

# Table of Contents

<b>Beginning &amp; Ending Sounds: Five a Day! . . . . .</b>	<b>1-2</b>
HEK.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
<b>Colorful Writing: Fruits &amp; Vegetables . . . . .</b>	<b>3-4</b>
HEK.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
<b>More or Less: Play More! . . . . .</b>	<b>5</b>
HEK.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
<b>Counting Fruits &amp; Vegetables . . . . .</b>	<b>6</b>
HEK.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
<b>Shape Up with Healthy Snacks . . . . .</b>	<b>7</b>
HEK.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
<b>Label the Healthy Choice . . . . .</b>	<b>8</b>
HEK.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
<b>Adding up Physical Activities . . . . .</b>	<b>9</b>
HEK.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
<b>Healthy Bumper Sticker . . . . .</b>	<b>10</b>
HEK.8: Students will demonstrate the ability to advocate for personal, family, and community health.	
<b>My Health Empowering Reflection . . . . .</b>	<b>11</b>
HEK.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	
<b>Writing Prompts . . . . .</b>	<b>12-19</b>
HEK.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
HEK.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
HEK.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	

# Beginning Sounds: Five a Day!

**Health Concept:** I can eat 2 or more fruits and 3 or more vegetables every day to keep my body healthy.

**Directions:** Say the name of the fruit in the Word Box. Then find the fruit below and circle the letter that has the same **beginning sound** as the fruit. Color the fruit pictures.

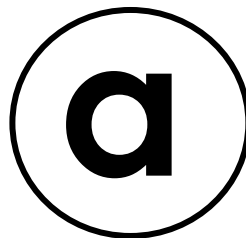
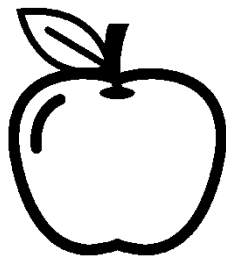
## Word Box

banana

grape

orange

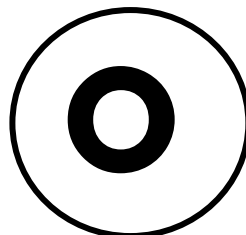
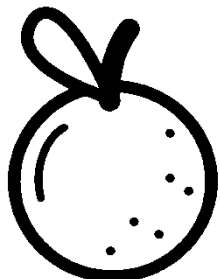
apple



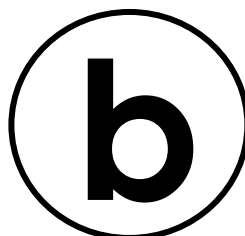
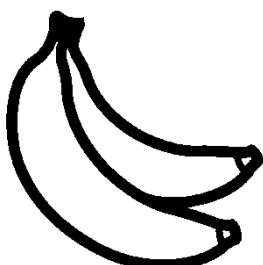
p



d



t



n

# Ending Sounds: Five a Day!

**Health Concept:** I can eat 2 or more fruits and 3 or more vegetables every day to keep my body healthy.

**Directions:** Say the name of the vegetable in the word box. Then find the vegetable below and circle the letter that has the same ending sound as the vegetable. Color the vegetable pictures.

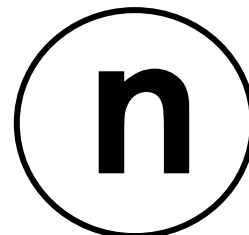
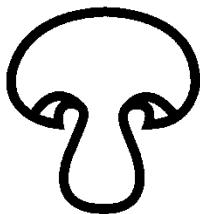
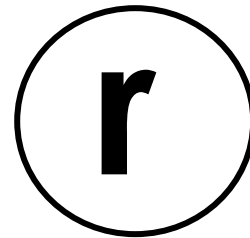
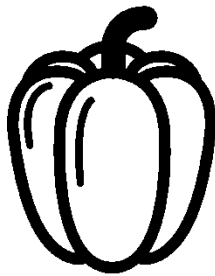
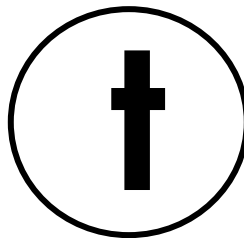
## Word Box

carrot

pepper

mushroom

corn



# Colorful Writing: Fruits

**Health Concept:** I can **eat 2 or more fruits every day**. Eating fruits that are different colors helps your body grow stronger and healthier.

**Directions:** Read the sentence stem and fill in the blank.

The color of my favorite fruit is \_\_\_\_\_.

Draw and color your fruit.

A fruit that is a different color is \_\_\_\_\_.

Draw and color your fruit.

# Colorful Writing: Vegetables

**Health Concept:** I can **eat 3 or more vegetables every day**. Eating vegetables that are different colors helps your body grow stronger and healthier.

**Directions:** Read the sentence stem and fill in the blank.

The color of my favorite vegetable is \_\_\_\_\_.

Draw and color your fruit.

A vegetable that is a different color is \_\_\_\_\_.

Draw and color your fruit.

