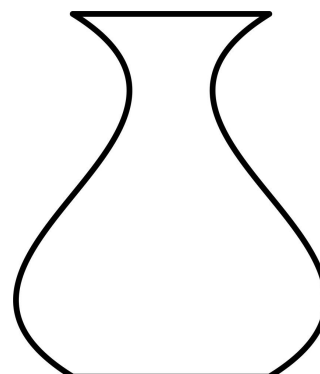




# Using the letter

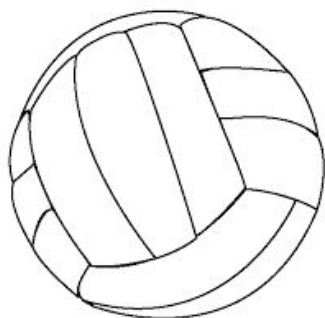


VIRUS



VASE

# Vv



VOLLEYBALL



VERTEBRAE

# to be more healthy



Vv



**SMED**

uses the letter **v** to  
make his brain healthy  
by learning words that  
start with "**v**".

Trace and write these words two times each.

vase vase

\_\_\_\_\_

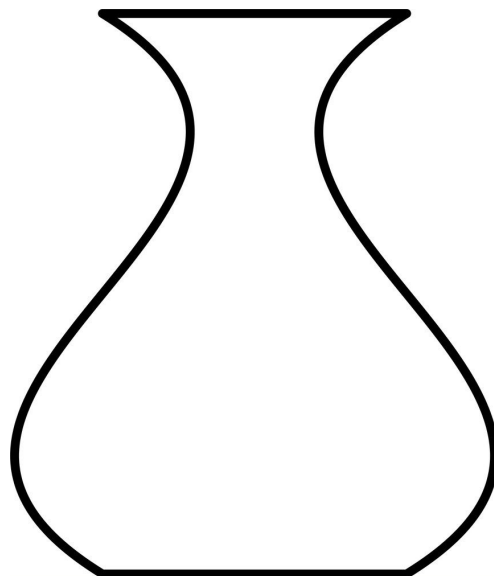
\_\_\_\_\_

Vase Vase

\_\_\_\_\_

\_\_\_\_\_

Decorate your own  
**vase!**





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

# Vv



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

Some important parts of your body start with the letter **V**.

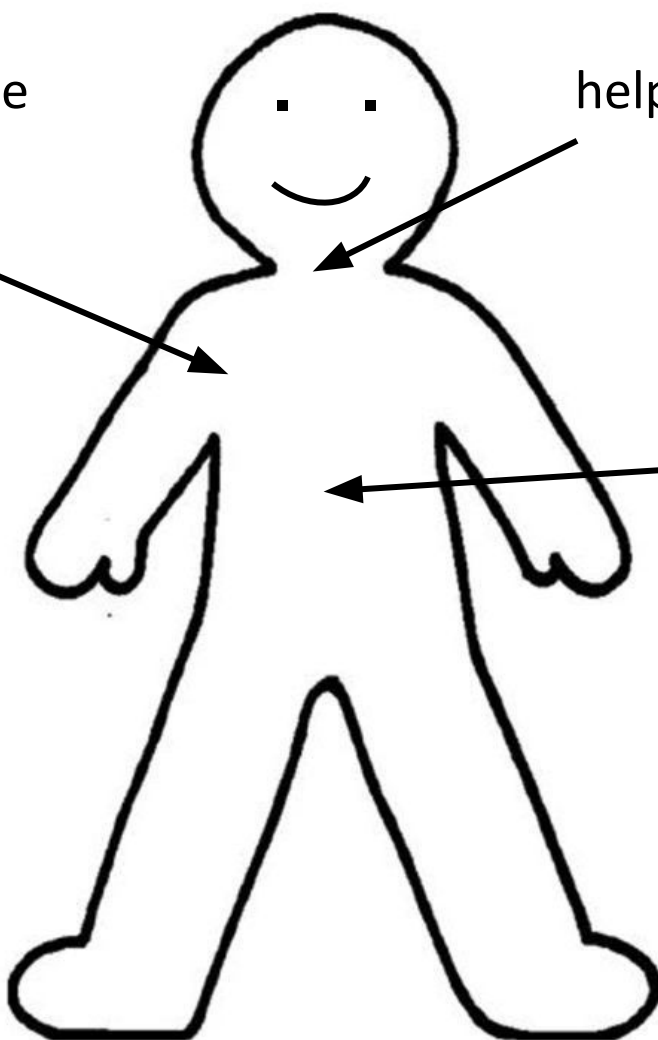
### Veins:

take blood to the  
heart (blue)



### Vocal Cords:

helps you create sound



### Vertebrae:

the little bones that  
make up your spine



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](http://www.drphc.org)

ILLUSTRATION CREDITS:  
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Being Healthy from A to Z

