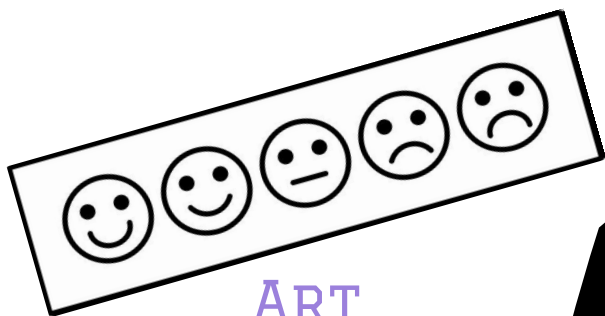
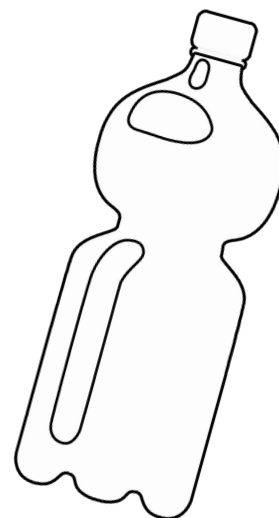




Using the letter



ART



AGUA



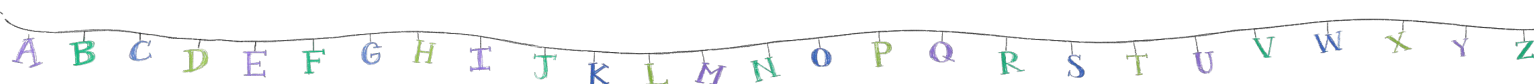
APPLE

Aa



ARTICHOKE

to be more healthy





Dr. Patricia's
HEALTH CLUB
Being Healthy from A to Z

Aa



SMED

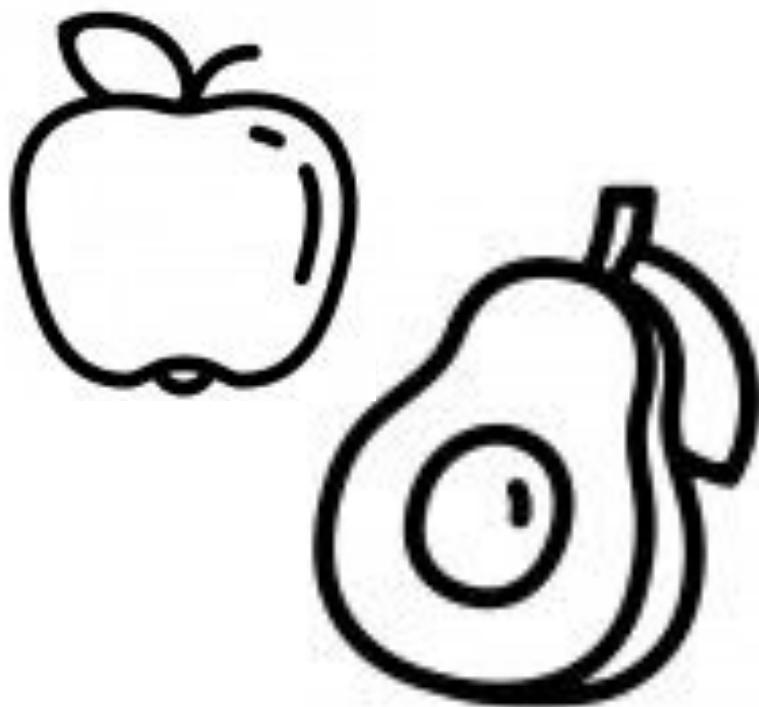
makes his brain
healthy by learning
words that start with
"A".

Trace **and** write these words two times each.

and and

and and

Can you color in **an**
apple and avocado?



