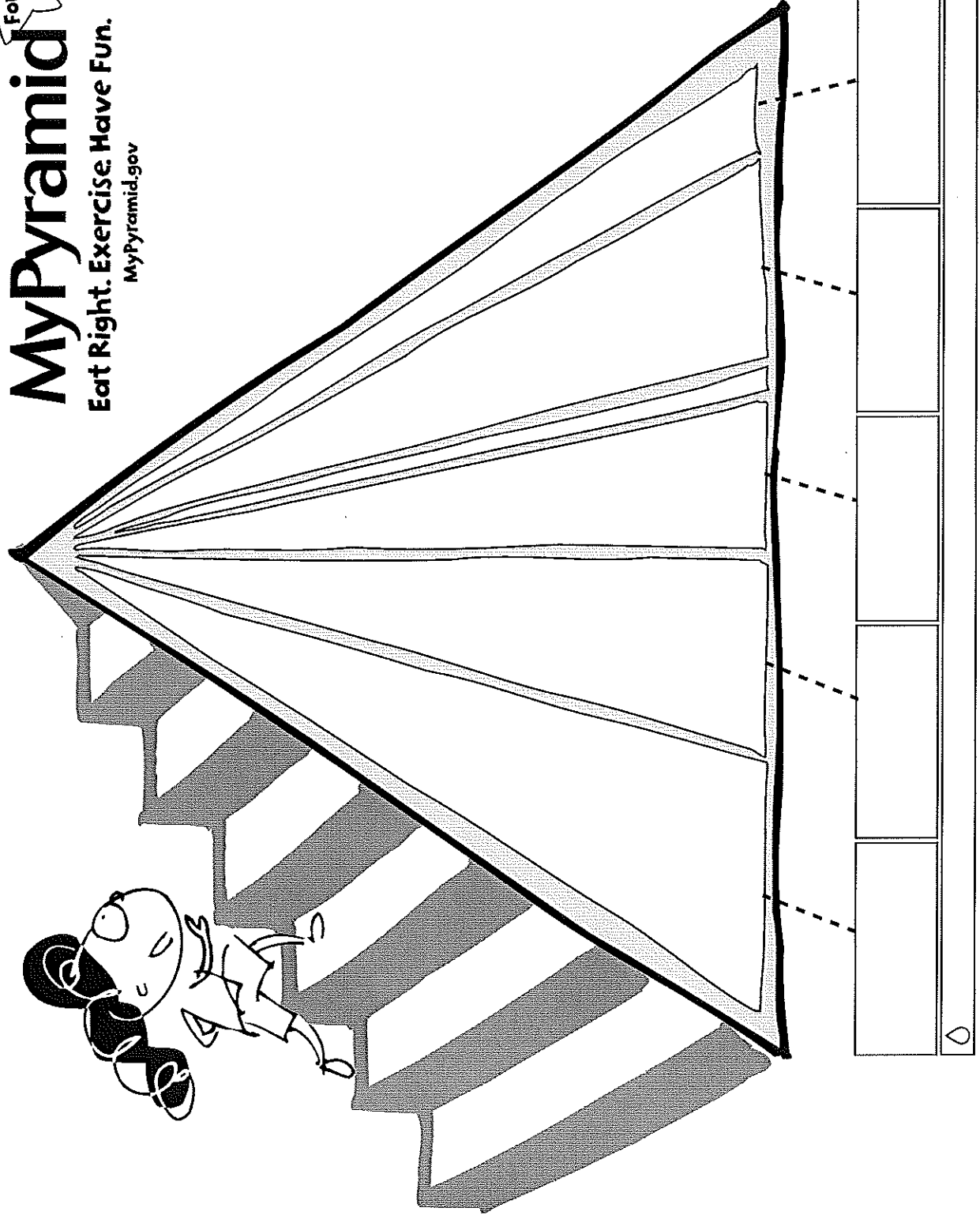


Answers: brush, cavity, clean, decay, dentist, floss, fluoride, food, gums, jaws, mouth, mouthguard, nutrition, plaque, toothbrush, smile, tooth, toothpaste, X-ray



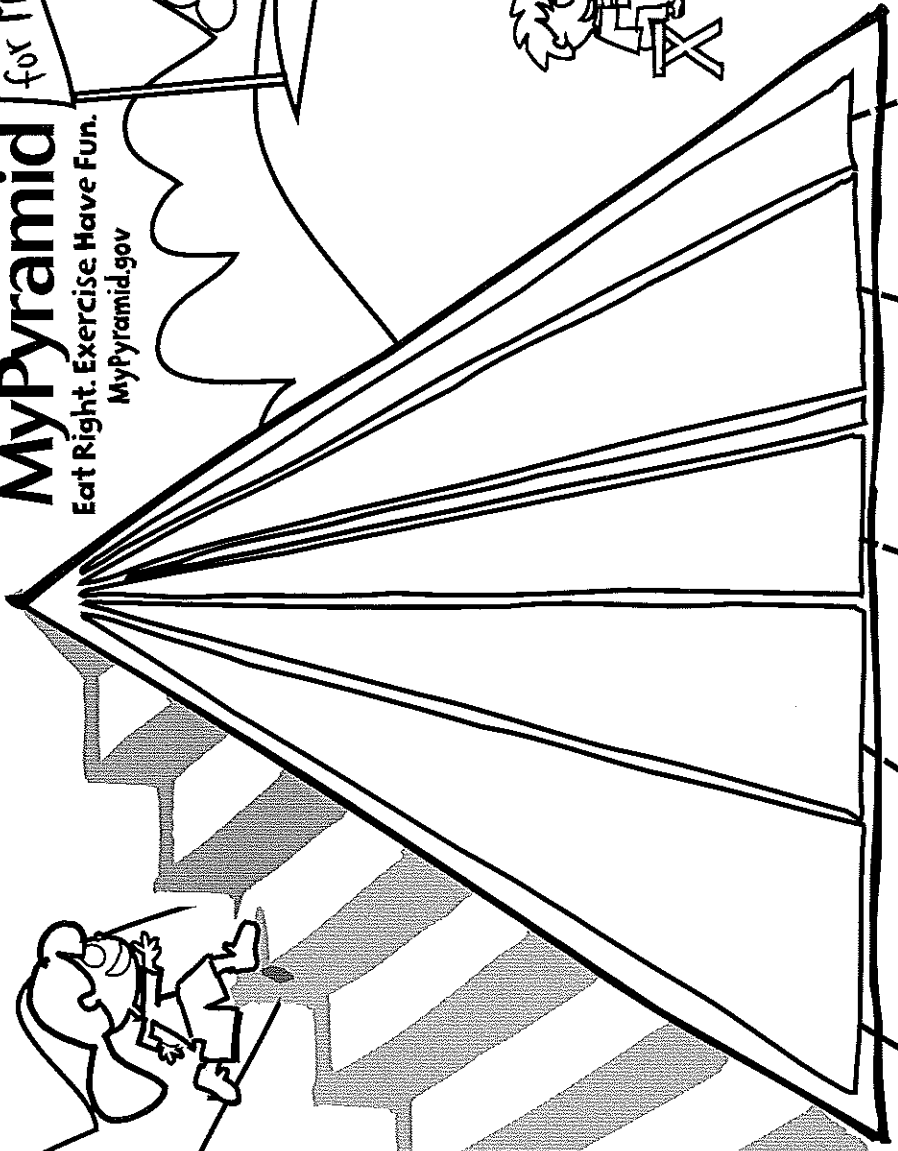
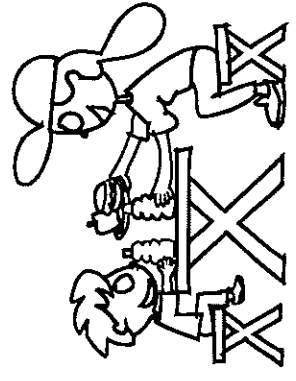
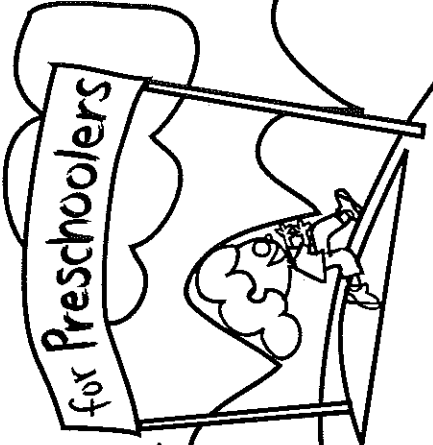
MyPyramid

Eat Right. Exercise. Have Fun.
MyPyramid.gov

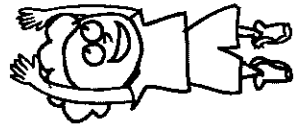
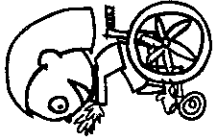
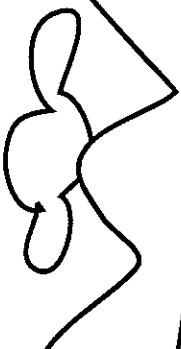
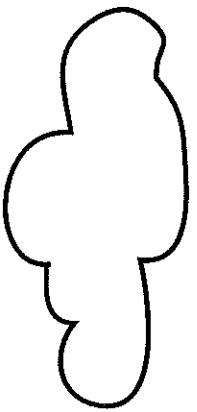
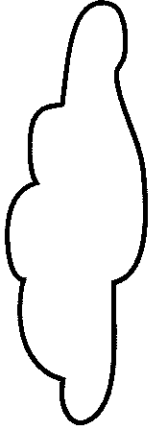


MyPyramid for Preschoolers

Eat Right. Exercise Have Fun.
MyPyramid.gov



Grains (Orange)	Vegetables (Green)	Fruits (Red)	Milk (Blue)	Meat & Beans (Purple)
Oils (Yellow)				





Food Is Fuel

Food is fuel for your body, and you can improve how well your body works by feeding it the most nutritious fuel. It is important to think about what and how much you eat.



Teachers should discuss the difference between “everyday” foods and “sometimes” foods. Mention that some “sometimes” foods are good for you and contain key nutrients, but they may also be high in calories. The way to keep a diet balanced is to pick foods from both categories AND to be physically active, balancing energy IN with energy OUT.

- “Everyday” foods are more nutritious and provide better fuel for your body. They also have vitamins and nutrients that our body can use every day. Examples of “everyday” foods are vegetables, lean meats, eggs, fat-free and low-fat dairy, and whole-grain/high-fiber foods. But watch out! Taking an “everyday” food (such as potatoes, fish or chicken) and frying it adds lots of fat, making it less healthy.
- “Sometimes” foods do not have as much nutritional value as other foods and they can have large quantities of calories, sugar or unhealthy fats. Some examples of “sometimes” foods are pizza, hamburgers, fries, hot dogs, chips and ice cream. A few “sometimes” foods such as sodas, donuts or candy have almost no nutritional value at all and are very high in calories or sugar. There are also “sometimes” foods that contain essential nutrients and are good for you but contain a lot of calories. Watch your portions to balance your energy IN with

Discussion Guide for Food Cards:

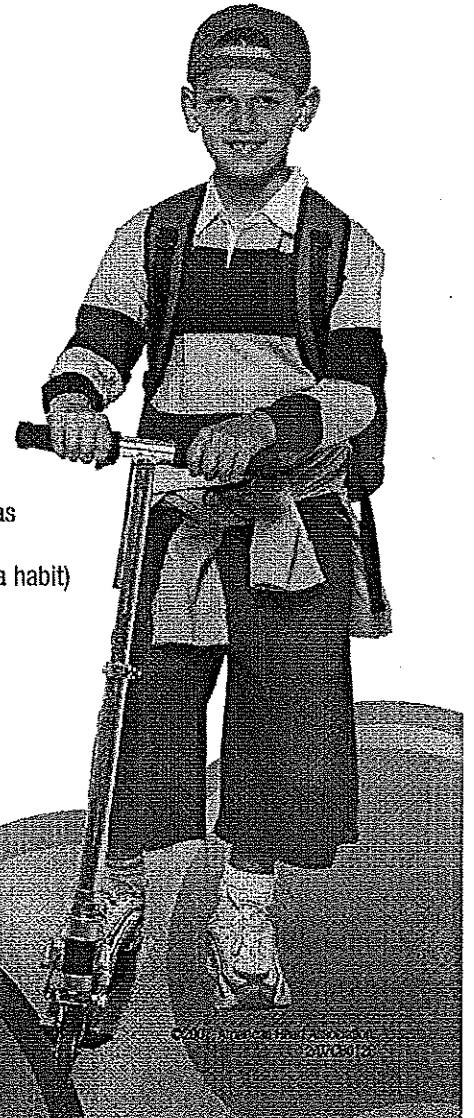
Everyday Foods:

- Chicken
- Fish
- Milk (choose fat-free or low-fat options)
- Cheese (choose fat-free or low-fat options)
- Yogurt
- Whole-Grain Bread
- Tomatoes
- Potatoes (not fried)
- Water
- Juice (be careful of portion size)
- Pasta
- Whole-Grain, High-Fiber Cereal
- Bell Pepper
- Cherries
- Pear
- Carrots
- Broccoli
- Green Beans
- Salad

- Bananas
- Apple
- Strawberries
- Grapes

Sometimes Foods:

- Ham
- Macaroni and Cheese
- Nuts (be careful of portion size)
- Oil (be careful of portion size)
- Donuts (have as a treat and not as a habit)
- Cookies (have as a treat and not as a habit)
- Soda (have as a treat and not as a habit)
- French Fries
- Hamburger
- Pizza
- Candy
- Ice Cream
- Hot Dogs



Do You Know?

