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Unscramble the Fruits & Vegetables

Health Concept: I can eat 5 or more fruits and vegetables every day. Fruits and vegetables are full of vitamins. Vitamins help your body make energy for physical activity.

Directions: Unscramble the fruit and vegetable words. Write the letters on the line. Cross out the words in the Word Box as you go. Color the fruits and vegetables.

Word Box

Apple

Grape

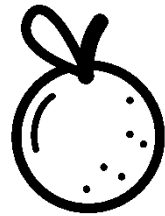
Carrot

Orange

Peas

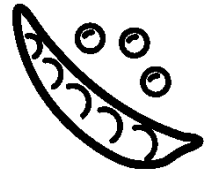
1. e o a n r g

orange



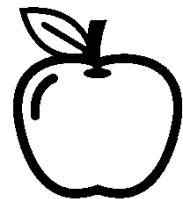
2. e p a s

peas



3. p p a e l

apple



4. t c o a r r

carrot



5. r p e a g

grape



Physical Activity Punctuation

Health Concept: I can **move for 60 minutes or more every day**. Being active is much more fun when done with family and friends. Ask others to join you in different physical activities.

Directions: Read each sentence below and decide if it is a **statement** (telling sentence) or a **question** (asking sentence). Put a **period** (.) at the end of a statement. Put a **question mark** (?) at the end of a question.

Circle the **activity words** in each sentence.

1. What is your favorite activity: running or playing tag with your friends?
2. My brother likes to play flag football, and my mom likes to walk.
3. My sisters and I like to climb and swing on the monkey bars.
4. Do you like riding your bike to the park with your far
5. Andres, did you play basketball or baseball?



Write a **statement** about a **physical activity** you like to do:

Write a **question** about a **physical activity** you want to try with your friends:

Healthy Drink Tally Table

Health Concept: I can **drink more water and less sugary drinks.**
 Drink water before, during and after physical activity. Sodas and sports drinks are high in sugar and are less healthy than a glass of water. Your body will love you for choosing water!



Directions: Use the Tally Table below to answer the questions.
 Write your answer on the line.

Tally Table

Favorite Drink	Number of Votes
Water	HHH HHH HHH
Soda	III
Infused Water	HHH HHH II
Low-Fat Milk	HHH IIII
100% Orange Juice	HHH HHH I
Sports Drink	III
Whole Milk	HHH

- How many students chose whole milk as their favorite drink? 5
- What was the least favorite drink among the students? **Soda and Sports Drink**
- How many students chose water as their favorite drink? 15
- Using the chart above, list the 3 most favorite drinks.

Water

Infused Water

100% Orange Juice

Water is always the healthiest option! Water helps your body live, move and grow. Sugary drinks like soda and sports drinks slow us down. Choose to be healthy, and give your body the drink it deserves: water!

Personal Pronouns: You are in Control

Health Concept: I can **move for at least 60 minutes every day**. It's easy to reach 60 minutes if you walk the dog, play tag or go for a bike ride.

Directions: Write either "I" or "me" in the blank for each sentence.

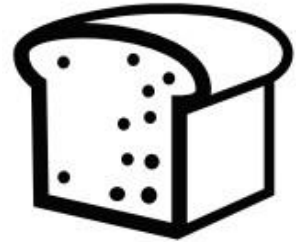
Circle the activity words in each sentence.

1. _____ I _____ like to play hopscotch with my friends during recess.
2. My brother showed _____ me _____ how to ride a bike.
3. Tyrone and _____ I _____ ran one mile on Monday after school.
4. Tyrone helped _____ me _____ stretch my legs.
5. Miguel and _____ I _____ went swimming in the lake.
6. Can Susie and _____ I _____ play tag with you tomorrow?
7. _____ I _____ will play catch with my baby brother every day.
8. Please let _____ me _____ play ball with you and Kara.
9. _____ I _____ cannot wait for recess so I can run and play hard.
10. Mom and _____ I _____ walk the dog after dinner every day.

Be a health superstar!
Now, complete this
week's Morning
Work in your
agenda.

Number Sentences: Whole Grains

Health Concept: I can **eat 5 or more fruits and vegetables every day**. I can also eat more whole grains! Look for breads, cereals and snacks with “whole wheat” or “whole grain” as the first ingredients on the food label. Try to eat at least 6 servings of whole grains every day.



Directions: Solve the word problems and write the number in the sentence. We did the first one for you!