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

For more activities, visit www.drphc.org

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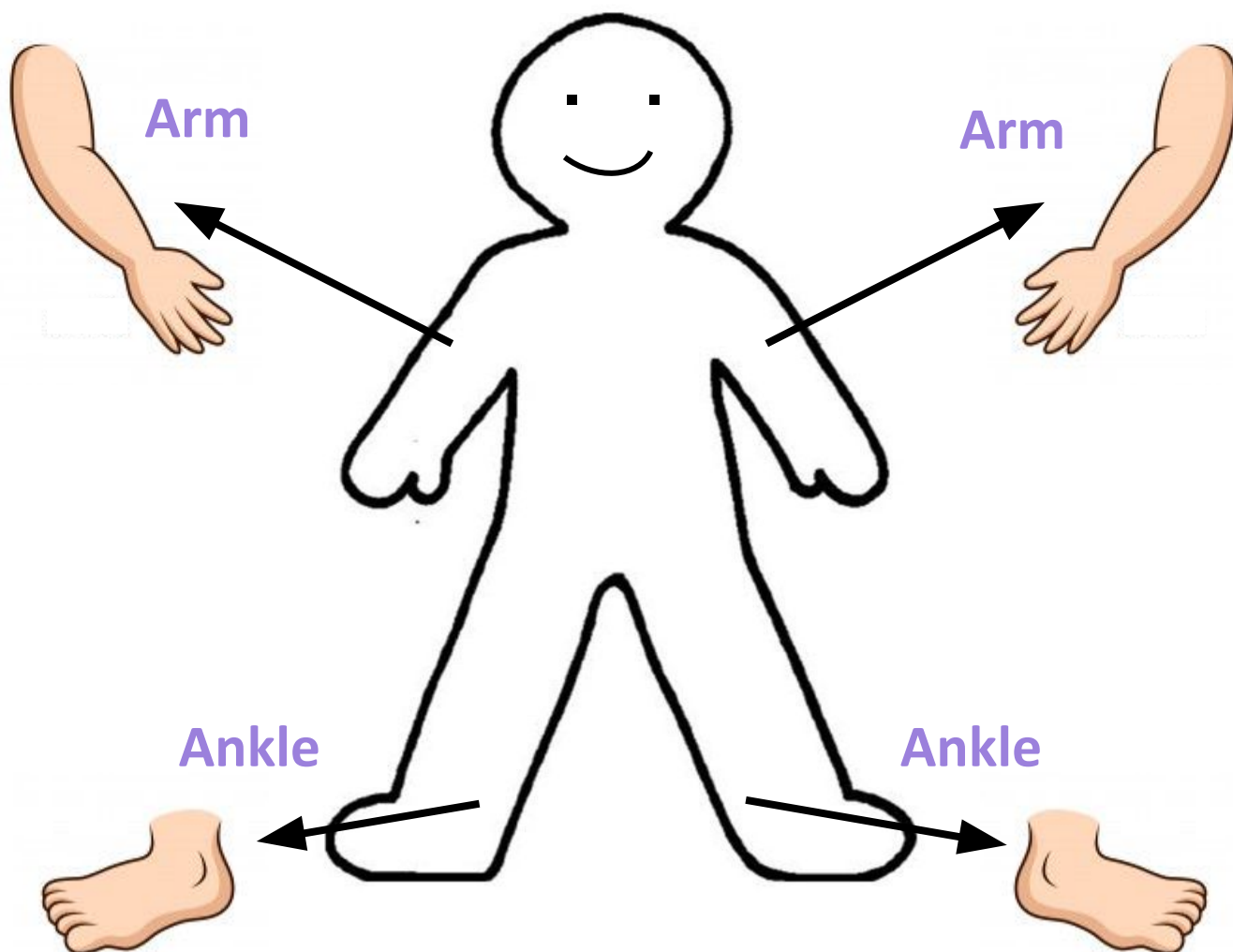
Being Healthy from A to Z

Aa



SMED'S Science Lesson:
Anatomy with the
Letter **A**!

The letter **A** is the first letter of many parts of your body -
your **arms and ankles**!



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

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Aa



BERRY

uses the letter **A**
to be healthy by
eating **apples**.

Apples can come in many colors!



Red



Green



Yellow

What color will your
apple be?





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Being Healthy from A to Z

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BROC

uses the letter **A**
to be healthy by
eating veggies that
start with **an A**.



Asparagus



Avocado



Artichoke

Circle the veggies that start with **an A**.