# More or Less: Play More!

**Health Concept:** I can play, move and be active every day for 60 minutes or more.

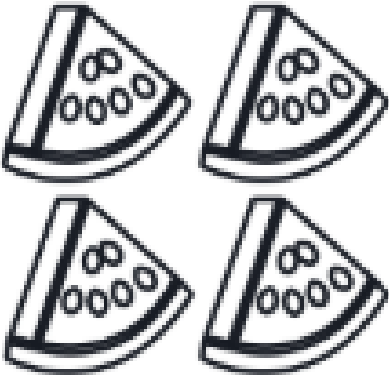
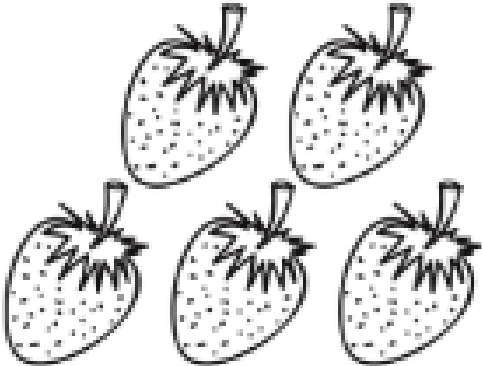


**Directions:** Color the box that has the **MOST** number of children being active.



# Counting Fruits & Vegetables

**Health Concept:** I can eat 5 or more fruits or vegetables every day.

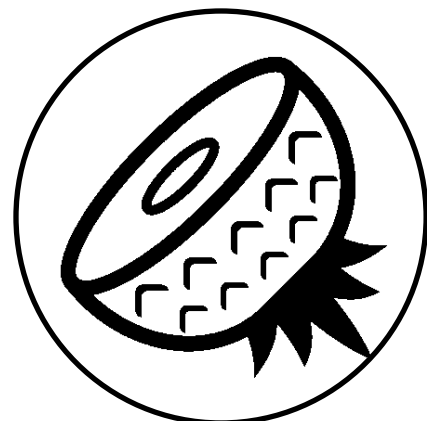
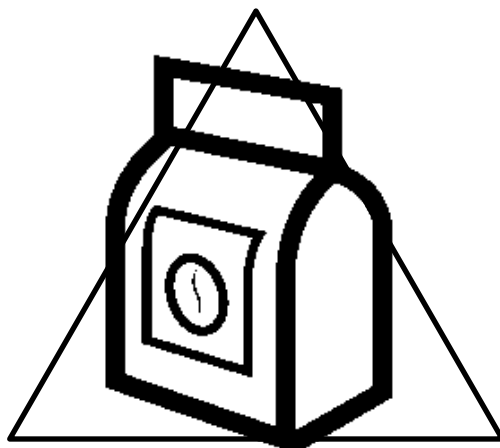
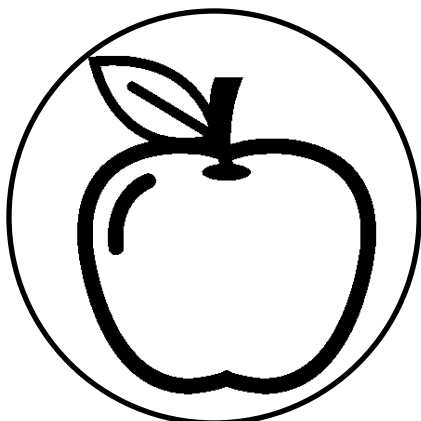
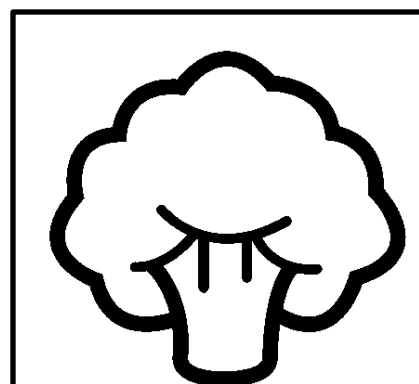
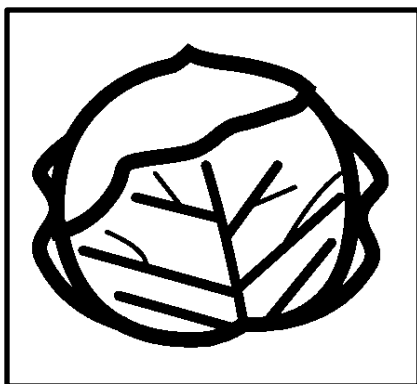
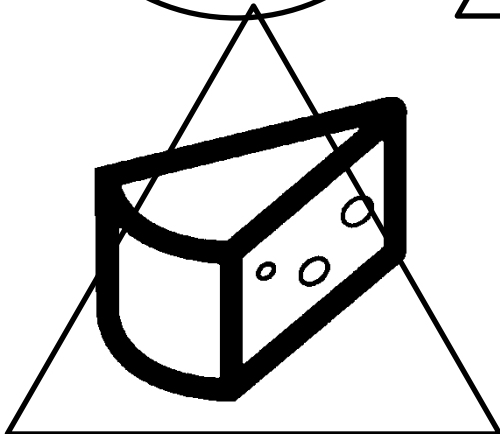
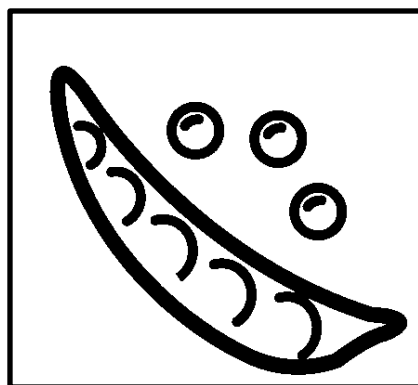
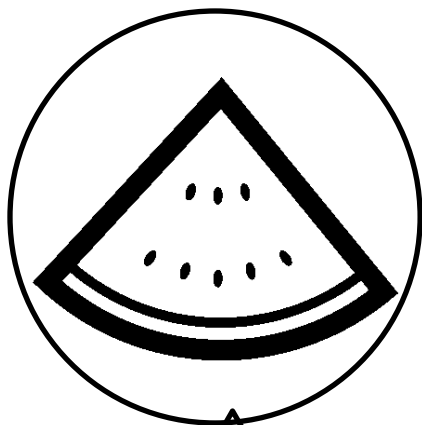
**Directions:** Count the fruits and vegetables in each box and write the correct number on the line. Circle the letter F if the drawings are a fruit. Circle the letter V if the drawings are a vegetable. Color the fruit and vegetables.