1. Trina has **6** whole-wheat muffins for breakfast. Trina gave **3** muffins to her brothers. **How many muffins does Trina have now?**

$$\underline{6} \quad \textcircled{-} \quad \underline{3} \quad = \quad \underline{3} \quad \text{muffins}$$

2. Marcus ate **2** slices of whole-wheat bread. His mom ate **2** more slices of whole-wheat bread. **How many slices of whole-wheat bread did they eat?**

$$\underline{2} \quad \textcircled{+} \quad \underline{2} \quad = \quad \underline{4} \quad \text{slices}$$

3. All **6** boys ordered brown rice for dinner. All **4** girls ordered brown rice. **How many boys and girls ordered brown rice?**

$$\underline{6} \quad \textcircled{+} \quad \underline{4} \quad = \quad \underline{10} \quad \text{boys and girls}$$

4. Sean had **1** serving of oatmeal for breakfast. He ate **2** servings of whole-wheat bread at lunch. For dinner he ate **1** serving of whole-wheat pasta. **How many whole-wheat servings did Sean have in all?**

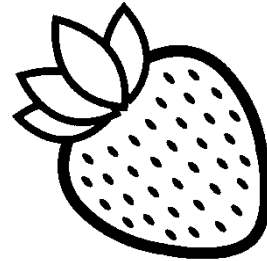
$$\underline{1} \quad \textcircled{+} \quad \underline{2} \quad \textcircled{+} \quad \underline{1} \quad = \quad \underline{4} \quad \text{servings}$$



Number Sentences: Fruits & Vegetables

Health Concept: I can eat 5 or more fruits and vegetables every day. Fruits and vegetables are not only meant to eat with meals. Try munching on grapes or carrots for a healthy snack between meals.

Directions: Solve the word problems and write the number in the sentence. We did the first one for you!



1. The Allen family ate **5** bags of grapes for a snack. They ate **3** more bags for dinner. **How many bags of grapes did the family eat?**

$$\underline{4} \quad (+) \quad \underline{3} \quad = \quad \underline{7} \quad \text{bags}$$

2. For breakfast, Jaiden and his friends ate **5** oranges. They ate **4** more oranges after playing soccer. **How many oranges did they eat?**

$$\underline{5} \quad (+) \quad \underline{4} \quad = \quad \underline{9} \quad \text{oranges}$$

3. Erica has **5** bananas for a school snack. She shared **3** bananas with her teacher. **How many bananas does Erica have?**

$$\underline{5} \quad (-) \quad \underline{3} \quad = \quad \underline{2} \quad \text{bananas}$$

4. Devin ate **1** apple with peanut butter for breakfast. **He ate 2 oranges for a snack. How many servings of fruit did Devin eat?**

$$\underline{1} \quad (+) \quad \underline{2} \quad = \quad \underline{3} \quad \text{servings}$$

Activity Estimates

Health Concept: I can be physically active 60 minutes or more every day.

Being active 60 minutes each day takes time. Make time each day to play and move before, during and after school and on the weekends. To reach 60 minutes, we can estimate. An estimate is a close guess of an actual value (number) after some careful thinking and some simple math.

Directions: Circle the best estimate of time it takes to complete each activity.

1. Swimming in a pool

- a. About a week
- b. About a minute
- c. About an hour

2. Playing soccer on the weekend

- a. About 3 seconds
- b. About an hour
- c. About a year

3. Playing tag with friends

- a. About a week
- b. About a minute
- c. About 20 minutes

4. Running a mile

- b. About a day
- c. About a month
- d. About 15 minutes

5. Riding a bike around the park

- a. About a week
- b. About a month
- c. About 30 minutes

6. Walking the dog

- a. About a year
- b. About a day
- c. About an hour

Common & Proper Nouns: Choose Wisely

Health Concept: I can **eat 5 or more fruits and vegetables every day**. This does not mean you do not have to give up foods like hamburgers, ice cream and french fries to eat healthier. Just try to not eat these foods every single day. Save these types of foods for special times.

A **common noun** is a general person, place or thing.

Examples: I ran to the **store**.

You played **football**.

A **proper noun** is a specific person, place or thing. Always capitalize the first letter of a proper noun.

Examples: I rode by bike around **Atlanta**.

Mr. Norris is my PE teacher.

Directions: Underline the common nouns with a red crayon. Underline the proper nouns with a green crayon. Draw a ☺ at the end of each sentence that contains foods we should eat all the time.

1. Kris and I eat cake on special occasions like our birthdays.
2. Paul goes to Carol's Fruit Stand to buy fresh fruit every week.
3. My family loves to eat red and green grapes for a healthy snack.
4. Should you eat pizza every day at Burger Planet?
5. Diego and Trey choose a fresh apple for a snack.
6. My friends eat bananas at lunch.
7. Georgia grows a lot of peaches.
8. Ariana packed berries in her lunchbox.