The brighter the food on the plate, the more vitamins and minerals you will con-

NAME _____

Why Do People Exercise?

Fill in the chart as you interview people about their physical activities. Check each response given.



Name/Activity	To Look Good	To Be Healthy			To Feel Good	Firm Muscles/ Less Fat
		General	Heart/ Circulation	Lungs		

NAME _____

What's Your Activity I.Q.?

See how much you know about participating in physical activity for a healthy heart.
Circle the letter next to each correct answer.


- 1 Which of the following is an aerobic activity?
 - a. bicycling
 - b. fishing
 - c. racing your sister to the telephone
- 2 How much total time in a day do you need to participate in an aerobic activity to keep your heart healthy?
 - a. at least 5 minutes
 - b. at least 30 minutes
 - c. at least 2 hours
- 3 How many times each week should you do an aerobic activity to have a healthy heart?
 - a. at least 7
 - b. at least 1
 - c. at least 4
- 4 Before you do a physical activity, you should
 - a. take your pulse.
 - b. warm up.
 - c. blow your nose.
- 5 Physical activity does which of the following?
 - a. improves your breathing
 - b. makes the blood rush to your head
 - c. makes your hair grow faster
- 6 A good activity for strengthening your leg muscles is
 - a. push-ups.
 - b. curl-ups.
 - c. climbing.
- 7 Which is the best reason for choosing a physical activity?
 - a. All your friends do it.
 - b. You enjoy doing it.
 - c. You might become a professional and make a lot of money doing it.
- 8 Which of these household chores is also an aerobic activity?
 - a. cleaning your room
 - b. washing the dishes
 - c. mowing the lawn

Grade 1

My Drawing

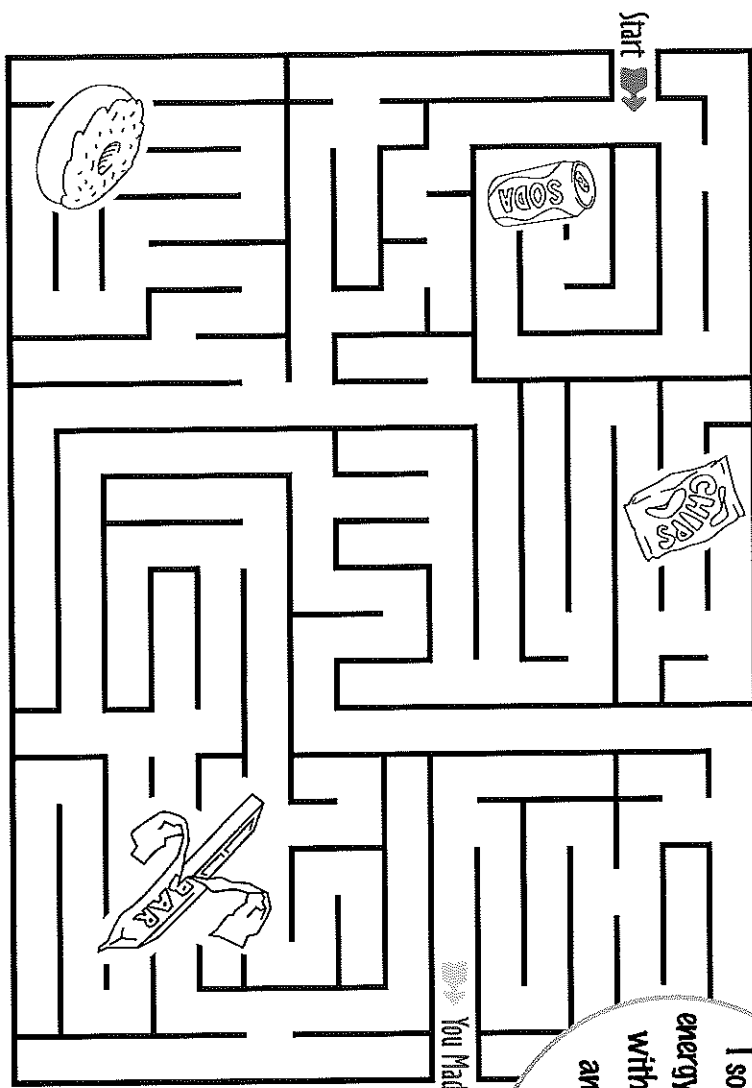
Draw a picture of you and
your friends doing your
favorite healthy activity.



Mary Bridge Children's
Hospital and Health Center
MultiCare 

Grab Quick & Easy Snacks

Find your way through the Snack Maze

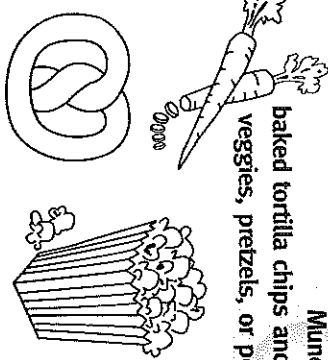


When I go on a hike, I sometimes run out of energy, so I fill my backpack with pretzels, dried fruit, and bottled water to keep me going.

You Made It!

POWER POINTS

Munch on... baked tortilla chips and salsa, veggies, pretzels, or popcorn.

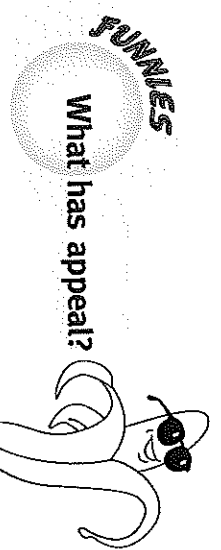
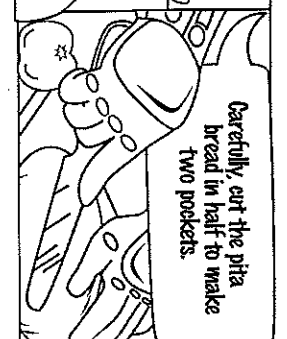


Eat less 'dead end' snacks high in sugar, fat, and calories.

Tuna Pita Sandwich



1 small can of tuna
1 piece of pita bread
tomato slices
lettuce leaves



Funnies Answer: A banana.

Power Panther™ says... Eat Smart. Play Hard.™
www.fns.usda.gov/eatsmartplayhard



Food and Nutrition Service
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July 2007



Enter the FUN ZONE



Make a splash! Join me for a ride on the waterslide and for a few laps.

tip: Pump up your energy levels! Swim, jump rope, or go biking with your friends.

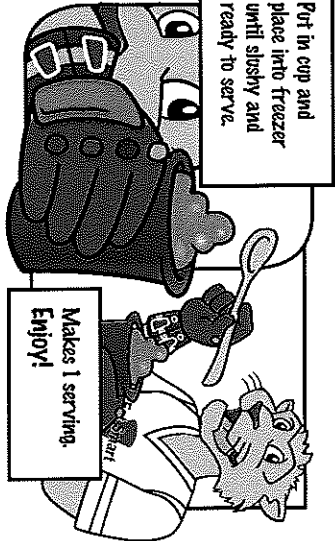
Watermelon Ice

Prepare this treat ahead of time and grab it on your way out the door.

You need:
 1 cup cubed seedless watermelon,
 1/2 cup cracked ice,
 3 teaspoons of sugar,
 A squeeze of lime juice.

Using an adult's help, in a blender, place cracked ice, sugar, lime juice and watermelon. Process until well blended.

Put in cup and place into freezer until slushy and ready to serve.



Makes 1 serving. Enjoy!

Funnies

Q: How do birds get ready to exercise?

Crack the Secret Power Code

Use your detective skills and the code at the right to complete the activity.

1. Being physically is fun and helps you feel good too!

2. Balance what you eat with .

3. Eat a variety of fruits, vegetables, and foods.

4. Balance each day with and .

Code

- a-
- b-
- c-
- d-
- e-
- f-
- g-
- h-
- i-
- j-
- k-
- l-
- m-
- n-
- o-
- p-
- q-
- r-
- s-
- t-
- u-
- v-
- w-
- y-
- z-

POWER FACT:

Power Panther™ was a part of which of these major events? Check 5 correct answers.

- Cherry Blossom Parade
- World Series
- Super Bowl
- Special Olympics
- World Cup
- Pro Rodeo
- NBA Finals
- Macy's Thanksgiving Day Parade

Funnies Answer: They do worm ups!
 1. active
 2. what you do
 3. whole grain
 4. food, play

Answers to Secret Power Code:

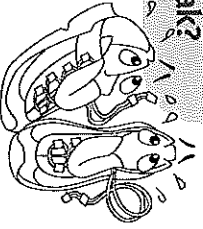
Power Fact Answer: World Series, Special Olympics, Pro Rodeo, Macy's Parade, Cherry Blossom Parade.



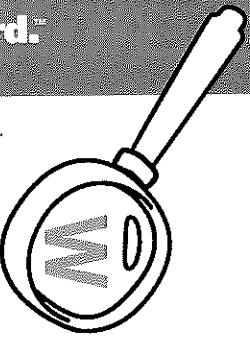
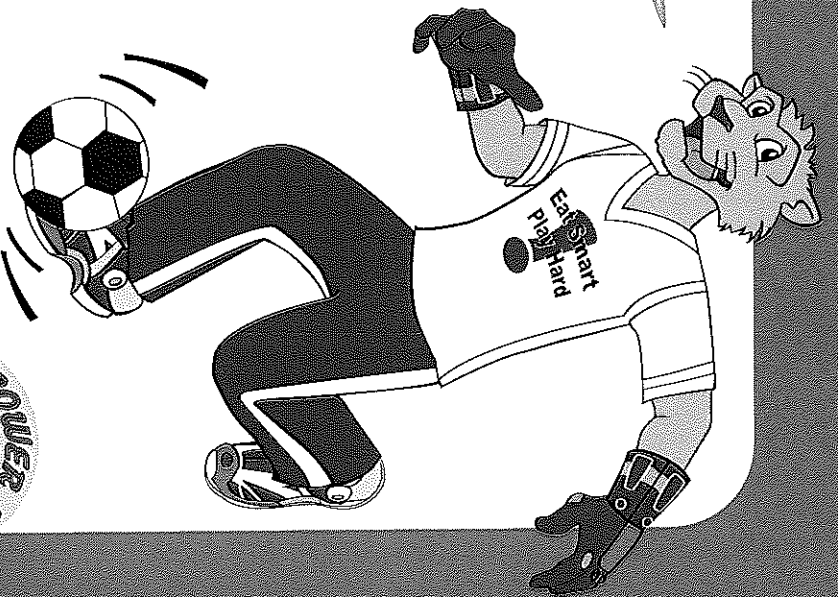
Move More. Sit Less.

FUNNES

What has 2 tongues, but can't speak?



Power Panther says... Be a doer, not a watcher – go out and be active! Instead of watching TV, take a walk. I can walk 1 mile in 15 minutes – can you?



WORD SEARCH

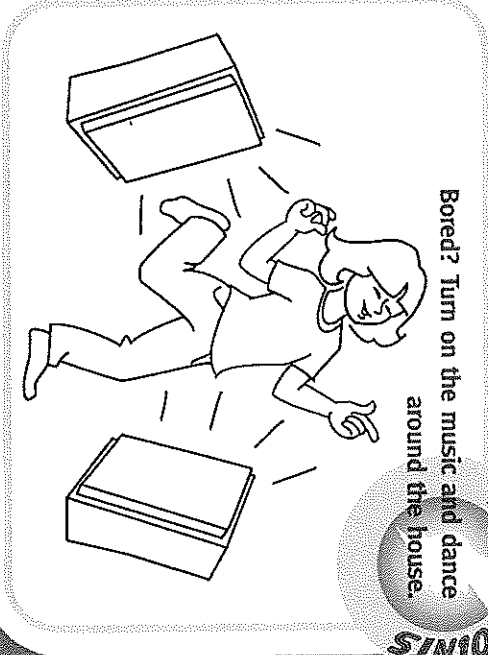
Look at the words in the Word List on the left. They go up, down, backwards, and on an angle. The leftover letters spell the answer to the secret word.

SECRET WORD: _____

Word List	row	F	J	W	W	A	F	F	L	E
carrots		B	O	T	I	R	R	U	B	C
waffle		R	Y	O	G	U	R	T	A	A
dance		E	I	G	T	M	I	W	S	R
egg		A	E	C	I	B	U	L	K	R
ziti		D	D	T	E	P	A	M	E	O
yogurt		P	I	U	E	S	E	L	T	T
breakfast		Z	D	A	N	C	E	A	L	S
dunk		B	R	E	A	K	F	A	S	T
rice										
bread										
basket										
football										
salsa										
pear										
burrito										
peas										
swim										

Bored? Turn on the music and dance around the house.