 <u>4</u> F    V	 <u>5</u> F    V
 <u>6</u> F    V	 <u>2</u> F    V

# Shape Up with Healthy Snacks

**Health Concept:** I can eat 5 or more fruits and vegetables every day. Fruits, vegetables and low-fat dairy products like yogurt and milk are snacks that help keep your body healthy.

**Directions:** Draw a ○ around the fruits. Draw a □ around the vegetables. Draw a triangle △ around the dairy. Color your favorite snacks





# Label the Healthy Choice

**Health Concept:** I can eat 5 or more fruits and vegetables every day.

Make healthy choices when choosing snacks. Healthy choices include **fruits, vegetables and low-fat dairy products** like yogurt and milk.

**Directions:** On the line provided, write the beginning letter in both uppercase and lowercase for each snack. Cross out the letters in the Letter Box as you go. Circle and color the healthy snacks.

## Letter Box

Cc

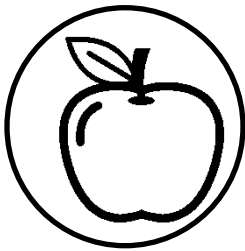
Aa

Gg

Ss

Mm

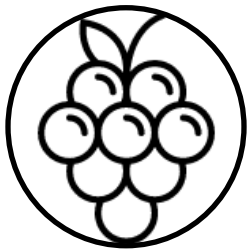
Yy



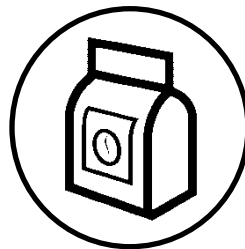
Aa



Cc



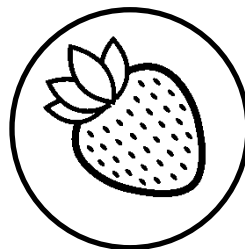
Gg



Mm



Yy

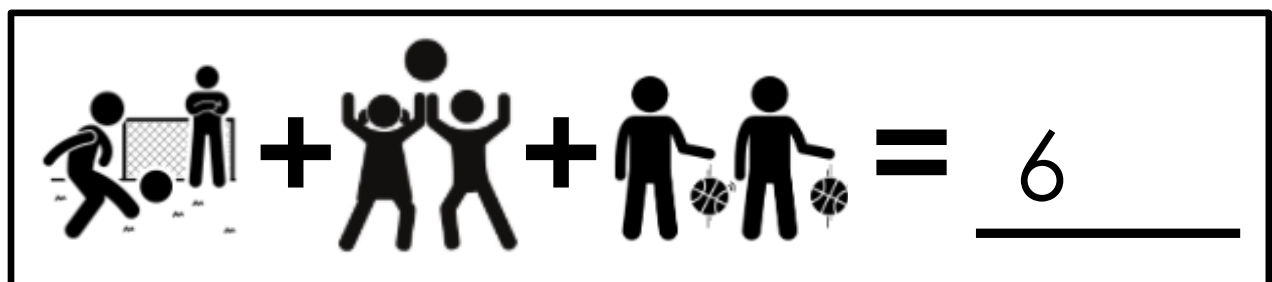
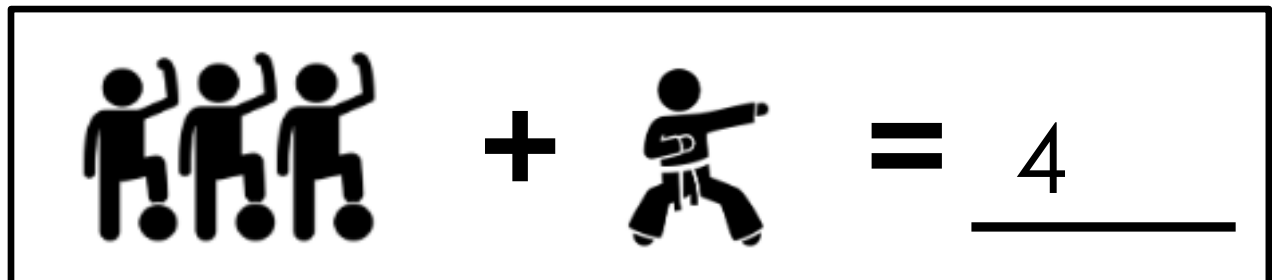


Ss

# Adding Up Physical Activity

**Health Concept:** I can move for 60 minutes or more every day. Playing and moving for at least 1 hour every day is important for good health.