Healthy Behaviors K-W-L Chart

Health Concept: I can eat 5 or more fruits and vegetables every day, drink more water and less sugary drinks and get 60 minutes or more of physical activity every day. Healthy snacks and fun physical activities work together to make your grow stronger.

Directions: Fill in the K-W-L Chart using the Health Concept above.

Topic:

Know

Want to know

Learned

My Healthy Bumper Sticker

Health Concept: I can move for 60 minutes or more, eat 5 or more fruits and vegetables and drink more water and less sugary drinks. Families and schools have to work together to make sure you become strong and healthy!

Directions: Create a bumper sticker that shows how your family and school work together to make sure you eat fruits and vegetables every day and stay active every day. Draw and color a picture of the healthy foods you eat at school in the square and at home in the circle. Draw a picture of you being active in the triangle.

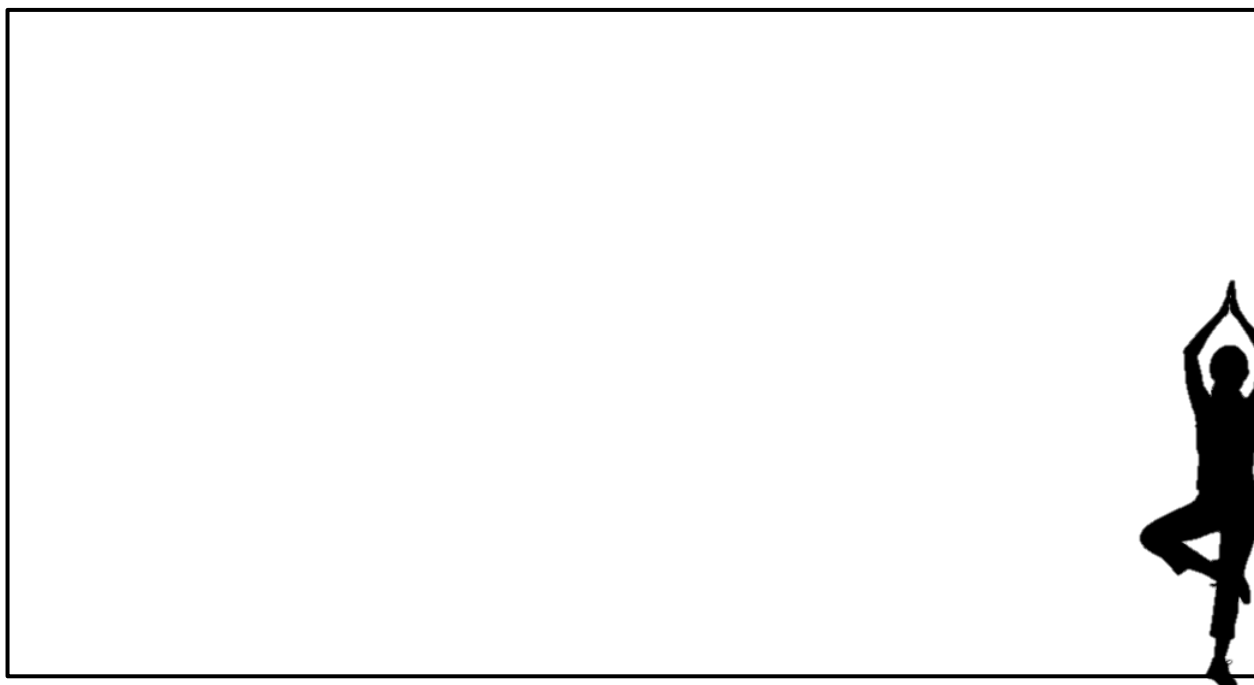
Healthy Foods at School	Active Me	Healthy Foods at Home

My Health-Empowering Reflection

Health Concept: I can eat 5 or more fruits and vegetables, drink more water and less sugary drinks and move 60 minutes or more every day.

HealthMPowers hopes you know how to take care of your body. Please share what you have learned this year about eating healthy and being active.

Directions: Write about something new you learned about being healthy. Draw a picture.