POWER POINTS



Power Panther™ says... Eat Smart. Play Hard.™
www.fns.usda.gov/eatsmartplayhard



Food and Nutrition Service
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Secret Word: JUMP Funnes Answer: Your running shoes

Power Panther™ says... Eat Smart. Play Hard.™

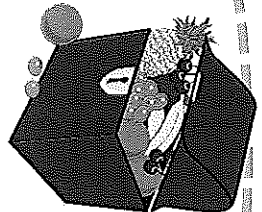
www.fns.usda.gov/eatsmartplayhard



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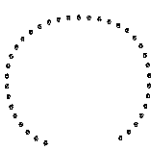

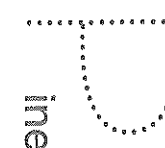
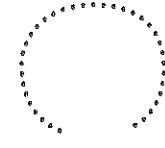
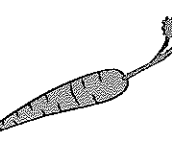
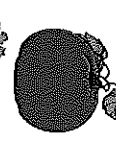
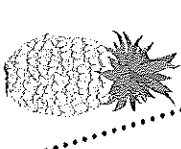
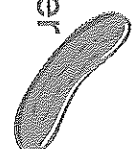


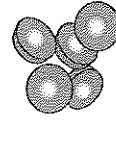

Let's Go On A Snack Hunt



X

Inside/Outside

Draw a line to match the outside to the inside.
Trace the first letter of the name of the fruit or vegetable.

			
arrot	omato	ineapple	ucumber
			
			



Color By Fruit

Find crayons that match the colors of the fruits.
Color the spaces on Power Panther to make a cool picture.

Power Your Moves



Word Scramble

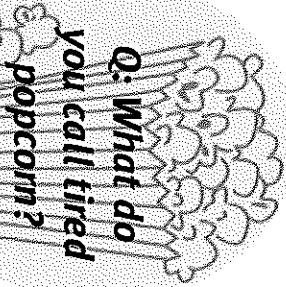
Cross out all the fruit and vegetable names horizontally within the word puzzle below and reveal the message.

APPLKIEWEATWATERMELON
 PINEAPPLESBANANAORANGE
 CAULIFLOWERGERAPEFRUIT
 SQUASHFRUITSTOMATOPEAS
 BEANSSPINACHANDBROCOLI
 RADISHCARROTOKRACELLERY
 MANGOVEGETABLESPLUM
 ASPARAGUSBLUEBERRYPEAR
 CHERYEAACHPEACHLETTUCE
 ONIONRASPBERRYDAVLEMON



tip: At a fast food restaurant? Try a grilled chicken sandwich and a side salad.

Funnies



Q: What do you call tired popcorn?

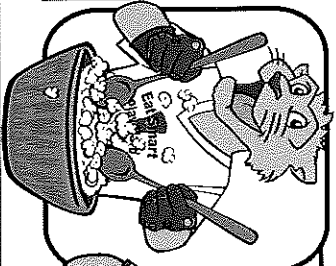
- WHICH STATE IS THE LARGEST GROWER OF EACH OF THESE FRUITS AND VEGETABLES?**
MATCH 'EM UP!
- | Fruits/Vegetables | States |
|-------------------|--------------------------------------|
| Pineapple | <input type="radio"/> Florida |
| Sweet Potato | <input type="radio"/> California |
| Blueberries | <input type="radio"/> Washington |
| Cauliflower | <input type="radio"/> North Carolina |
| Eggplant | <input type="radio"/> Michigan |
| Apples | <input type="radio"/> Hawaii |

Fruits and vegetables are my secret power-pack to help me play hard every day.

You need:
 4 cups popped popcorn,
 1 tablespoon melted, soft margarine,
 1 teaspoon chili powder,
 1 teaspoon garlic powder,
 A dash of garlic powder.

Put some spice in your life!

Mix popcorn and margarine. Mix seasonings thoroughly. Sprinkle over popcorn. Mix well.



Serve immediately and enjoy with family and friends! Makes four 1-cup servings.

Serve immediately and enjoy with family and friends! Makes four 1-cup servings.



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Word Scramble Answer: Eat 5 fruits and vegetables each day.

World Traveler Answer: Cauliflower-California, Pineapple-Hawaii, Sweet Potato-North Carolina, Blueberries-Michigan, Apples-Washington, Eggplant-Florida.

Funnies Answer: Popped corn!

547-2687

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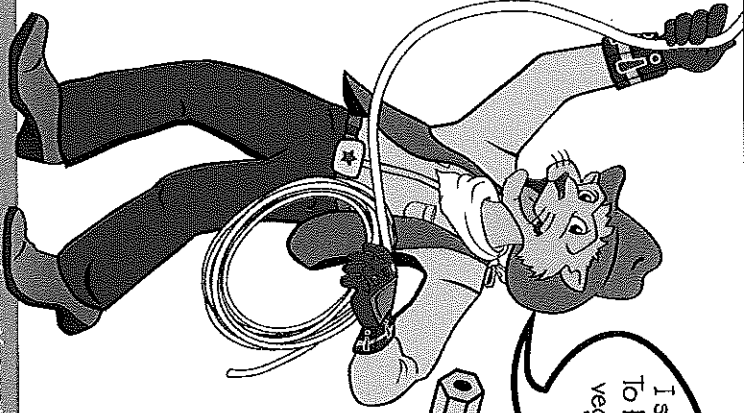
Rustle Up Good Grub and get moving!

WILD WEST Word Search

Use your pencil to rope the hidden words in the puzzle.

- WORD LIST:**
- chili
 - beans
 - fishing
 - running
 - tortilla
 - cheese
 - combread
 - horseback-riding
 - oatmeal
 - beef
 - tomatoes
 - camping
 - swimming
 - rice

H T A X O H X O B L F Z A H K
 O U C O W I J J A L W C T S E V
 R C H I L L I D T M O E E F I C N N
 S Y E E D I F C M E Y Y E I C A T
 E P E C T C O Z A E E Y S A A T
 B L S S Z P R K L B E E R S H M K F
 A K E Q L N J D W C O I P P E R
 C W Z C L I B U R S R I N G N Y N D
 K Q A S S I R U N N I N G N Y N D
 R T A R S M R E U N N I P I A G Y N
 I O B S D E A T O E S S E I M L S V
 D R T O M A T C I U B E I Y T E
 I O F H W D C I N G T I L L Q E R
 N S W I M M I N G T I L L Q E R
 G I B S Q V T O R T I L L Q E R X



Get an energy boost with this tasty sandwich.
 You need:
 2 slices of whole wheat bread
 2 slices of low-fat American cheese
 1 slice fresh tomato

Pop in the microwave until the cheese melts (about 15 seconds). Allow sandwich to cool.

Toast the bread lightly. Top one slice of bread with 1 slice of cheese, the tomato, and another slice of cheese as shown.

Enjoy with a glass of low-fat or fat free milk and a piece of fruit.

Cover with the other slice of bread.

Toasted Cheese and Tomato Sandwich

Howdy Partner!
 I spend a lot of time on the run. To keep me going, I keep fruit and vegetable snacks close, so I can eat well, even when I'm on the range.

tip: Make your moves! Be physically active at least 60 minutes a day.

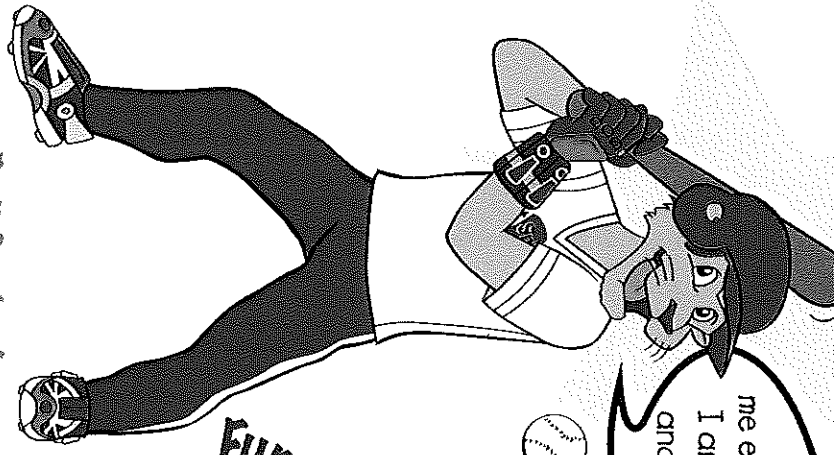
Funnies
 Q: Why couldn't the pony sing?

Funnies Answer: Because it was a little hoarse.

Library/SmartPlayHard/USDA/panther

10/2007

Be an All-Star

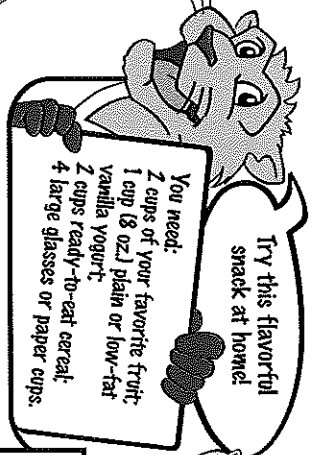


Breakfast gives me energy to go and grow. I am a breakfast all-star and you can be one, too!

Funnies

Q: Why did the cook get arrested?

Fruit Sundae (serves 4)



Try this flavorful snack at home!

You need:
 2 cups of your favorite fruit
 1 cup (8 oz.) plain or low-fat vanilla yogurt
 2 cups ready-to-eat cereal
 4 large glasses or paper cups.



Wash fresh fruit (i.e., remove seeds and pits), drain canned fruit or thaw frozen fruit.

Place 2 tbsp. of fruit in the bottom of the cup. Spoon 2 tbsp. yogurt on top of the fruit layer.

Spoon 2 tbsp. cereal on top of the yogurt. Repeat twice.



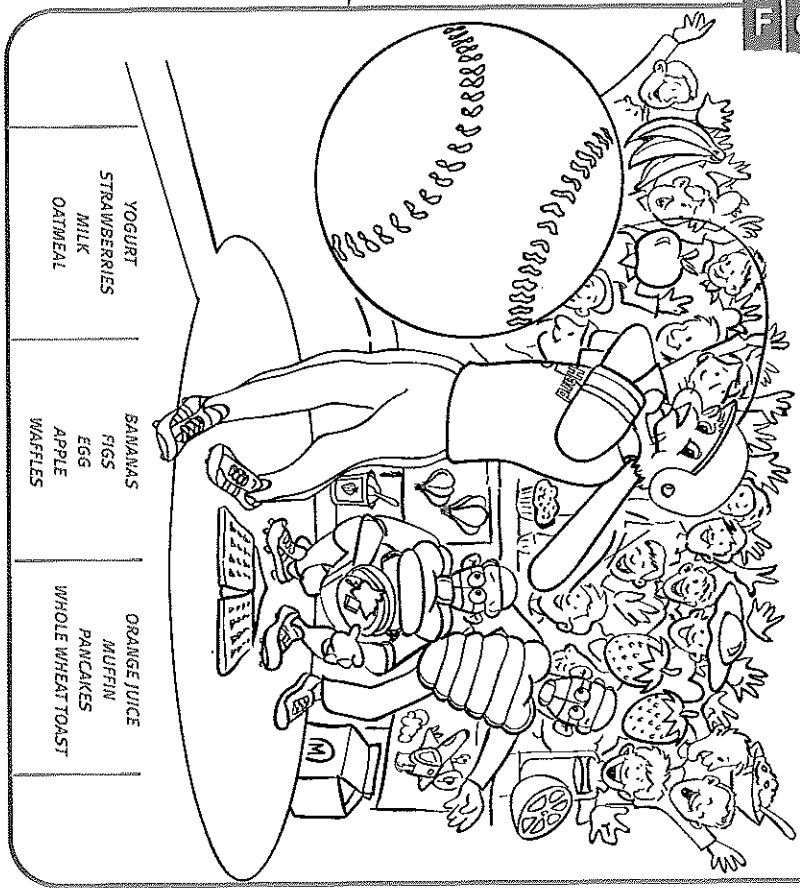
This will make three layers of each ingredient. Enjoy with your family & friends.

tip:

Grab fresh or dried fruit, a bagel, a hard-cooled egg, or low-fat yogurt to eat on the way to school or play.

FIND FOOD

Power Panther™ has a big game today and needs your help to find his breakfast foods! Use your detective skills to find the hidden foods in the baseball park that are listed below:



- | | | |
|--------------|---------|-------------------|
| YOGURT | BANANAS | ORANGE JUICE |
| STRAWBERRIES | GIGS | MUFFIN |
| MILK | EGG | PANCAKES |
| OATMEAL | APPLE | WHOLE WHEAT TOAST |
| | WAFFLES | |



Food and Nutrition Service
 The USDA's national program
 for school children

Esse me do teaq
 Funnies: Because life
 is short

http://www.fns.usda.gov/eatsmartplayhard
 www.fns.usda.gov/eatsmartplayhard



American Alliance for Health, Physical Education, Recreation and Dance

American Heart Association



Learn and Live.

Why is Physical Activity Important?

Being physically active is fun, helps you look and feel your best, and gives you more energy to do other things.