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



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Being Healthy from A to Z

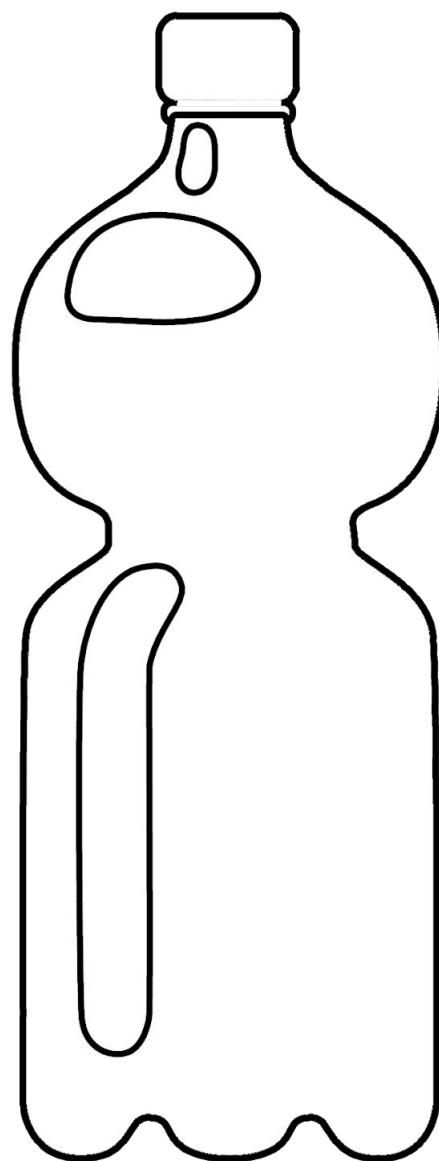
Aa



AGUA

uses the letter **A**
to be healthy by
drinking “**agua**”
(water)!

Color in **Agua's** water
bottle!



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

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Aa



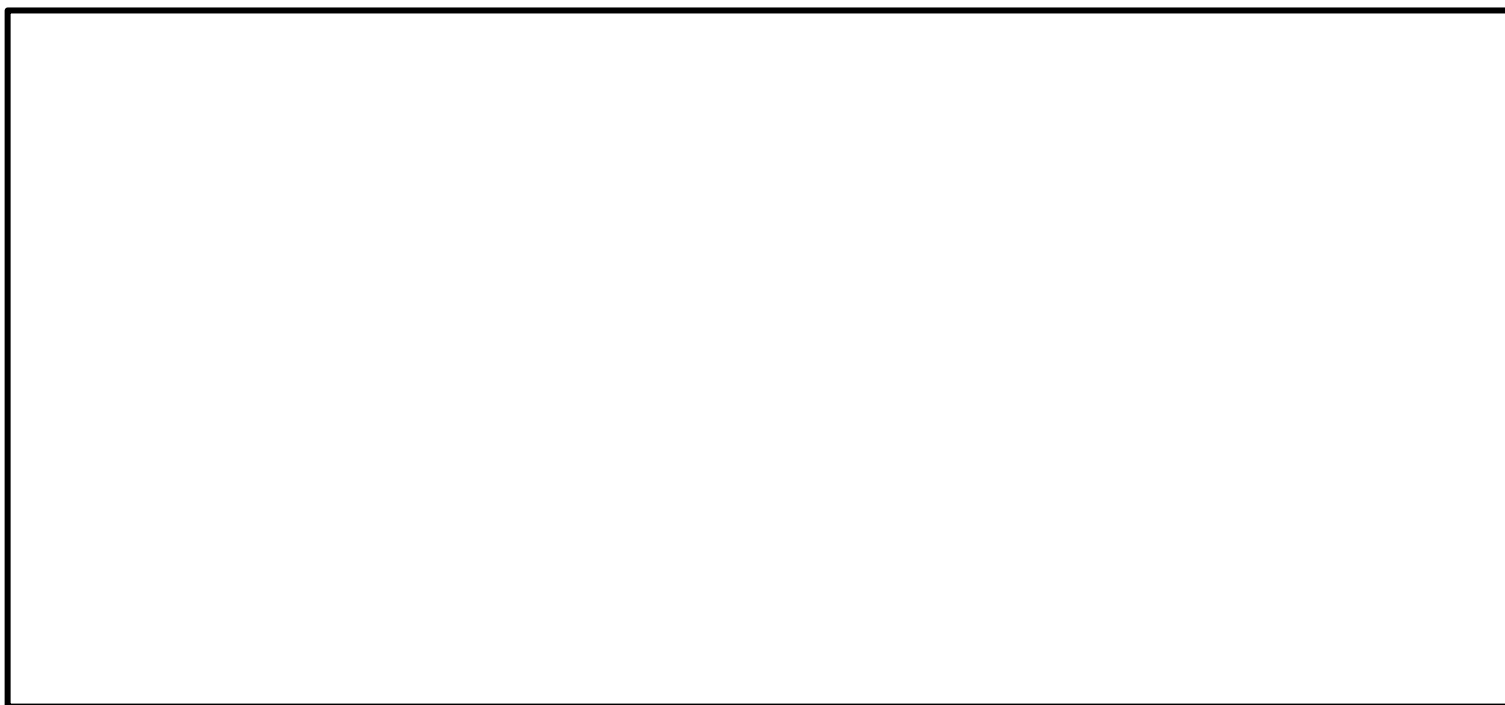
Z and **o**
use the letter **A** to be
healthy by getting fresh
air.