**Directions:** Add up all of the people who are being physically active. Write the correct number on the line.



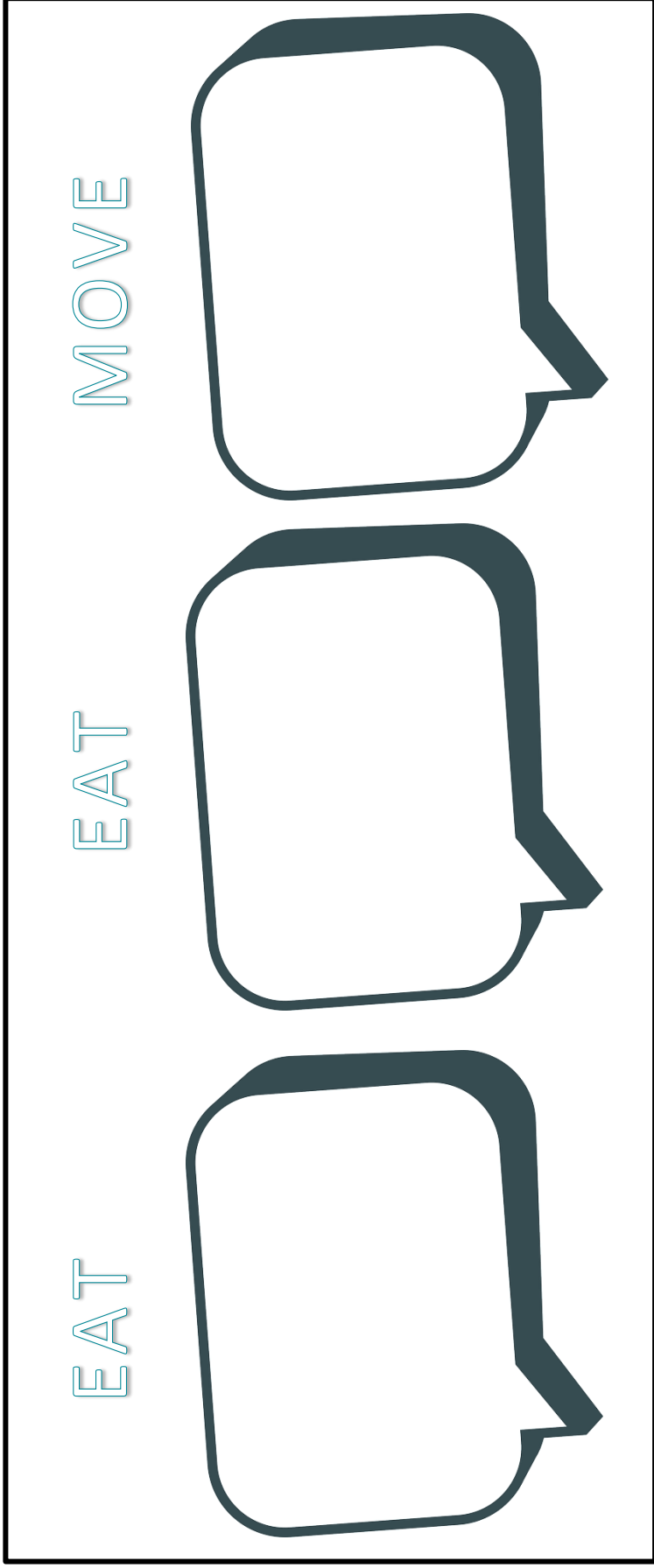
Create an additional problem using **two** of your favorite physical activities!



# My Healthy Bumper Sticker

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

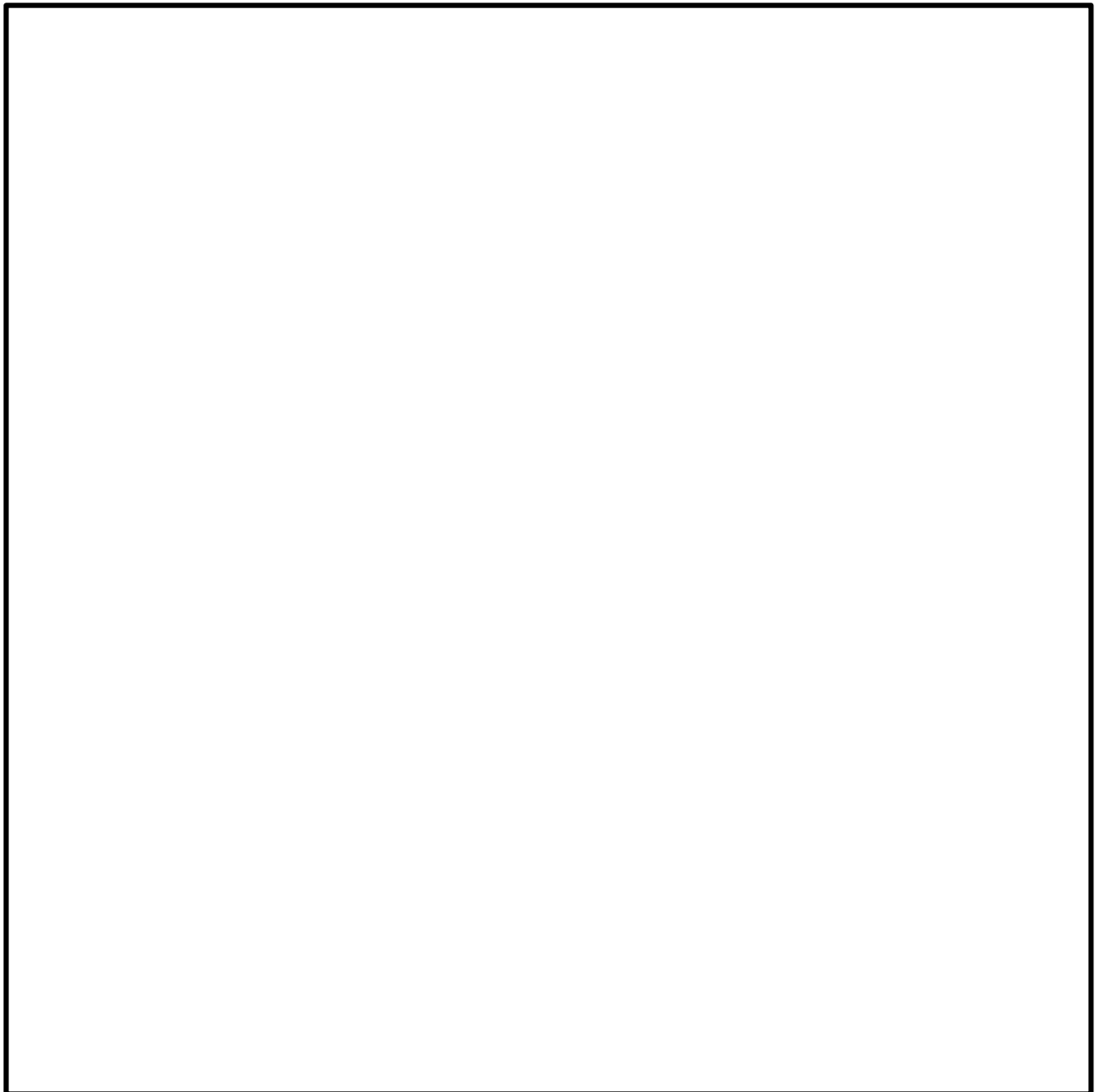
**Directions:** Create a bumper sticker that reminds you and your family to **eat fruits and vegetables and to be physically active every day.** Draw and color a picture of your family's favorite fruit, favorite vegetable, and favorite physical activity in bumper sticker below.