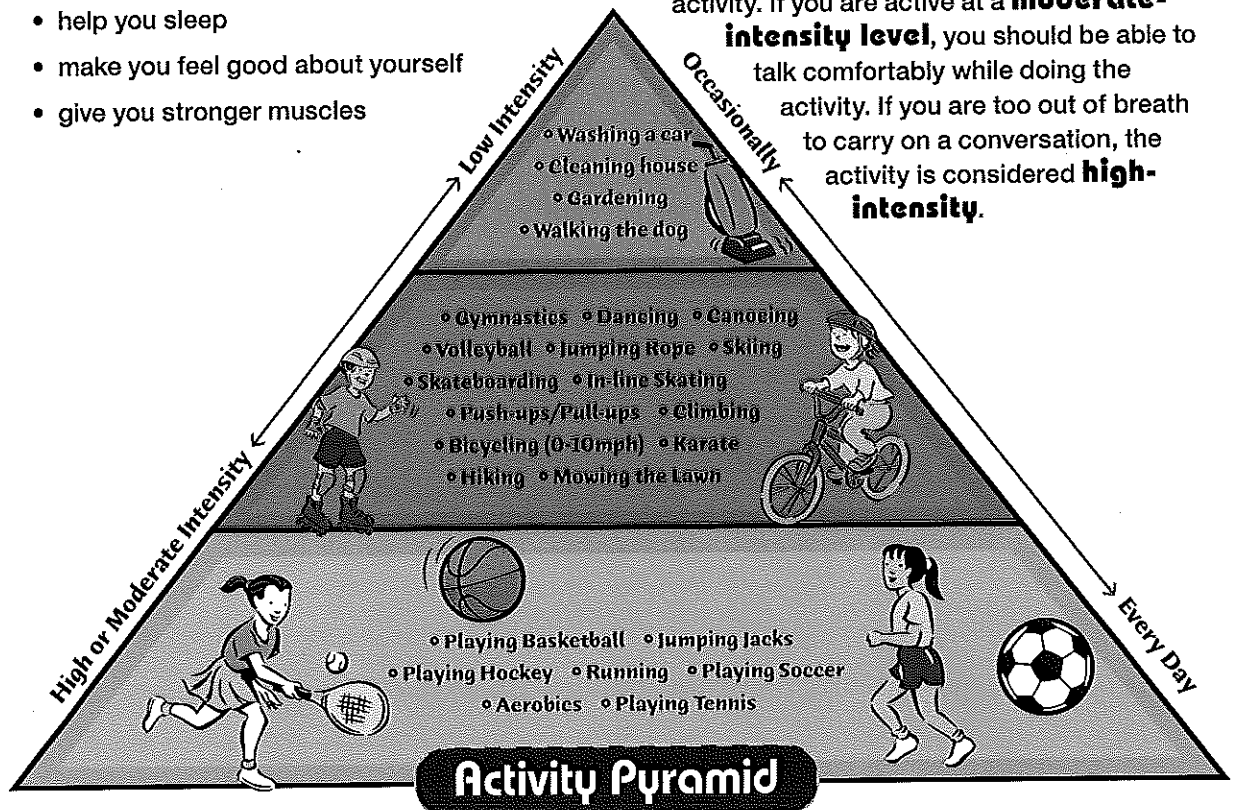
Physical activity helps your body work better, too! It can:

- improve blood circulation throughout your body
- help keep weight under control
- improve blood cholesterol levels
- boost your energy level
- help you sleep
- make you feel good about yourself
- give you stronger muscles

The more active you are, the faster your heart beats.

Because your heart is a muscle, it becomes stronger and more efficient when you exercise it. You definitely want your heart to be strong enough to pump blood throughout your body! To benefit most from physical activity, try to get at least 60 minutes of moderate- or high-intensity activity each day.

If you are active at a **low-intensity level**, you should be able to sing while doing the activity. If you are active at a **moderate-intensity level**, you should be able to talk comfortably while doing the activity. If you are too out of breath to carry on a conversation, the activity is considered **high-intensity**.



Activity Pyramid



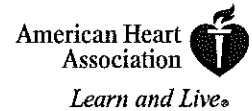
Get Moving Today!

Physical Activity Log

Grades
3-5



American Alliance for
Health, Physical Education,
Recreation and Dance



American Heart
Association
Learn and Live.

Directions: Fill out the form and bring it back to class.
Encourage others in your family to also participate. Consider keeping track for one month.

DUE DATE _____

NAME _____

GRADE _____ CLASS PERIOD _____

Week 1	Week 2
Date: _____	Date: _____
Monday: 20 Push-ups & 25 Curl-ups _____	Monday: 20 Push-ups & 25 Curl-ups _____
Tuesday: Choice activity: _____ # min. _____	Tuesday: Choice activity: _____ # min. _____
Wednesday: 20 Push-ups & 25 Curl-ups _____	Wednesday: 20 Push-ups & 25 Curl-ups _____
Thursday: Choice activity: _____ # min. _____	Thursday: Choice activity: _____ # min. _____
Friday: 20 Push-ups & 25 Curl-ups _____	Friday: 20 Push-ups & 25 Curl-ups _____
Guardian Signature: _____	Guardian Signature: _____
Week 3	Week 4
Date: _____	Date: _____
Monday: 20 Push-ups & 25 Curl-ups _____	Monday: 20 Push-ups & 25 Curl-ups _____
Tuesday: Choice activity: _____ # min. _____	Tuesday: Choice activity: _____ # min. _____
Wednesday: 20 Push-ups & 25 Curl-ups _____	Wednesday: 20 Push-ups & 25 Curl-ups _____
Thursday: Choice activity: _____ # min. _____	Thursday: Choice activity: _____ # min. _____
Friday: 20 Push-ups & 25 Curl-ups _____	Friday: 20 Push-ups & 25 Curl-ups _____
Guardian Signature: _____	Guardian Signature: _____

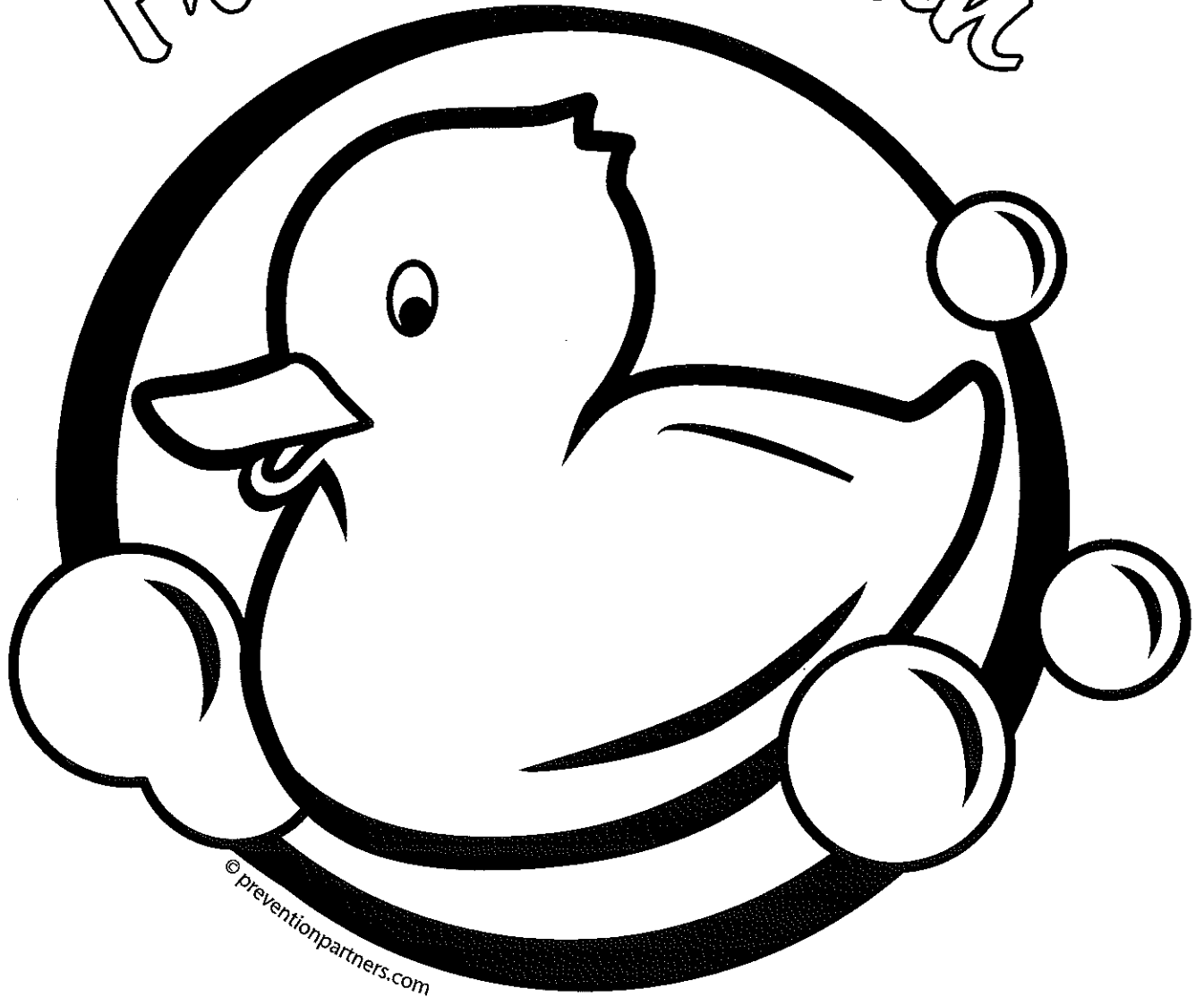
Choice Activity must be an exercise that raises heart rate, minimum time of 30 minutes. Suggestions: walking, jogging, biking, skating, inline skating, skateboarding, swimming, sports (basketball, soccer, hockey, etc.)

If you make a different choice, write it here. Make sure that your teacher approves it before you begin using the activity on your chart.

My Special Choice Activity is: _____

Name: _____ Age: _____ Event: _____

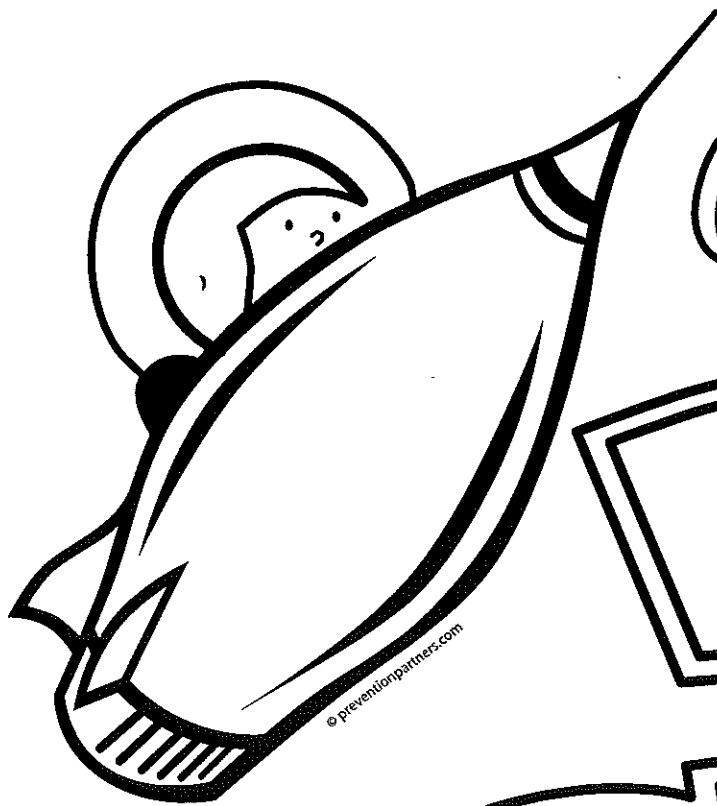
Fresh & Clean



Smoke-Free

Name: _____ Age: _____ Event: _____

HEALTHY CHOICES



are a

BIG

DEAL

About the Circulatory System

The heart and blood vessels are called the **circulatory system** because blood circulates through the body.

The heart is the important pump that makes it all work.

When the heart pumps, the blood first flows into tubes called **arteries**. The arteries that leave the heart are large tubes. The biggest one, called the **aorta**, is an inch wide. But the arteries soon branch again and again, to form many smaller tubes.

These **blood vessels** carry blood to all parts of the body.

The farther from the heart, the more blood vessels there

are, and the smaller they are. The tiniest blood

vessels, called **capillaries**, are so small you

would need a microscope to see them.

Capillaries join to form larger blood vessels.