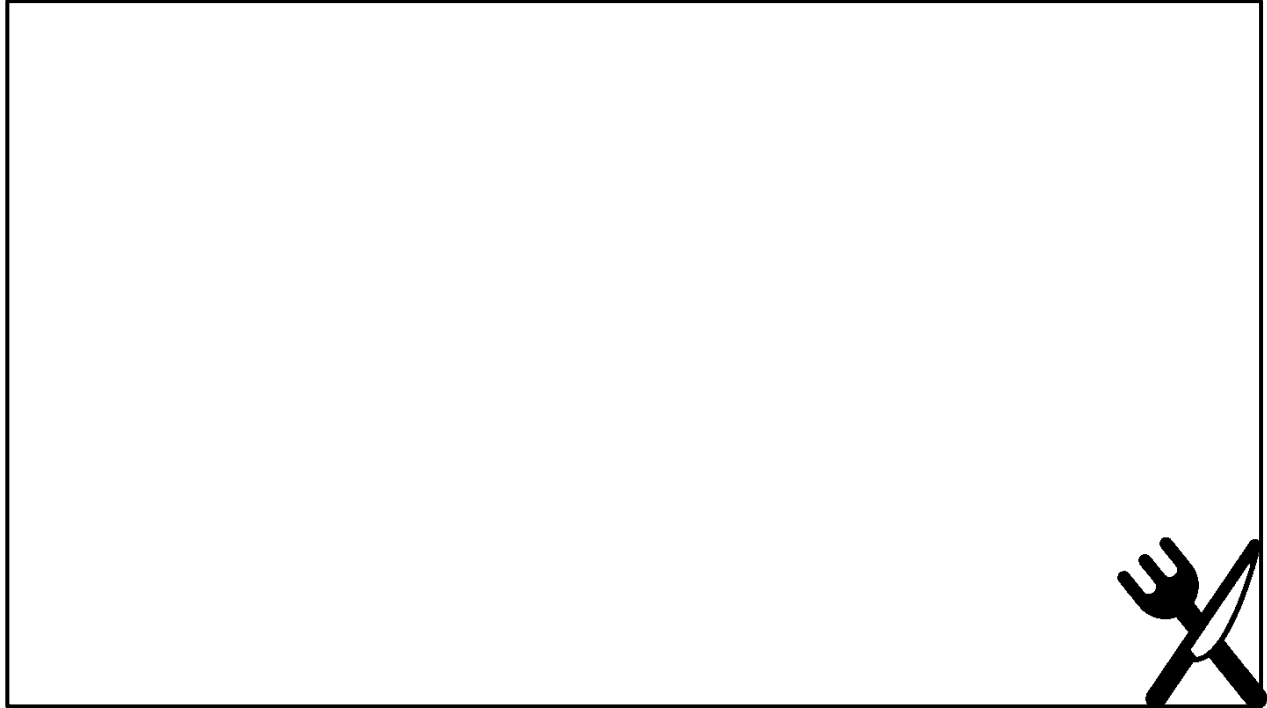


I learned

Writing Prompt

I can **eat 2 or more fruits and 3 or more vegetables every day.**

Cooking is a fun activity to do with your family. What healthy meal do you want to make for your family? Draw a picture of your meal.