# My Health-Empowering Reflection

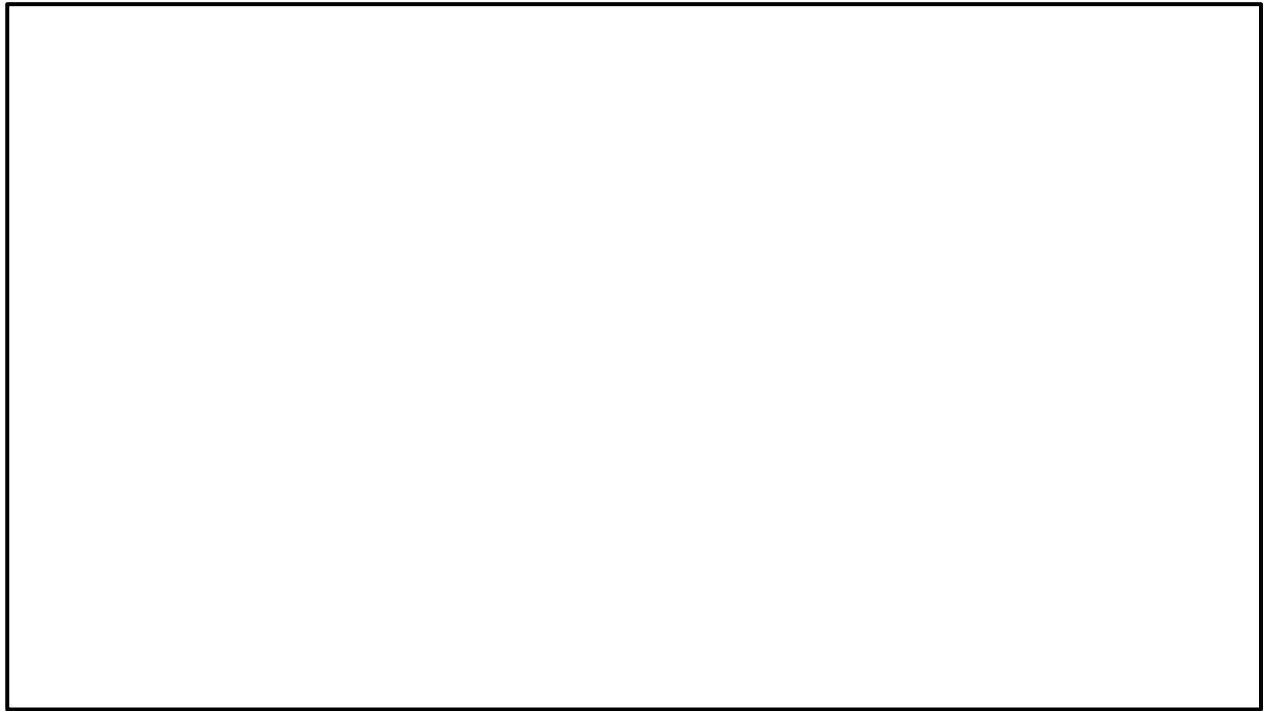
**Health Concept:** I can eat 5 or more fruits and vegetables, drink more water and less sugary drinks and move for 60 minutes or more every day. HealthMPowers hopes you know how to take care of your body. We want to know what you learned this year in school.

**Directions:** Draw a picture to show how you are going to take care of your body this year.

A large, empty rectangular box with a black border, intended for a student to draw a picture illustrating their health goals for the year.

# Writing Prompt

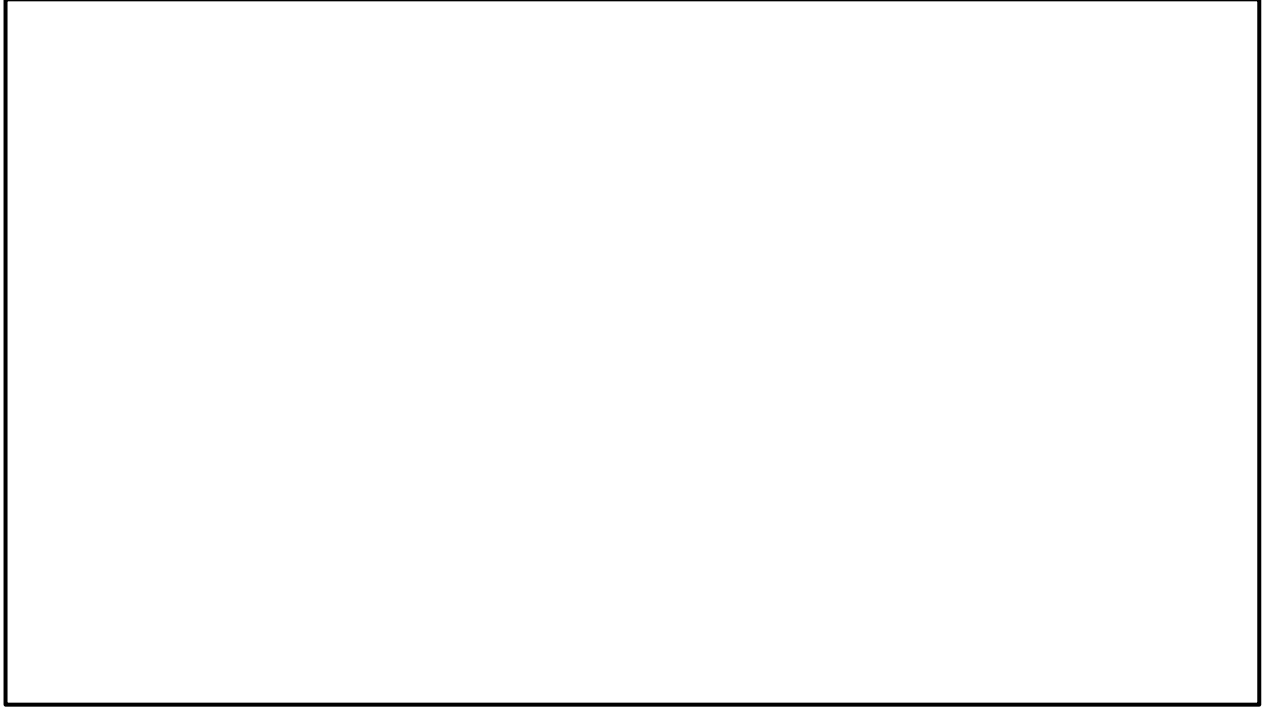
I can **move for 60 minutes or more every day!** Think of 10 active things you can do with your friends. Draw a picture of one activity. Write the name of your activity.