The bigger ones are called **veins**. These tubes

carry blood back toward the **heart**. The closer to the

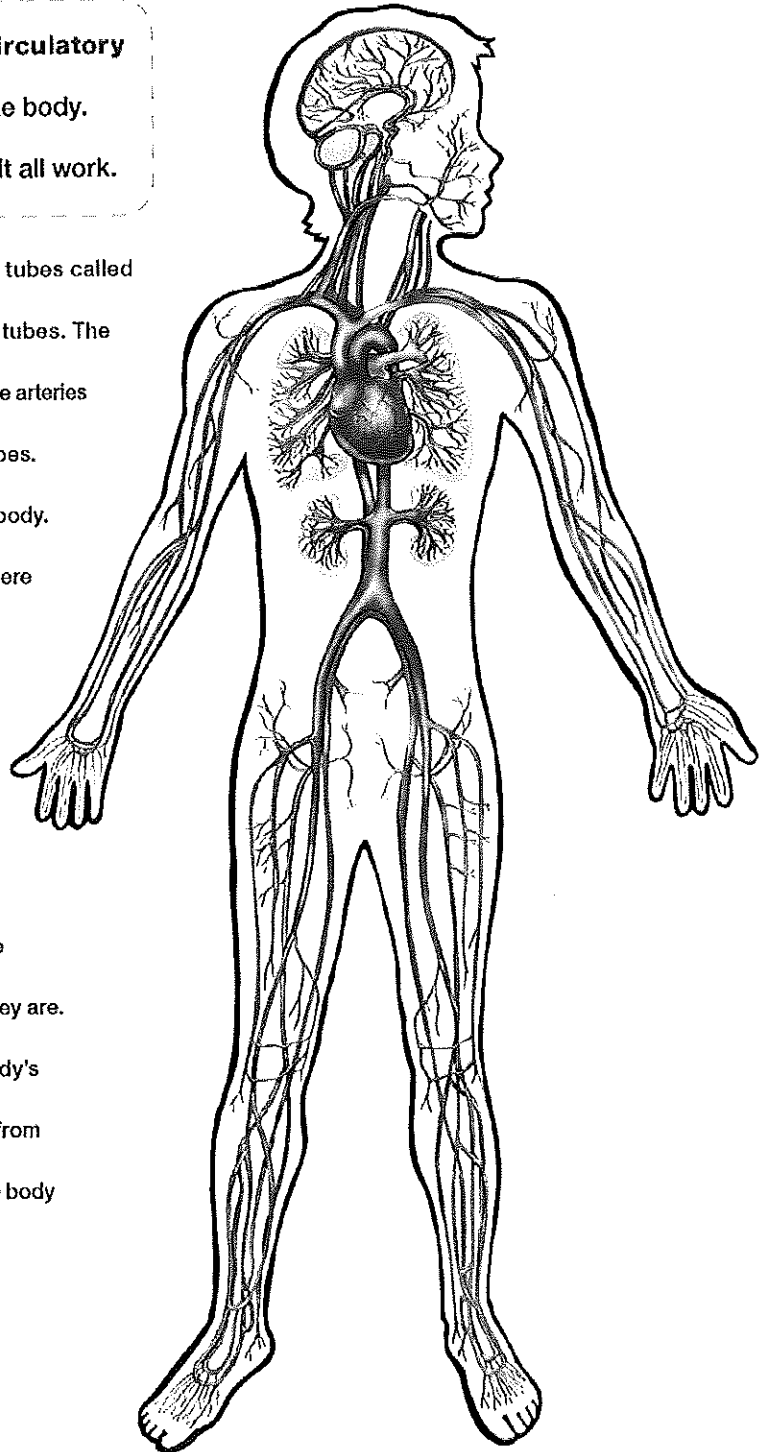
heart, the fewer the veins there are, and the larger they are.

The largest veins empty blood into the heart. The body's

blood vessels carry blood in a circle: moving away from

the heart in **arteries**, traveling to various parts of the body

in **capillaries**, and going back to the heart in **veins**.



We Don't Like Smoke! Poem

Read the following rhyme to children and demonstrate the actions for each line. Then have children stand next to a partner. Say the rhyme and do the actions together. Repeat several times.

I don't like smoke!	(Point with one hand to self.)
You don't like smoke!	(Point with one hand to partner.)
We all don't like smoke!	(Stretch out both arms and point to all.)

We Don't Like Smoke! Poem (Spanish)

¡No nos gusta que fumen!

Read the following rhyme to children and demonstrate the actions for each line. Then have children stand next to a partner. *Párense junto a un(a) compañero(a)*. Say the rhyme and do the actions together. *Vamos a recitar una rima y a señalar con la mano o con los brazos, según lo que diga la rima*. Repeat several times.

<i>¡A mí no me gusta que nadie fume!</i>	(Point with one hand to self.)
<i>¡A tí no te gusta que nadie fume!</i>	(Point with one hand to partner.)
<i>¡No nos gusta que nadie fume!</i>	(Stretch out both arms and point to all.)

I don't like smoke!
You don't like smoke!
We all don't like smoke!

Name _____

Date _____

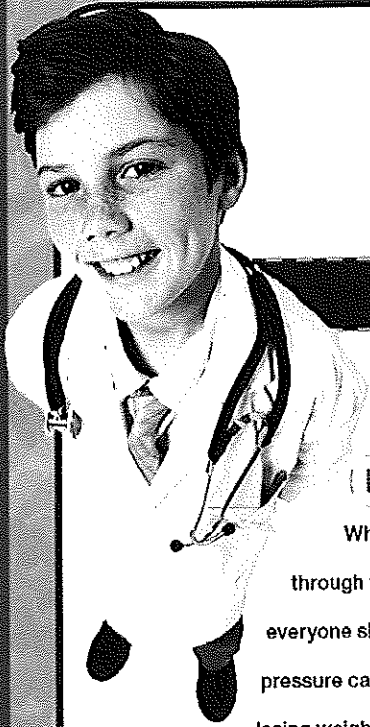
Paying the Price

THE COST OF CIGARETTE SMOKING	IF I DO NOT SMOKE I CAN BUY:
1 pack of cigarettes costs \$ _____	_____
1 pack of cigarettes per day for a week costs \$ _____	_____
1 pack of cigarettes per day for a month costs \$ _____	_____
1 pack of cigarettes per day for a year costs \$ _____	_____
1 pack of cigarettes per day for 5 years costs \$ _____	_____

I CAN CHOOSE



GOING UP IN SMOKE.



Risk Factors for Heart Disease

Watch Out for These!

High blood pressure

When this happens, the heart has to pump harder than it should to push blood through the circulatory system. The condition has no warning signals, which is why everyone should have their blood pressure checked regularly. Sometimes high blood pressure can be reduced by increasing physical activity, making healthy food choices and losing weight. Other times, prescription medicine is required.

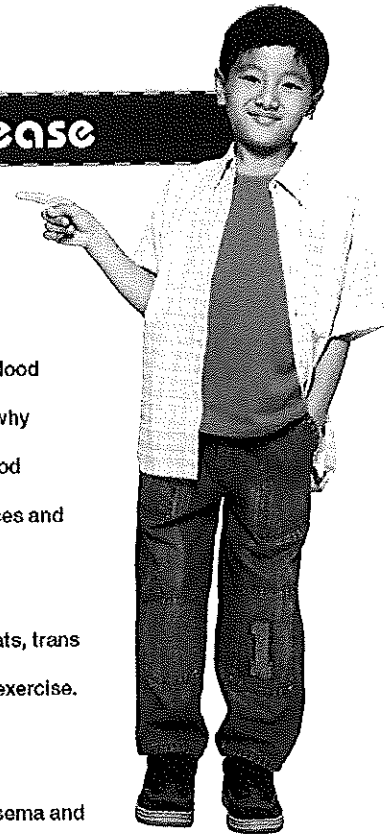
High cholesterol This condition is usually caused by eating foods high in saturated fats, trans fats and cholesterol. It can usually be treated by changing the foods you eat and getting more exercise. Other times, prescription medicine is required.

Smoking Cigarettes are extremely harmful to your body. They can cause cancer, emphysema and heart disease. The smoke from cigarettes pollutes your lungs and causes fatty buildups in your arteries, making it hard for blood to flow to all the organs.

Physical inactivity Lack of physical activity increases the risk for heart disease. It can also cause high cholesterol, high blood pressure, obesity and diabetes. Regular physical activity strengthens your heart and also helps you control your weight.

Overweight Being overweight increases the risk of heart disease and raises blood cholesterol and blood pressure, and it increases the risk of diabetes. Balancing calories taken in from food with calories used in activity is the best way to control your weight.

Diabetes Insulin is a hormone that helps the body use sugar. Diabetes is a disease that develops when the body can't efficiently process the sugar you eat, making your blood sugar levels too high. Sometimes diabetes can be managed with diet and physical activity. Other times, prescription medicine is required.



What About Cigarettes?

Even with your very first cigarette, your heart beats faster and your breathing is faster and shallower. Your blood pressure rises and you breathe in over 4,000 toxic substances.

Things Found in Cigarette Smoke:

- Acetone — main ingredient in nail polish remover
- Ammonia — used in household cleaners
- Carbon Monoxide — exhaust from a car
- Vinyl Chloride — same compound used in trash bags
- Benzene — found in gasoline
- Hydroquinone — used in paints and motor fuel
- Acetaldehyde — used in glue
- Cadmium — found in batteries



Smoking damages nearly every organ in the human body.

In the respiratory system, smoking damages your lungs and can lead to emphysema, bronchitis and pneumonia. Your heart and your circulation suffer too.

Smoking causes heart disease and increases the risk of heart attack and stroke. Smoking causes many different types of cancer and is the most preventable cause of death.



Say NO to smoking!

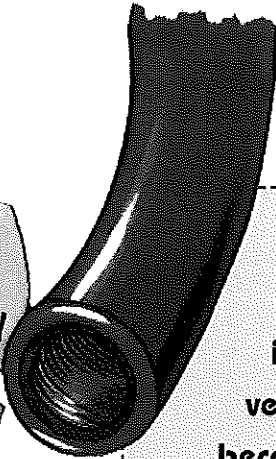
What is Cholesterol?

Cholesterol (kuh-les-tuh-rawl) is a type of fat found in your blood. Your liver makes cholesterol for your body. You also can get cholesterol by eating foods that contain fat:

meat, fish, eggs, butter, cheese and whole milk

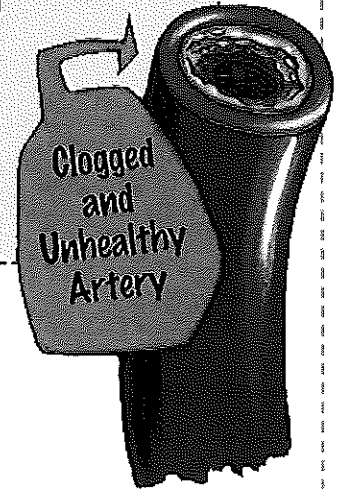
You need cholesterol to help your brain, skin and other organs grow and do their jobs in the body. But having too much of it can cause problems.

Healthy
and
Clean Artery



Think of the blood vessels in your body like pipes in your house. If you have too much cholesterol in your blood, it can collect in the blood vessel walls, causing these "pipes" to become narrower. This can clog the blood vessels and keep blood from moving freely throughout your body.

Clogged
and
Unhealthy
Artery



Over many years, if the clogging gets worse, it can cause a heart attack or stroke. Your doctor can find out what your cholesterol level is by taking a little of your blood and testing it.

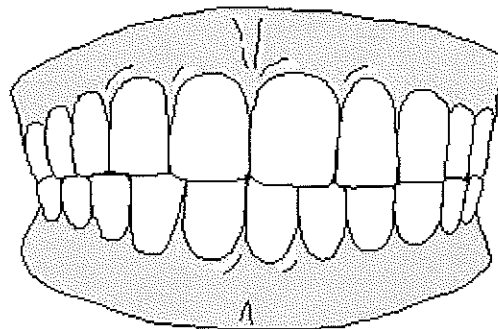


**Eat a good diet
for healthy arteries.**

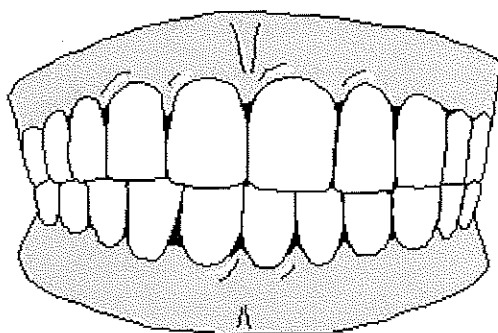
Here's a poster to print and share with your friends. Smoking or using smokeless tobacco gives you nothing to smile about!

A SMILE says it all!

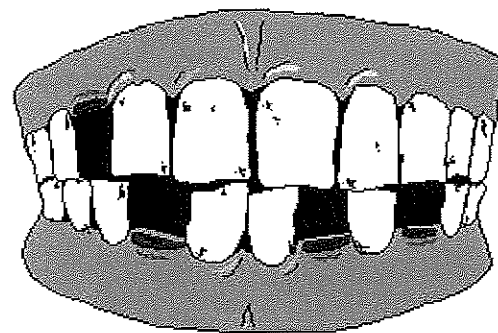
**The World's Fastest Clown knows there is more than one way to spot a tobacco user!
Smile and say cheese!**



Tobacco Free!

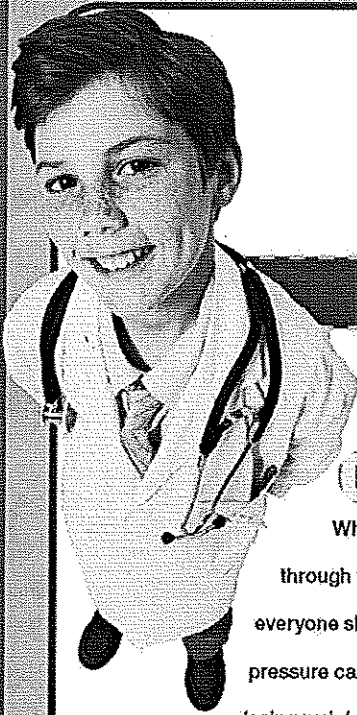


Smoker



Smokeless Tobacco

Be Tobacco Free!



Risk Factors for Heart Disease

Watch Out for These!

High blood pressure

When this happens, the heart has to pump harder than it should to push blood through the circulatory system. The condition has no warning signals, which is why everyone should have their blood pressure checked regularly. Sometimes high blood pressure can be reduced by increasing physical activity, making healthy food choices and losing weight. Other times, prescription medicine is required.