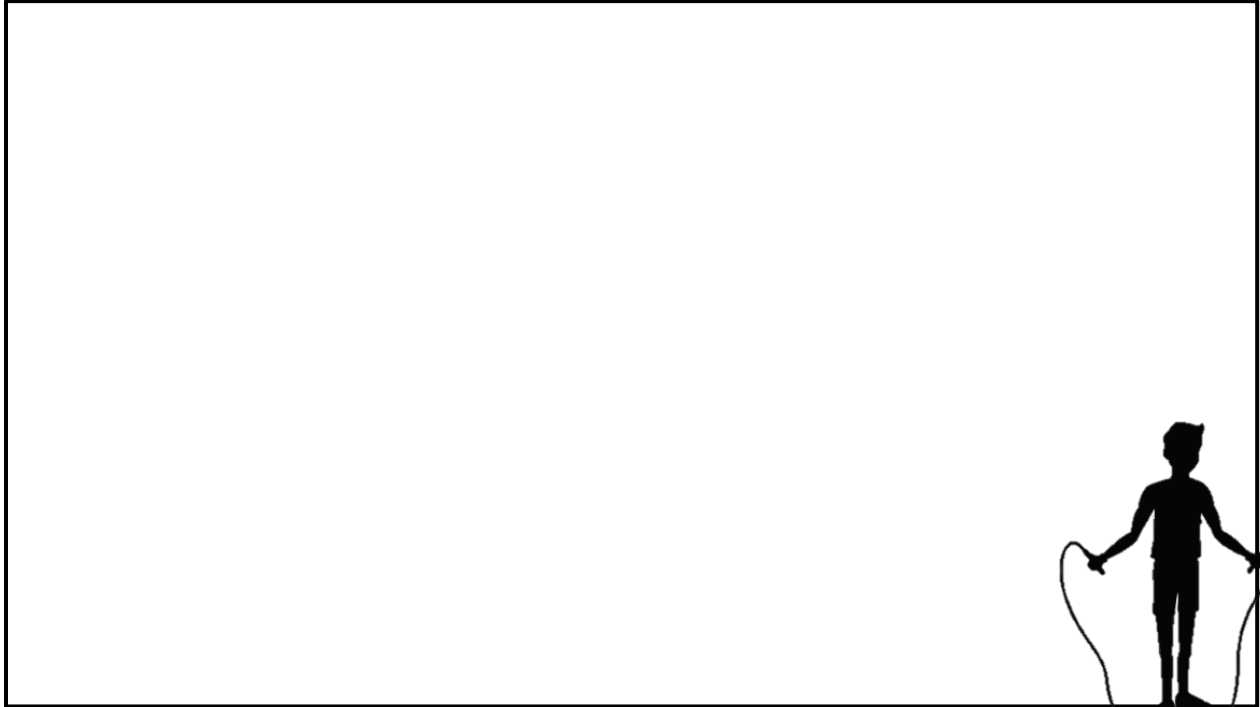


I want to make

Four sets of handwriting lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line, for writing the name of the meal.

Writing Prompt

I can get **60 minutes of physical activity every day**. Being active is more fun when you do it with a friend. How you can be active with your friends?

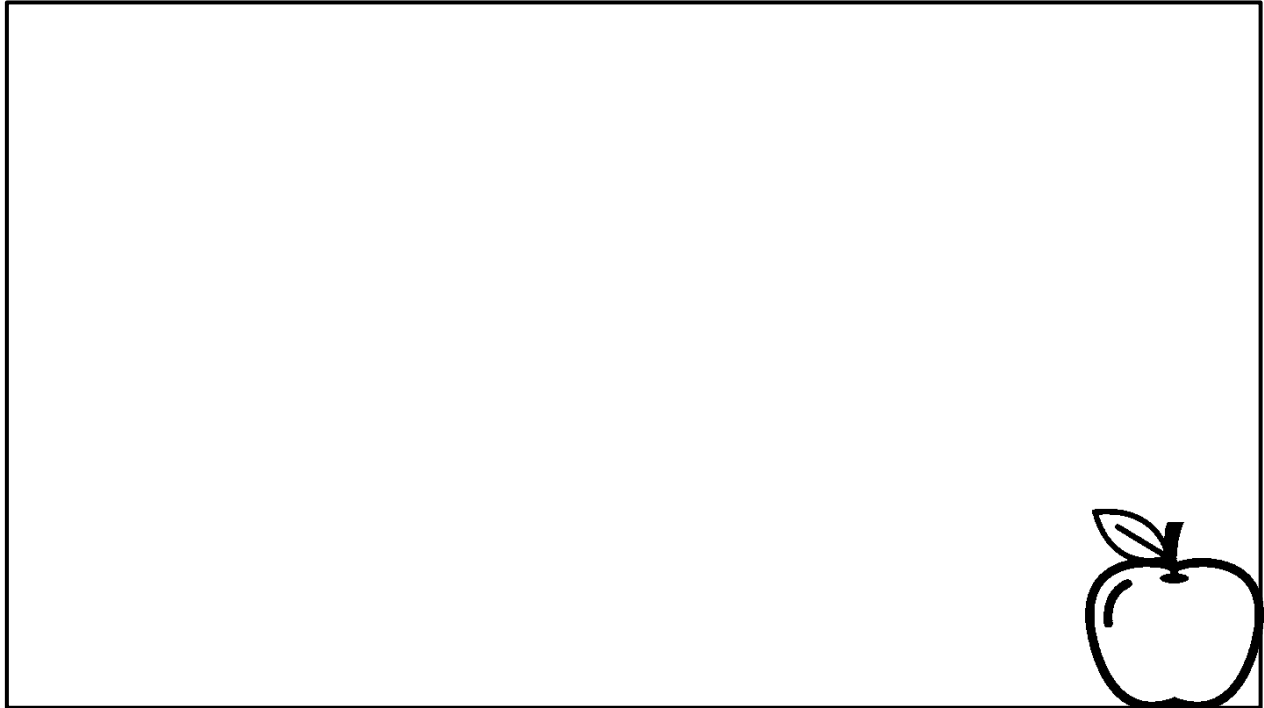


We can

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are four sets of these lines below the text "We can".