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 **drink more water and less sugary drinks!** Drinking water can be fun. Draw a fun water bottle to help you drink more water. How does it make you feel?

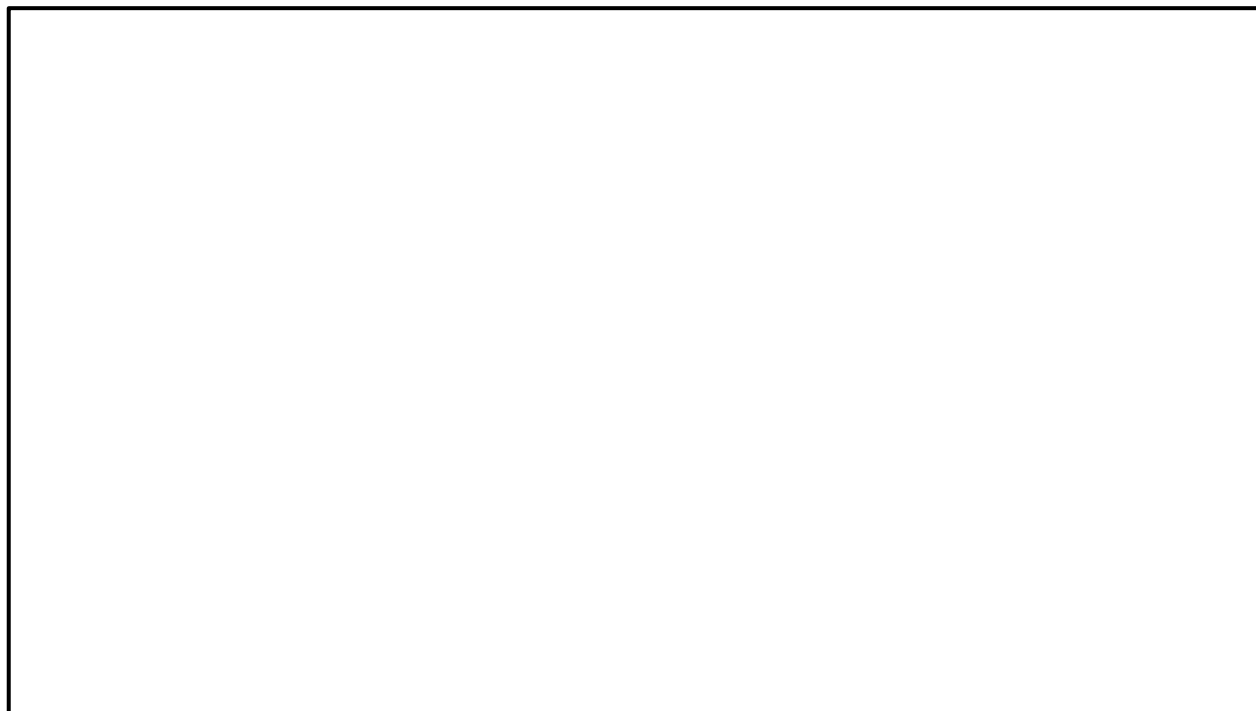


It makes me feel

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line for letter height guidance.