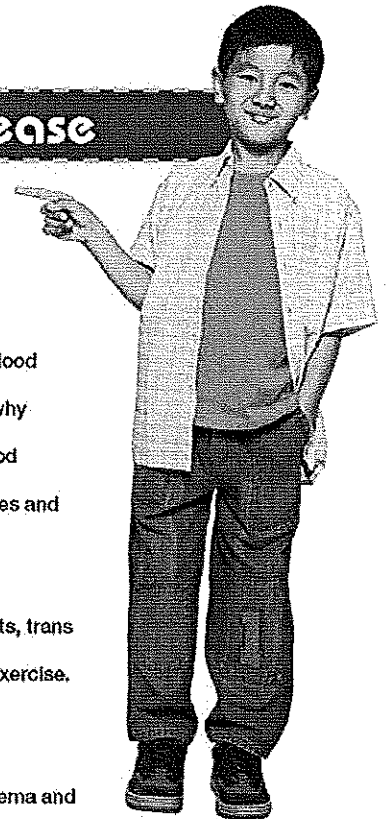
High cholesterol This condition is usually caused by eating foods high in saturated fats, trans fats and cholesterol. It can usually be treated by changing the foods you eat and getting more exercise. Other times, prescription medicine is required.

Smoking Cigarettes are extremely harmful to your body. They can cause cancer, emphysema and heart disease. The smoke from cigarettes pollutes your lungs and causes fatty buildups in your arteries, making it hard for blood to flow to all the organs.

Physical inactivity Lack of physical activity increases the risk for heart disease. It can also cause high cholesterol, high blood pressure, obesity and diabetes. Regular physical activity strengthens your heart and also helps you control your weight.

Overweight Being overweight increases the risk of heart disease and raises blood cholesterol and blood pressure, and it increases the risk of diabetes. Balancing calories taken in from food with calories used in activity is the best way to control your weight.

Diabetes Insulin is a hormone that helps the body use sugar. Diabetes is a disease that develops when the body can't efficiently process the sugar you eat, making your blood sugar levels too high. Sometimes diabetes can be managed with diet and physical activity. Other times, prescription medicine is required.



5 Ways To Say "No" To Tobacco



American Alliance for Health, Physical Education, Recreation and Dance



American Heart Association

Learn and Live



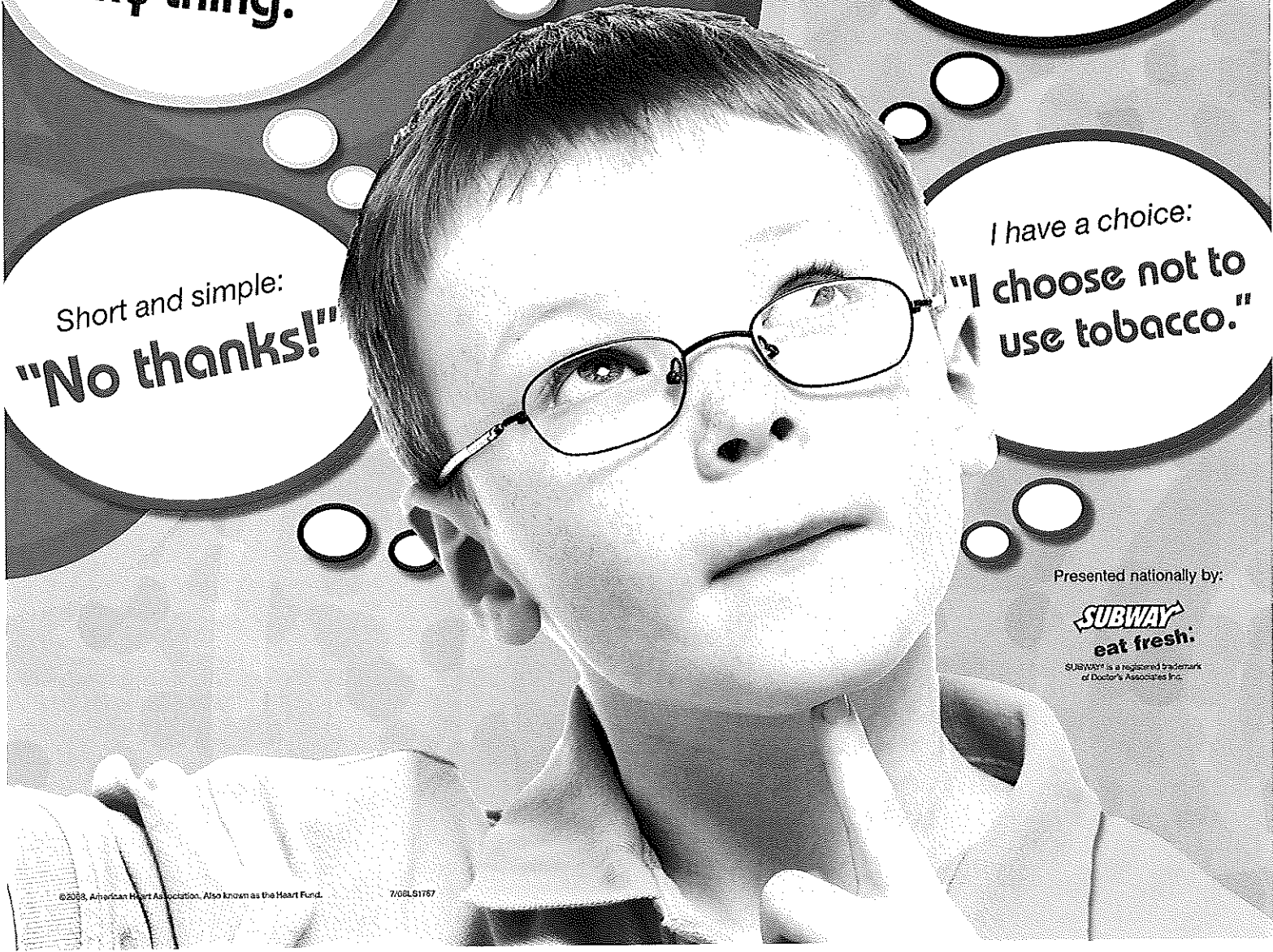
I'm unique:
"No, it's just not my thing."

Change the subject:
"Hey, let's play basketball."

Here's my reason:
"I'm on the swim team and need all the air I can get."

Short and simple:
"No thanks!"

I have a choice:
"I choose not to use tobacco."



Presented nationally by:

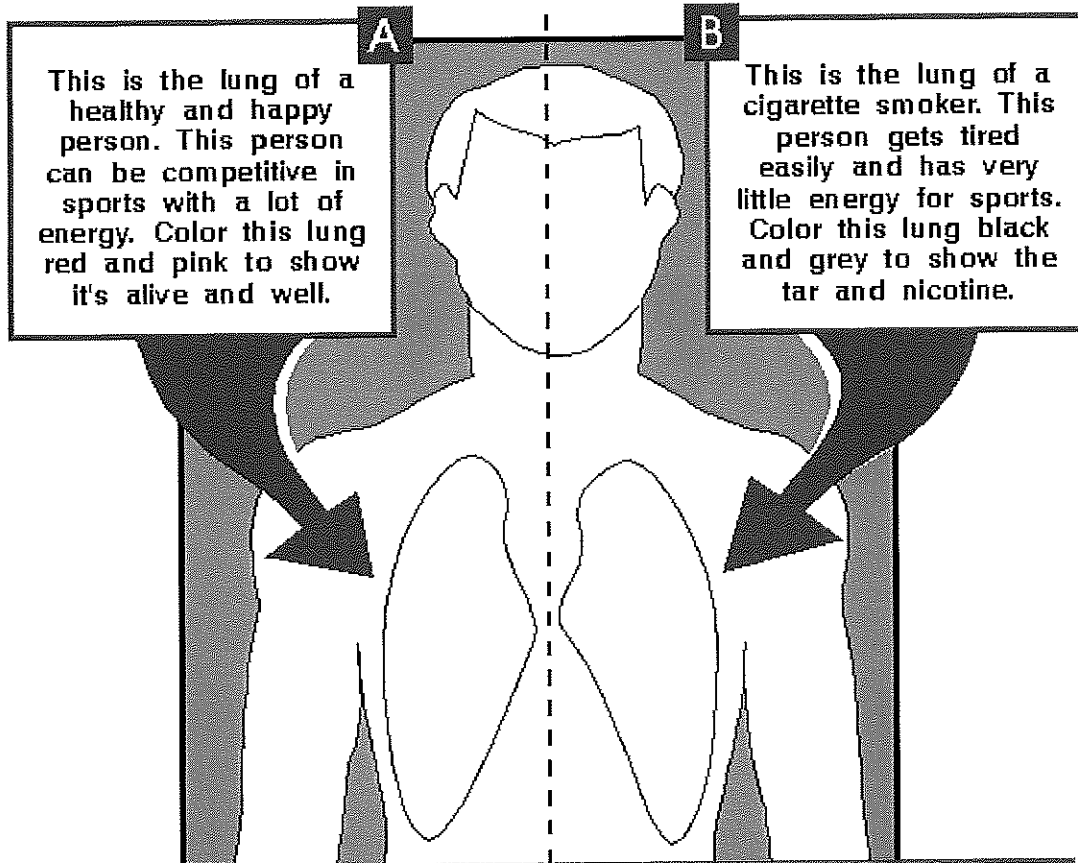


SUBWAY is a registered trademark of Doctor's Associates Inc.

The World's Fastest Clown's

Print and Color-A-Lung

Compare the lung of a healthy person (A) to a cigarette smoker (B). Before coloring, read the boxes below.



SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And Contains Carbon Monoxide. Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

While cigarette packs display these warnings, they leave their product guarantee off: **USE OF THIS PRODUCT WILL KILL YOU, GUARANTEED.**

[Click Here](#)

[Click Here to see the Worldwide](#)

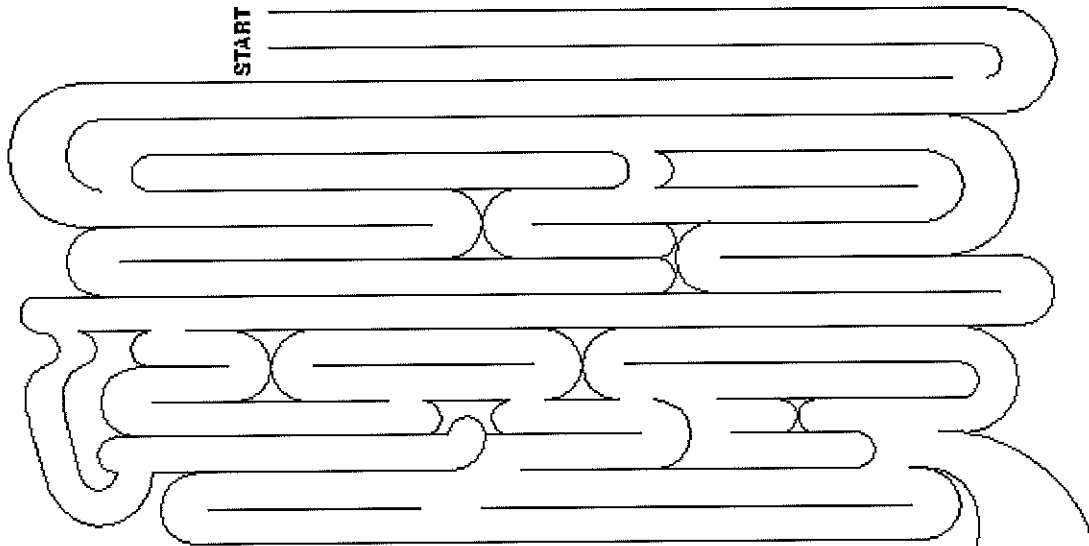
Funky Facts Raceway

FACT 1. The racetracks that the World's Fastest Clown races on have a surface made up of tar and other materials. During each race, the tires on his race car get very hot and stick to the tar surface on the track. Good tires and a good track surface enables The World's Fastest Clown to go extremely fast around corners without sliding off the track.

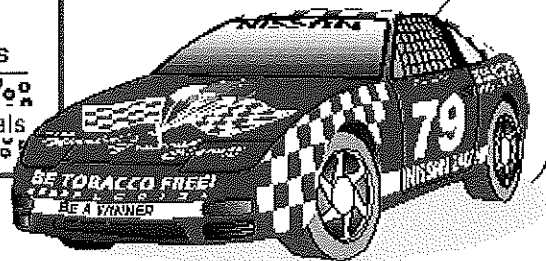
FACT 2. When a cigarette is inhaled, the smoke carries tar and 4,000 other chemicals to the lungs. The tar is a thick black material just like the tar that is found on the race track. It sticks to the lungs affecting the tiny air sacks that pass oxygen to the bloodstream. In addition, tar can also cause cancer!

Now that you have the facts, print copies of this racetrack and race your friends.

See how fast you can go around the corners without going off the track!