Writing Prompt

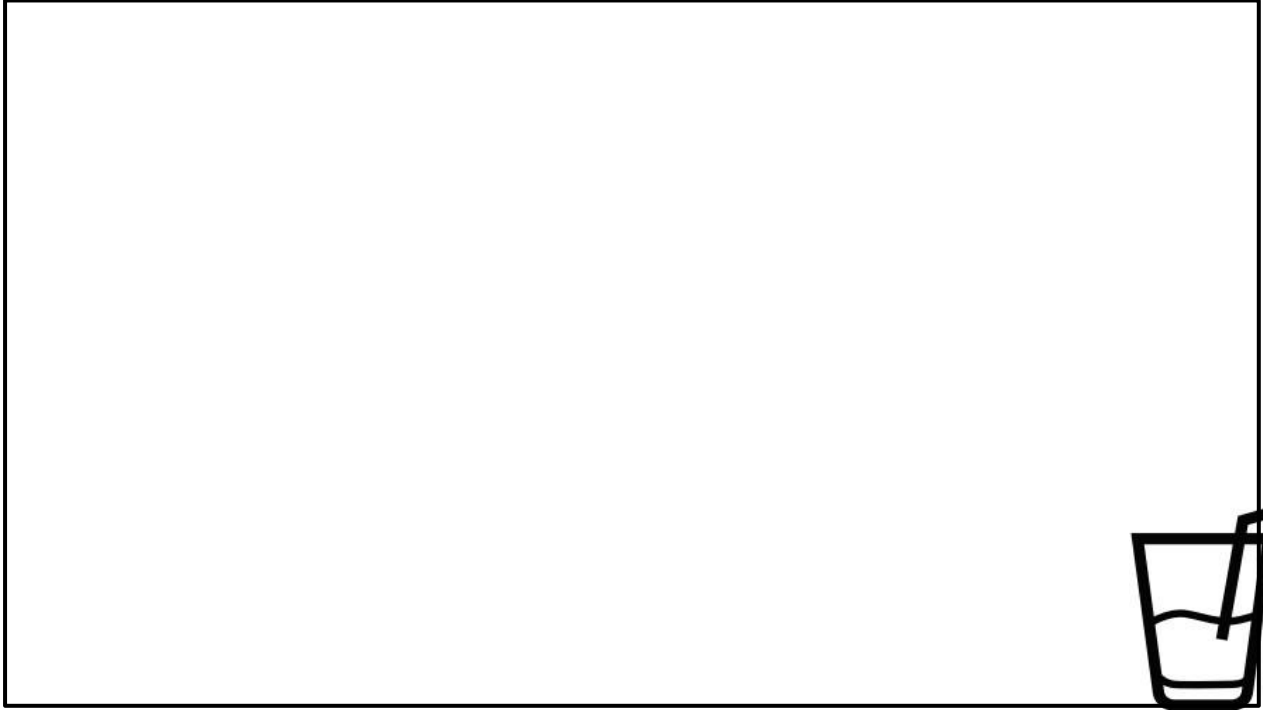
I can **eat 5 or more fruits and vegetables every day**. If you split that up, how many **fruits** should you eat every day to stay healthy? How many **vegetables**?



I should eat _____

Writing Prompt

I can **drink more water and less sugary drinks**. It is important to drink a lot of water. You should drink at least 8 glasses of water every day. When do you like to drink water?