# Writing Prompt

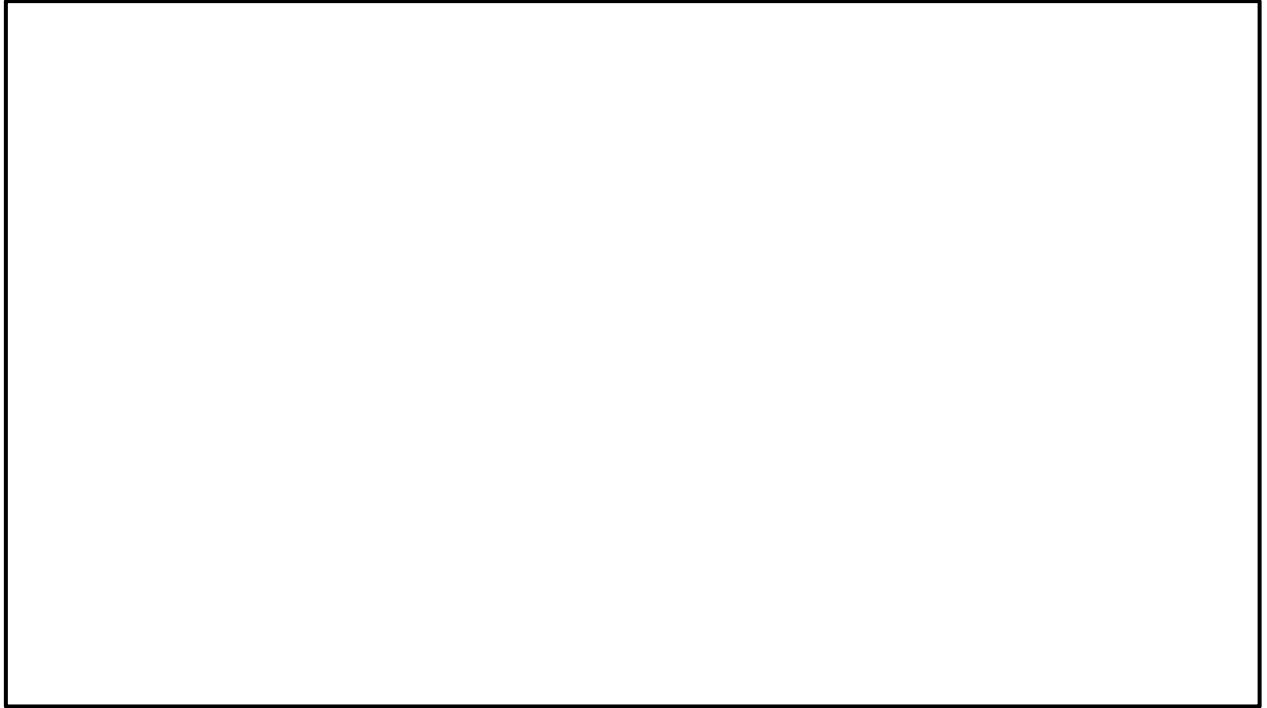
I can **eat 2 fruits or more every day** to grow healthy and strong! If you were a fruit, what fruit do you want to be? Draw a picture of your fruit.



I want to be

# Writing Prompt

I can **move for 60 minutes or more every day!** What kind of physical activity can you do inside? Write the name of your activity. Draw a picture.

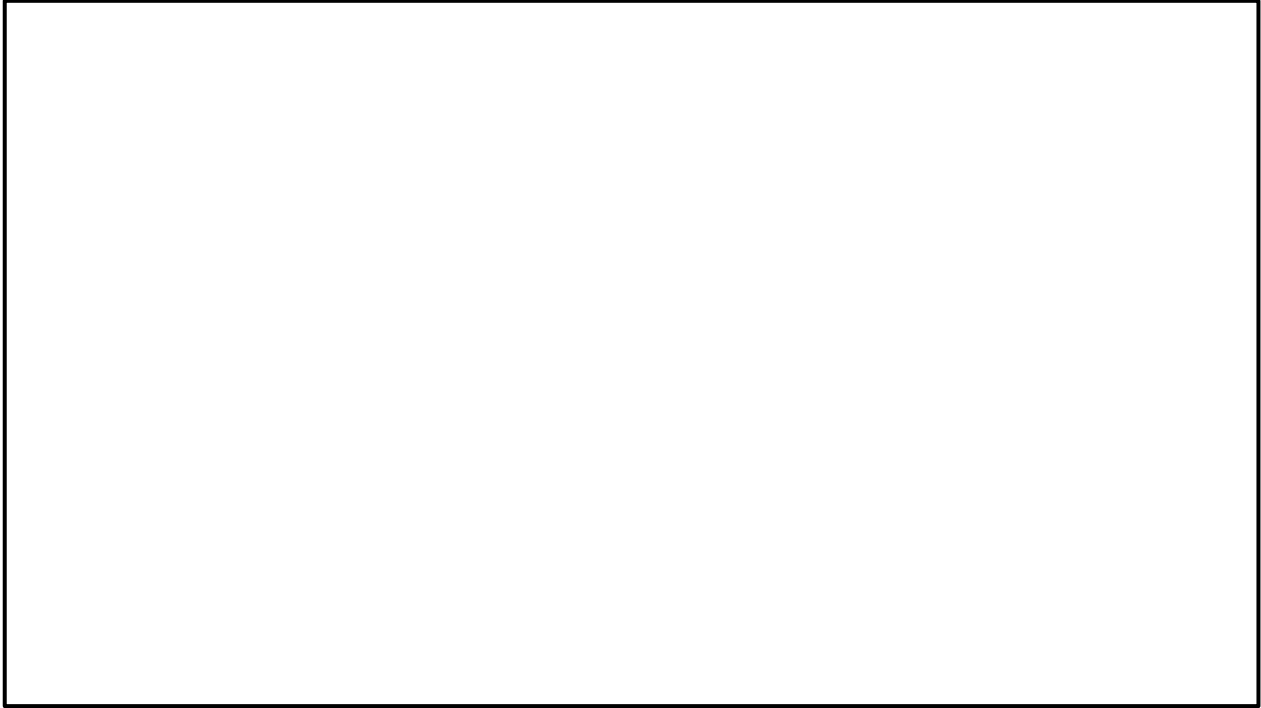


Four sets of primary writing lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line.