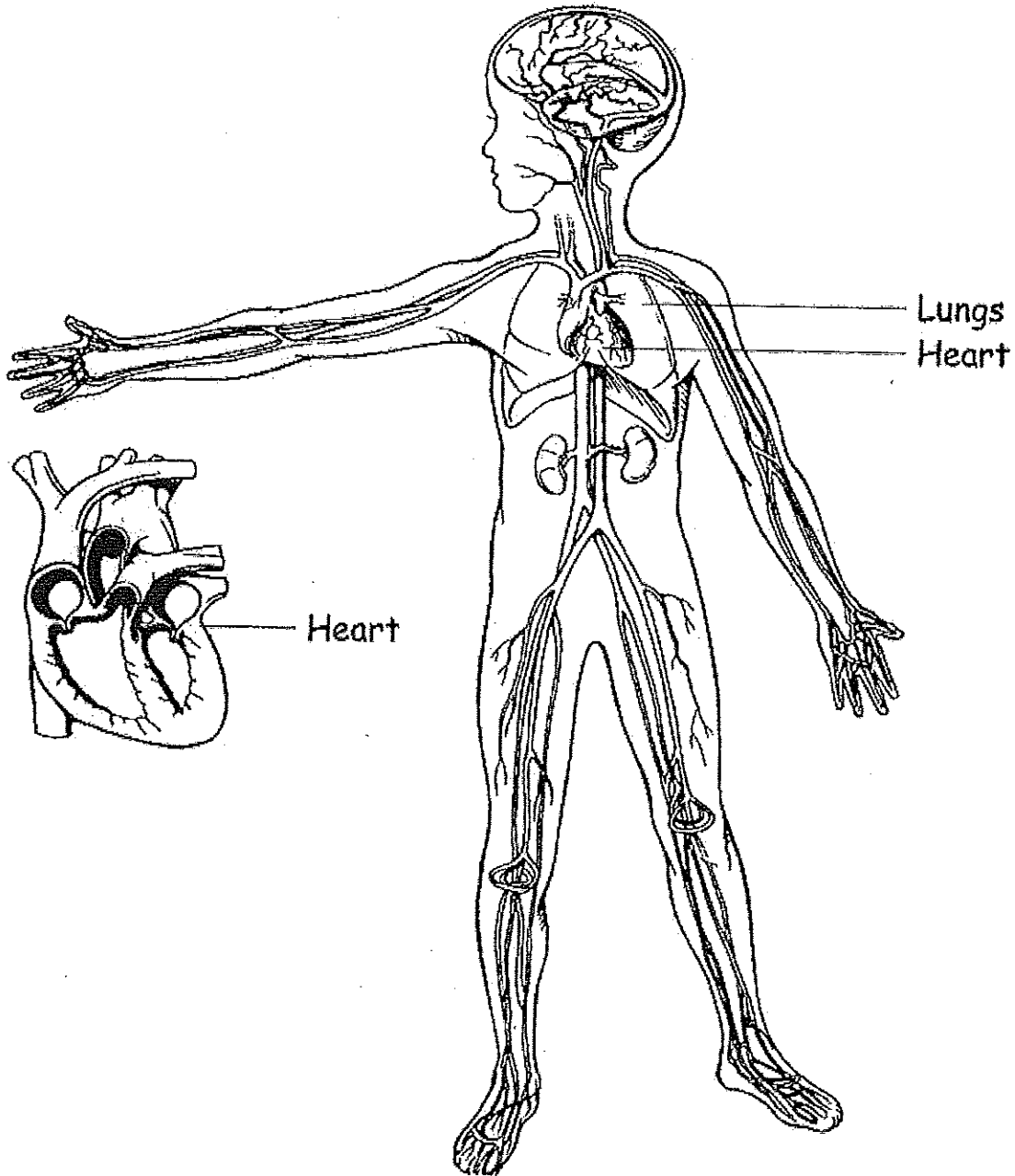
-COMPARE-		
Racetrack	vs.	Cigarettes
Tar		Tar
Gravel		4,000 Chemicals



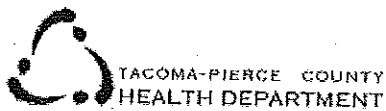
Keep the tar on
the race track and out of your lungs!


Grades 1, 2, 3

My Circulatory System

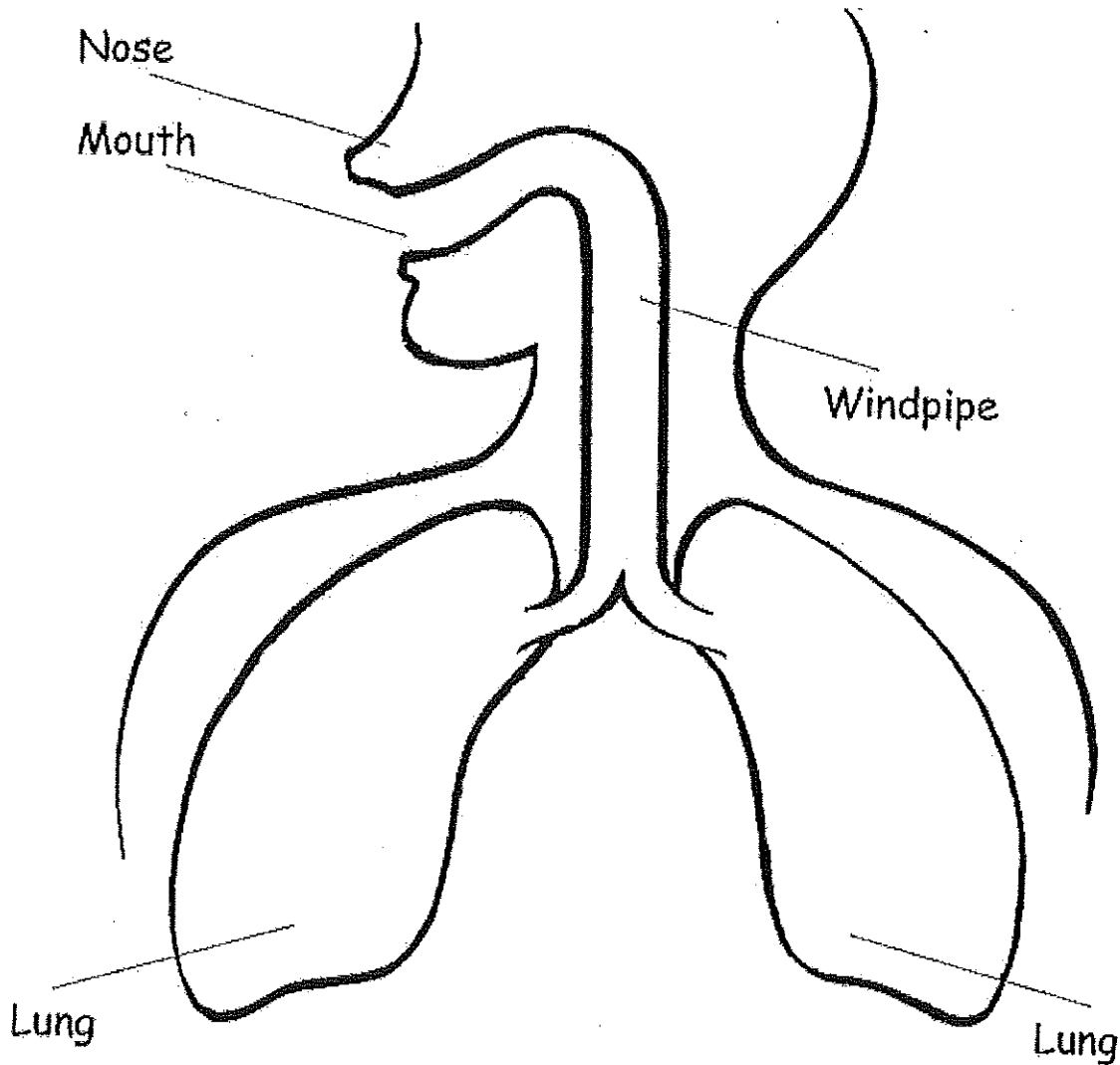


Graphic provided by American Heart Association



Mary Bridge Children's
Hospital and Health Center
MultiCare 

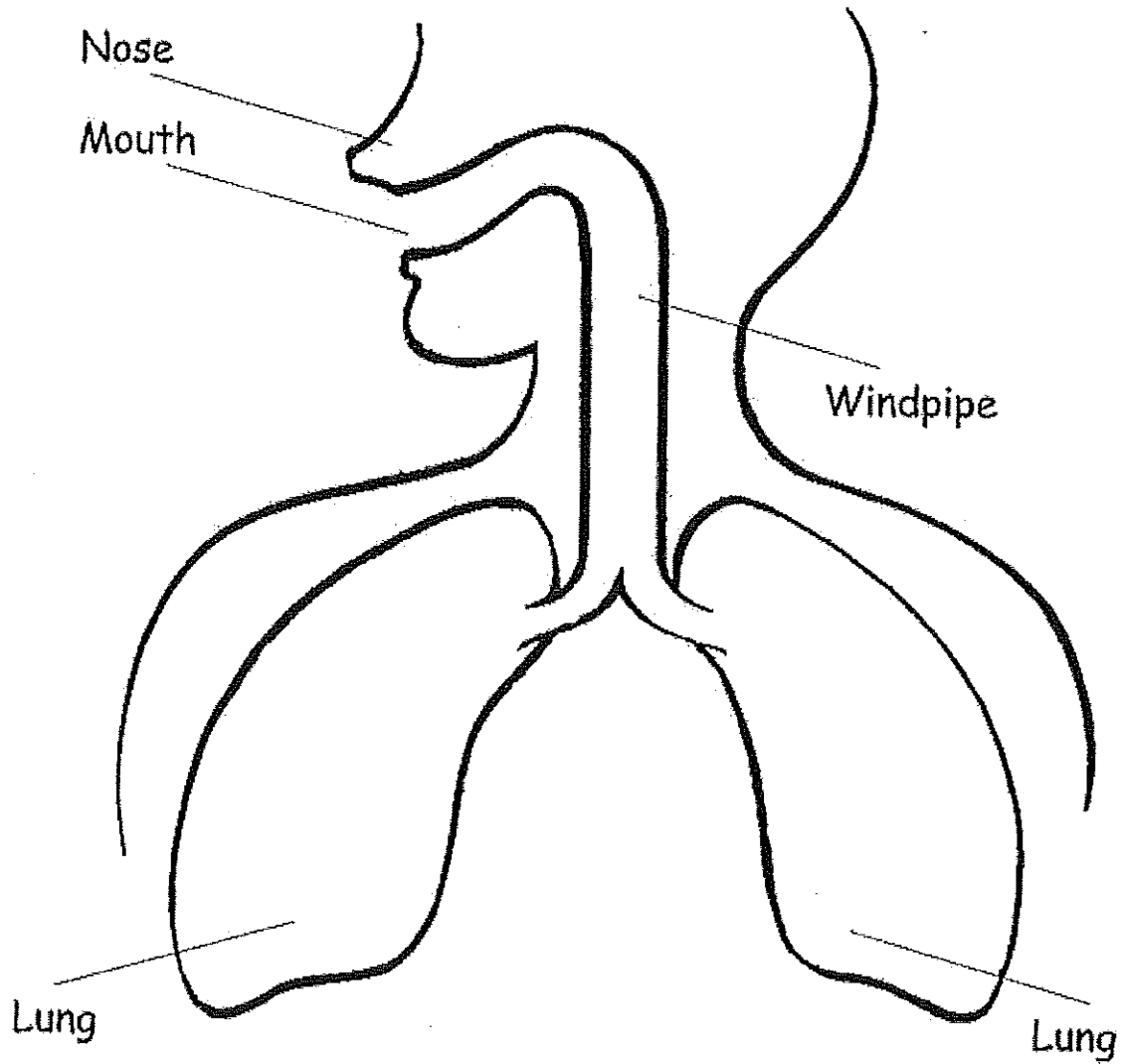
Healthy Lungs



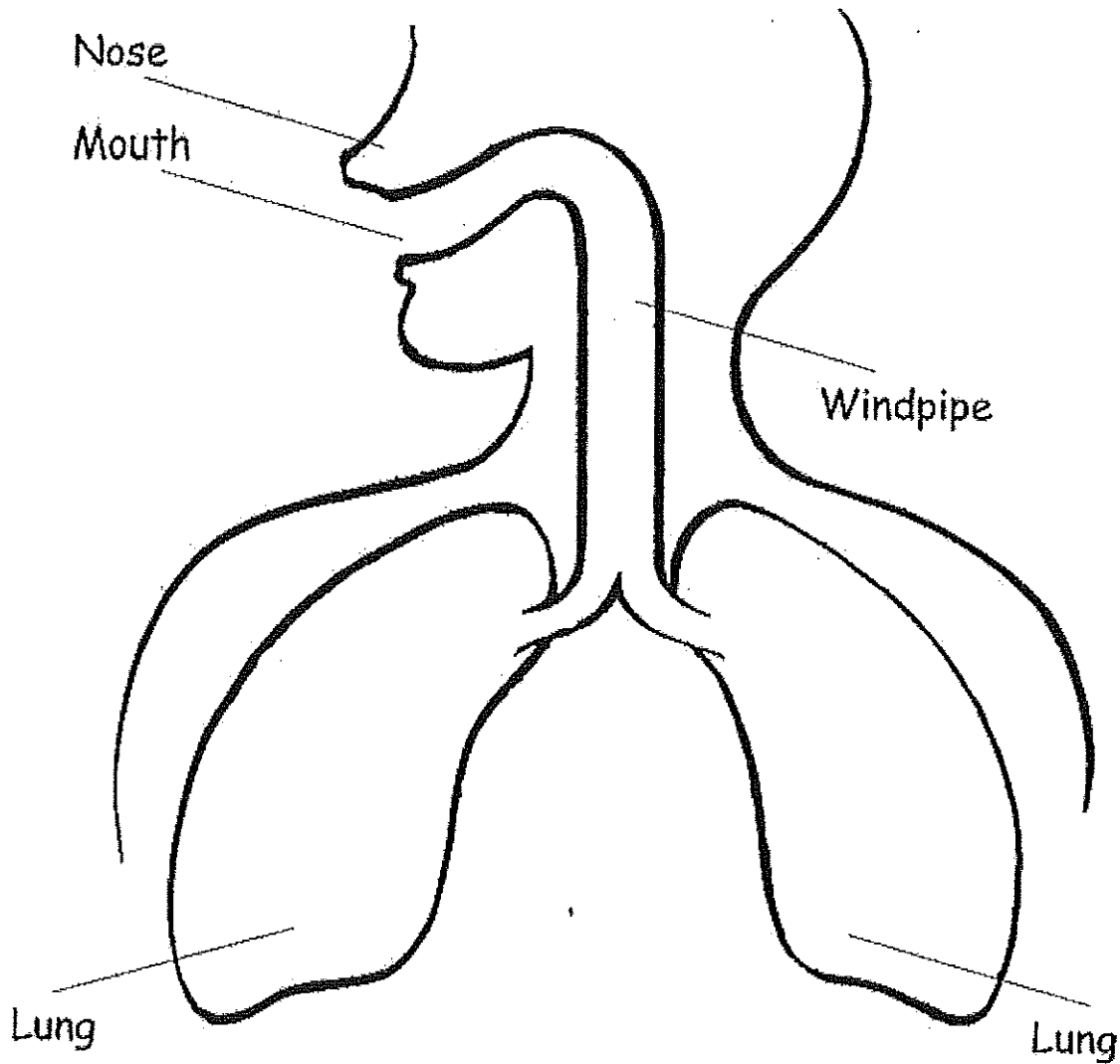
Color the healthy lungs pink.