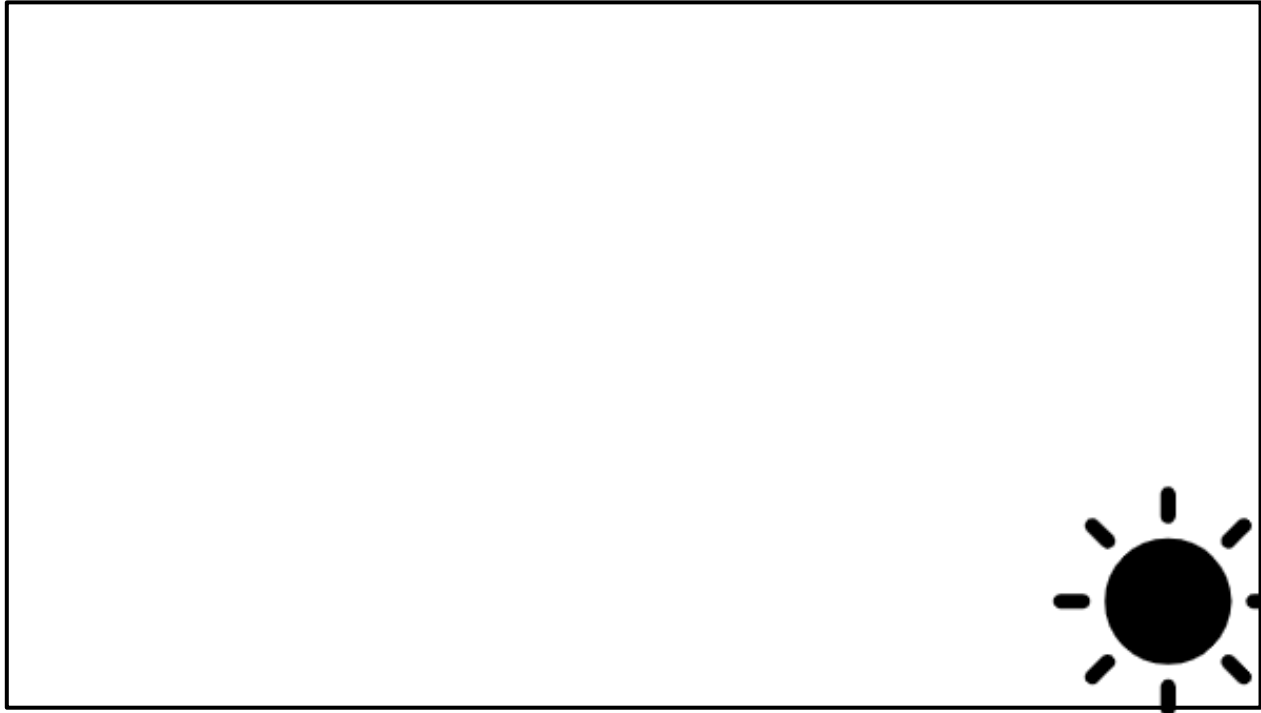


I drink water when

Four sets of primary writing lines (top solid, middle dashed, bottom solid) for handwriting practice.

Writing Prompt

I can get **60 minutes or more of physical activity every day**. When playing outside, our bodies need protection from the hot sun. How can you protect your body?



I protect my body by

Four sets of primary writing lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line, for writing a response.

Writing Prompt

I can get **60 minutes of physical activity every day**. Reach your goal by helping your family do active chores. What chores can you do?

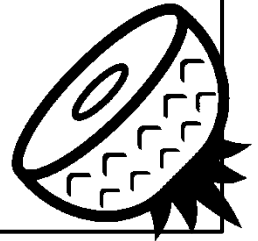
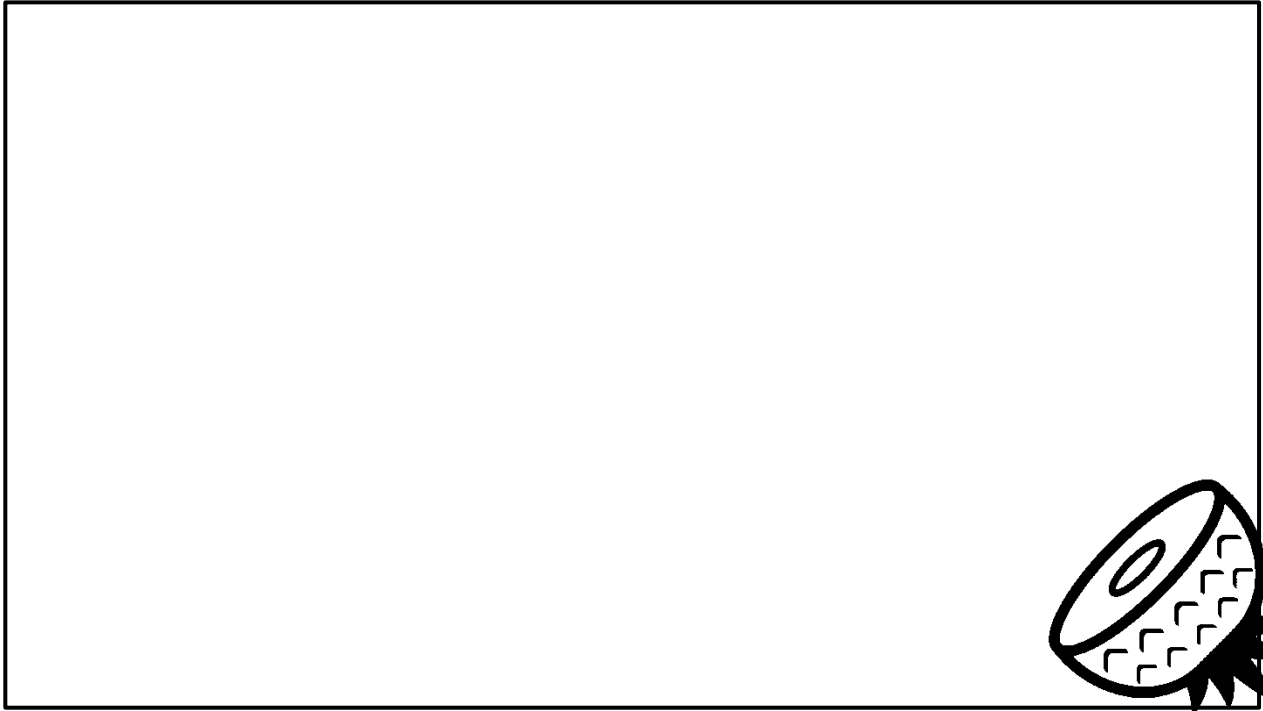