When you go outside, take **a** deep
breath of fresh **air** and look **around**!



Draw **a** picture of something you might see when
you get fresh **air**.





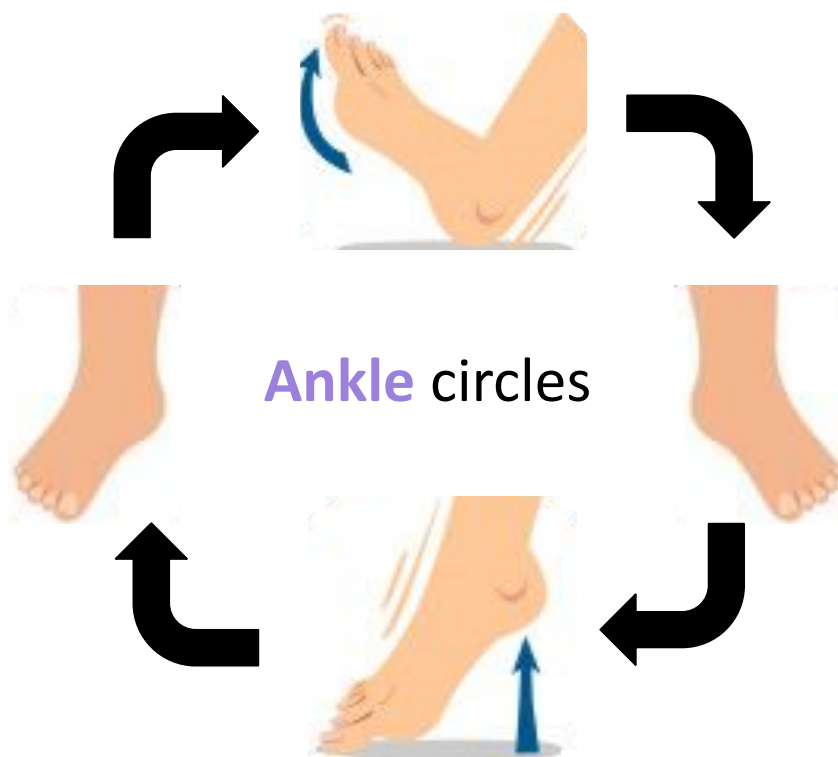
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Arm circles



Can you do 10 arm circles and 10 ankle circles?



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Pathy

uses **art** to show
her feelings. **All**
feelings **are** okay.



Can you use **art** to draw your feelings?

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

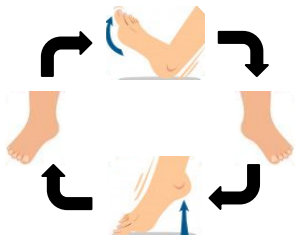


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Being Healthy from A to Z

Aa

Can you draw **a** picture of
how you can use the letter
A to be more healthy?



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

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Aa

Health Standards

- 1.1.N Name a variety of healthy foods and explain why they are necessary for good health.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 1.2.N Identify a variety of healthy snacks.
- 7.1.M Express emotions appropriately.
- 1.5.G Name body parts and their functions.