Grade 1

My Respiratory System



Smoker's Lungs



Color the smoker's lungs brown.

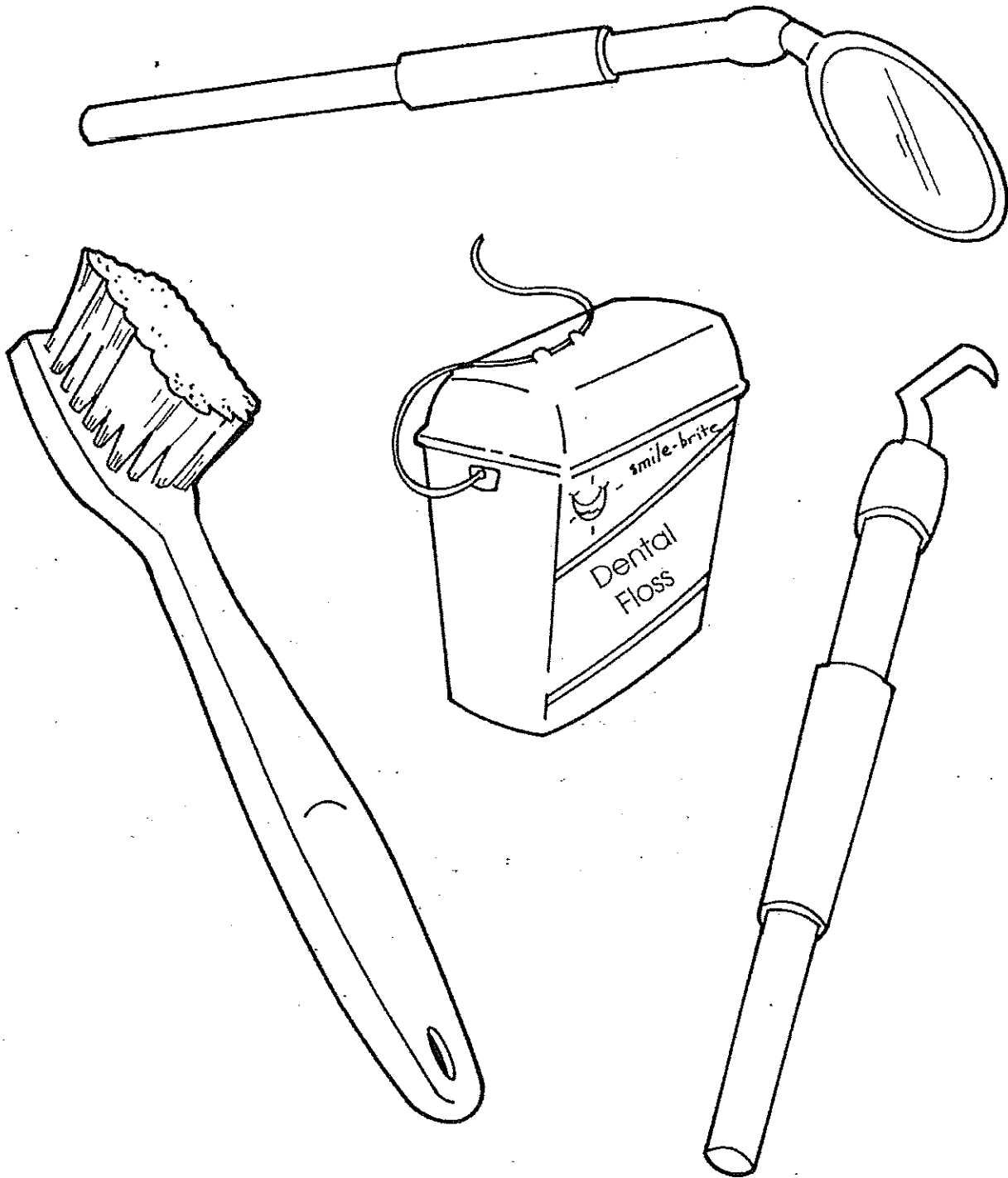
The Dental Office



Name _____

Dentist

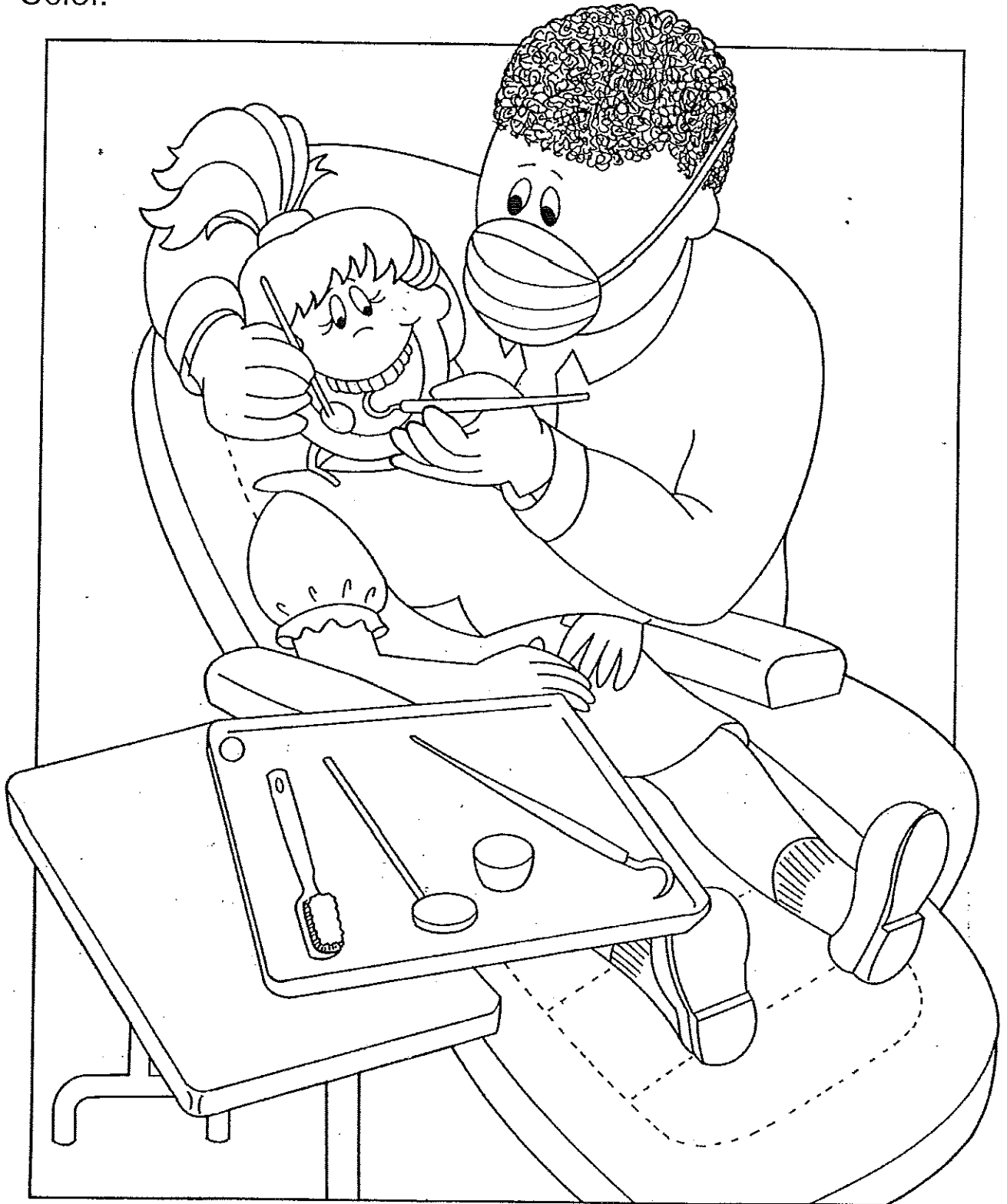
These are things a dentist uses.
Color.



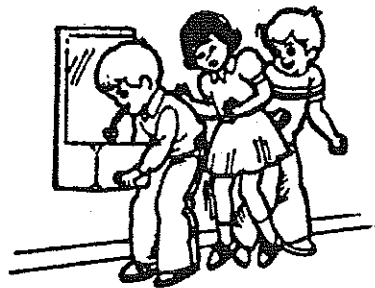
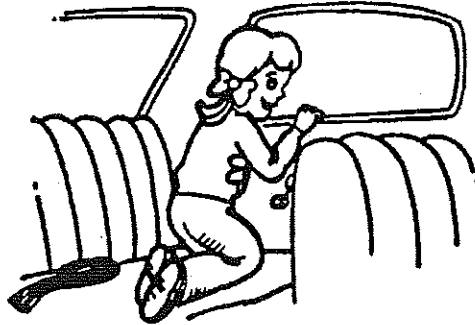
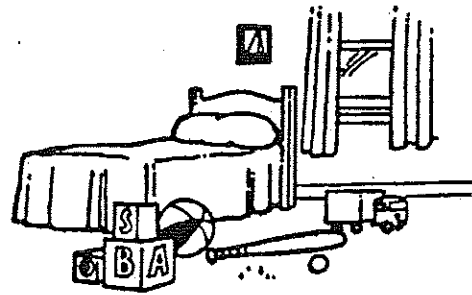
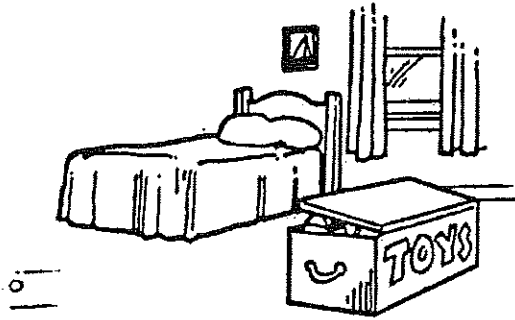
Name _____

Dentist

Color.



Safety Dos and Don'ts





The Fall for Smiles Quiz

Provided by Oral Health America and
Oral Healthcare Can't Wait®



1. True or false: tooth decay is caused by germs that can be passed from one person to another.
2. Name two health conditions that are associated with poor oral health.
3. True or false: a dental sealant is a plastic coating that is often applied to children's teeth to help prevent tooth decay.
4. What is the most common chronic childhood disease?
A) Hay Fever
B) Asthma
C) Tooth Decay
5. What is the most common type of facial injury sustained during participation in sports?

What is Fall for Smiles?

Fall for Smiles is a public messaging campaign conducted by Oral Health America in collaboration with Oral Healthcare Can't Wait®, an initiative of the Dental Trade Alliance. The *Fall for Smiles* campaign is intended to bring the oral health community together to promote common messaging about what Americans can do to keep their mouths healthy.

The *Fall for Smiles* campaign focuses on four specific messages:

- Brushing and flossing teeth as part of a healthy daily routine
- Maintaining regular visits to the dentist
- Choosing healthy foods for a nutritious diet and healthy mouth
- Avoiding all tobacco products

To learn more, visit www.oralhealthamerica.org

Quiz Answers:	1. True
2. Possible answers:	a. Heart disease b. Stroke c. Diabetes d. Pneumonia e. Memory loss
3. True	
4. C	
5. Dental injuries, and the majority of these dental injuries are preventable through the use of a mouth guard!	



FALL FOR SMILES FACTS

Remember to brush your teeth twice a day for two minutes, and floss at least once too

Visit your dentist for a checkup every 6 months

Make healthy food choices and pick snacks that are nutritious

Always avoid tobacco products