I can

Handwriting practice lines consisting of solid top and bottom lines and a dashed middle line, repeated four times.

Writing Prompt

I can **eat 2 or more fruits every day**. Think of your favorite fruit. Where do you think your fruit grows? Is it a bush, tree, vine or somewhere else?

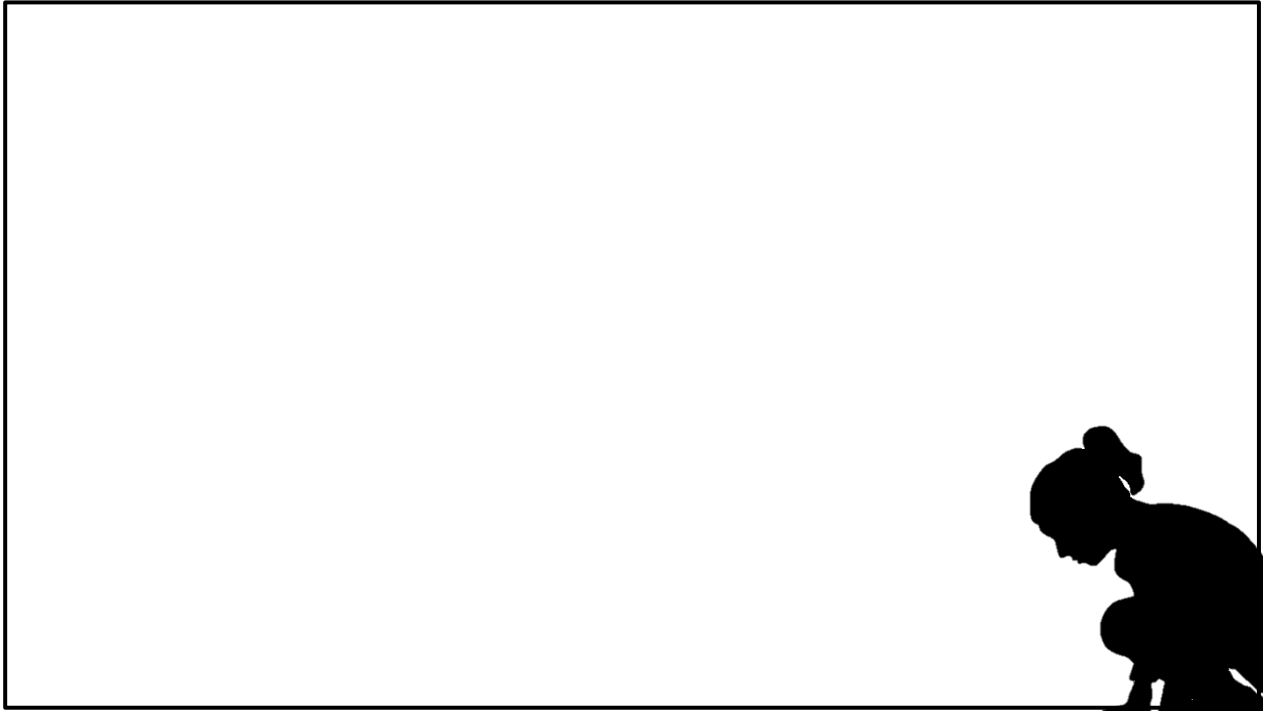


I think my fruit grows

Four sets of primary writing lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line.

Writing Prompt

I can **eat 3 or more vegetables every day**. Pretend you are planting a vegetable garden. Write about the vegetables you want to plant.



I want to plant

Four sets of horizontal writing lines for the student to complete their response. Each set consists of a solid top line, a dashed middle line, and a solid bottom line.