# Writing Prompt

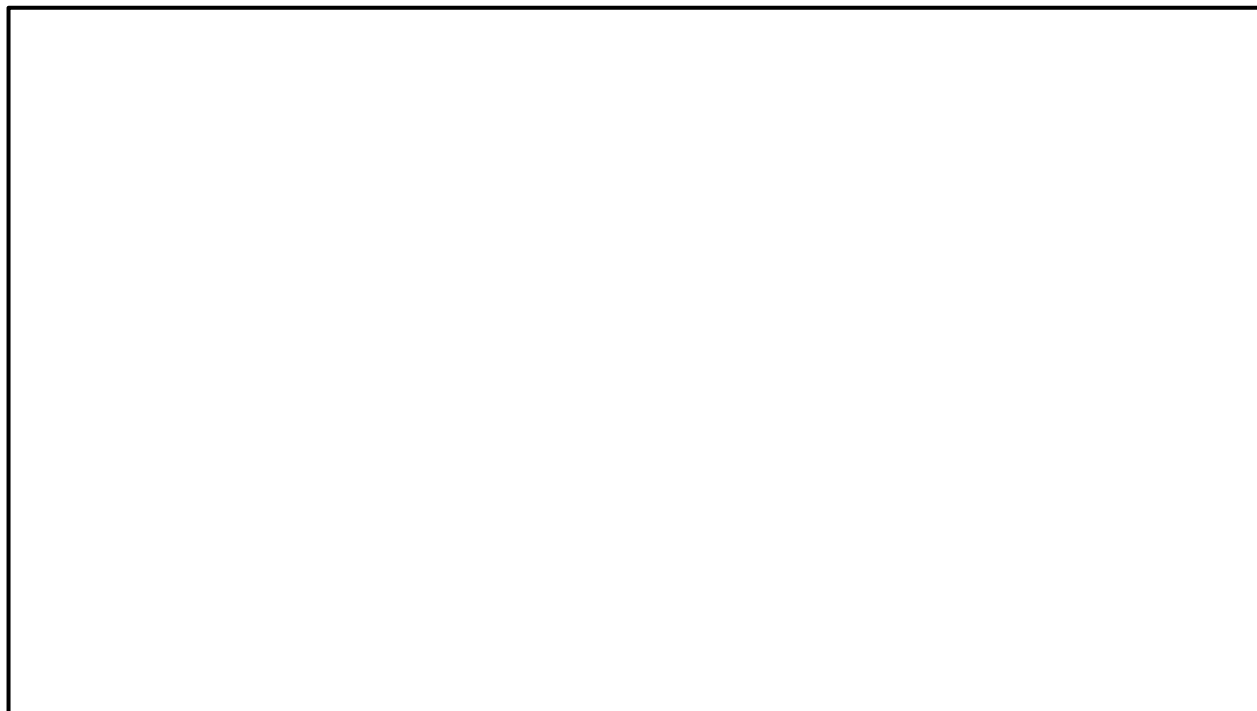
I can **eat 5 or more fruits and vegetables every day!** Everyone likes to have treats once in a while to go along with those fruits and vegetables. Draw a picture of your favorite treat. Describe your treat in one word.



Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are five sets of these lines provided for writing a description of the treat.

# Writing Prompt

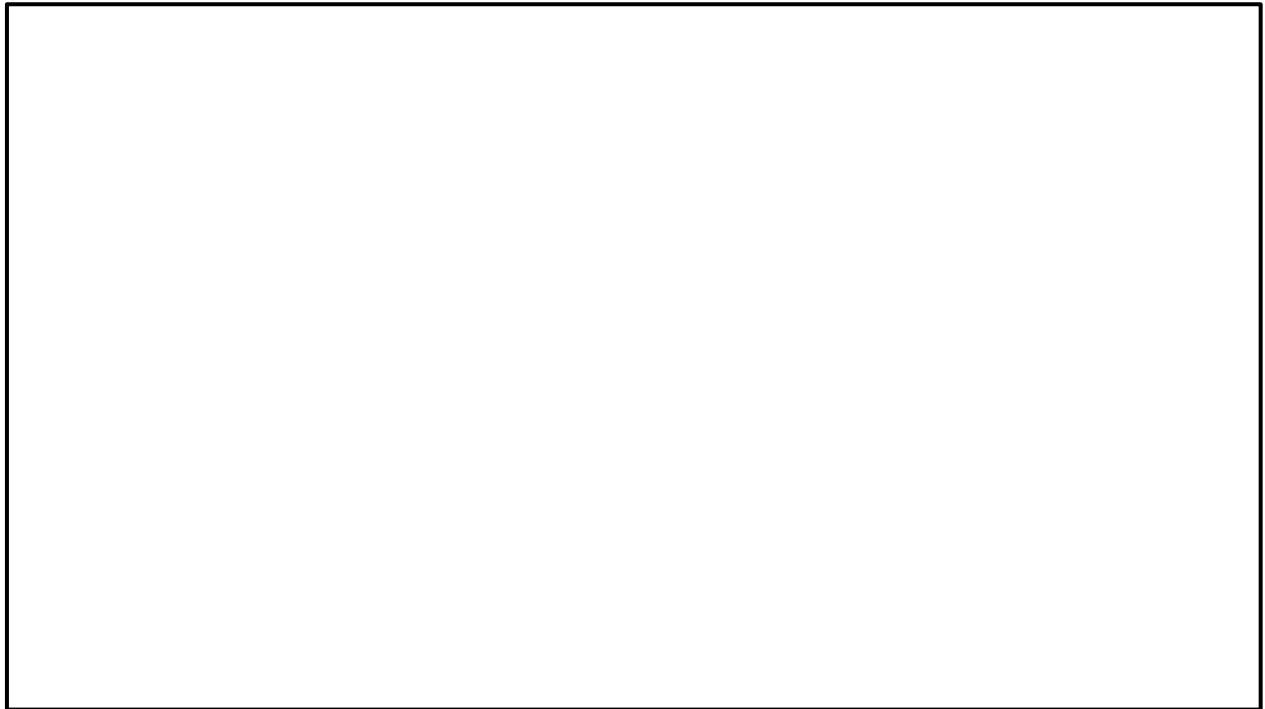
I can **move for 60 minutes or more every day!** Even when it is rainy, you can still be active outside. How can you be active in the rain? Draw a picture and write the name of your activity.



Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are five sets of these lines provided for writing the name of the activity.

# Writing Prompt

I can **eat 5 or more fruits and vegetables every day!** Did you know you can eat the rainbow in fruits and vegetables? Draw a basket of rainbow fruits and vegetables. Write one word about your basket.



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 word about the drawing.

# Writing Prompt

I can **eat 5 or more fruits and vegetables every day!** If you were a farmer, what vegetables would you plant? Draw a picture of your garden. Who do you want to share your vegetables with?



I want to share my  
vegetables with

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