Vv



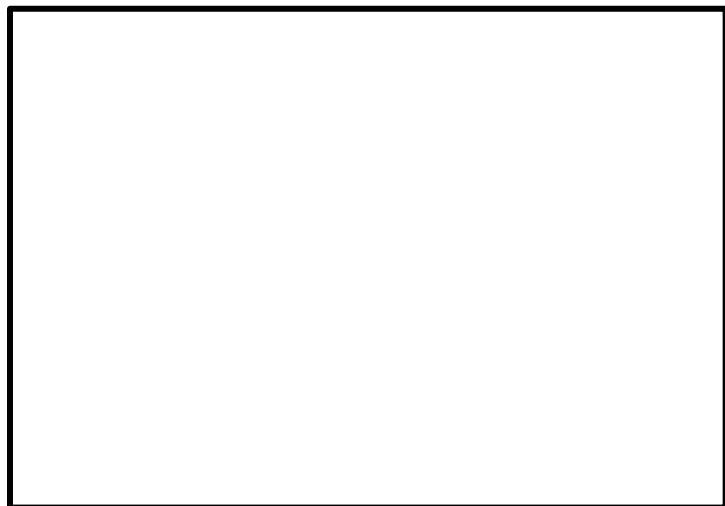
**BERRY**

uses the letter **V** to  
be healthy by eating  
**very** yummy fruits.

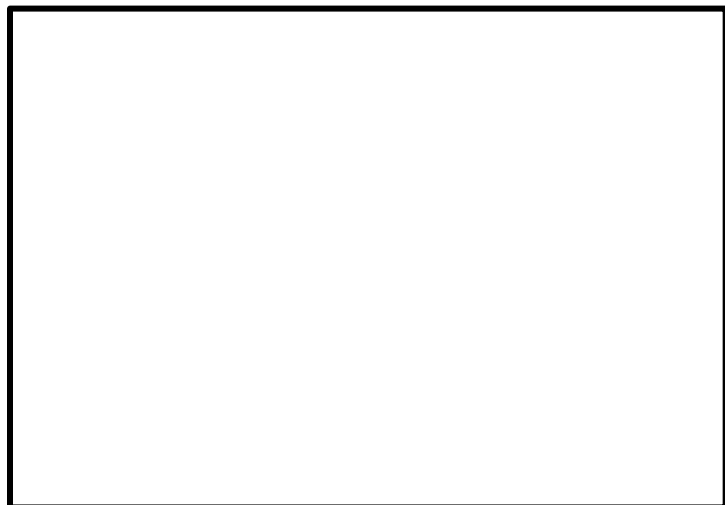
Can you draw these fruits?



**Valencia** Orange



**Velvet** apple





# Dr. Patricia's HEALTH CLUB

Being Healthy from A to Z

# Vv



## BROC

uses the letter **V** to be strong and healthy by eating **vegetables**.

**Vegetables** keep you and your body healthy. Different **veggies** have different benefits!

Mushrooms



Broccoli



Carrot



Kale



Onion



Circle your  
favorite **vegetable**!

Asparagus



Corn



Turnip



Eggplant



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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# Vegetable Soup

## Ingredients:

- 1 can chicken broth 
- 1 can tomato-vegetable juice cocktail 
- 1 cup water 
- One large potato, diced 
- 2 carrots, diced 
- 2 stalks celery, diced 
- 1 can diced tomatoes 
- 1 cup chopped green beans 
- 1 cup corn 
- Salt and pepper, to taste 

## **S**poon

has a delicious recipe that starts with the letter **V**!



## Instructions:

### Parental Supervision Required

- Wash your hands and vegetables with soap and water



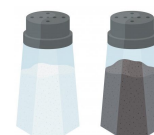
- Chop all vegetables and the potato



- In a large pot, combine the broth, tomato juice, water, potato, carrots, celery, entire can of tomatoes, green beans, and corn



- Add in salt and pepper, as well as any other seasonings you'd like



- Bring pot to a boil, then cover and let simmer for 30 minutes, or until all vegetables are tender



- Enjoy!



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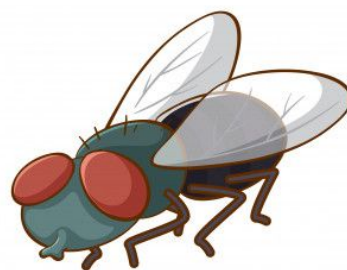
# Vv



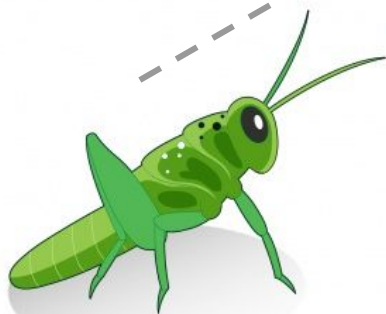
**O** uses the letter **V** to keep his brain healthy by learning about plants.



The **Venus** Flytrap is a plant that eats small bugs and insects.



Trace the diet of the **Venus** Flytrap.



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

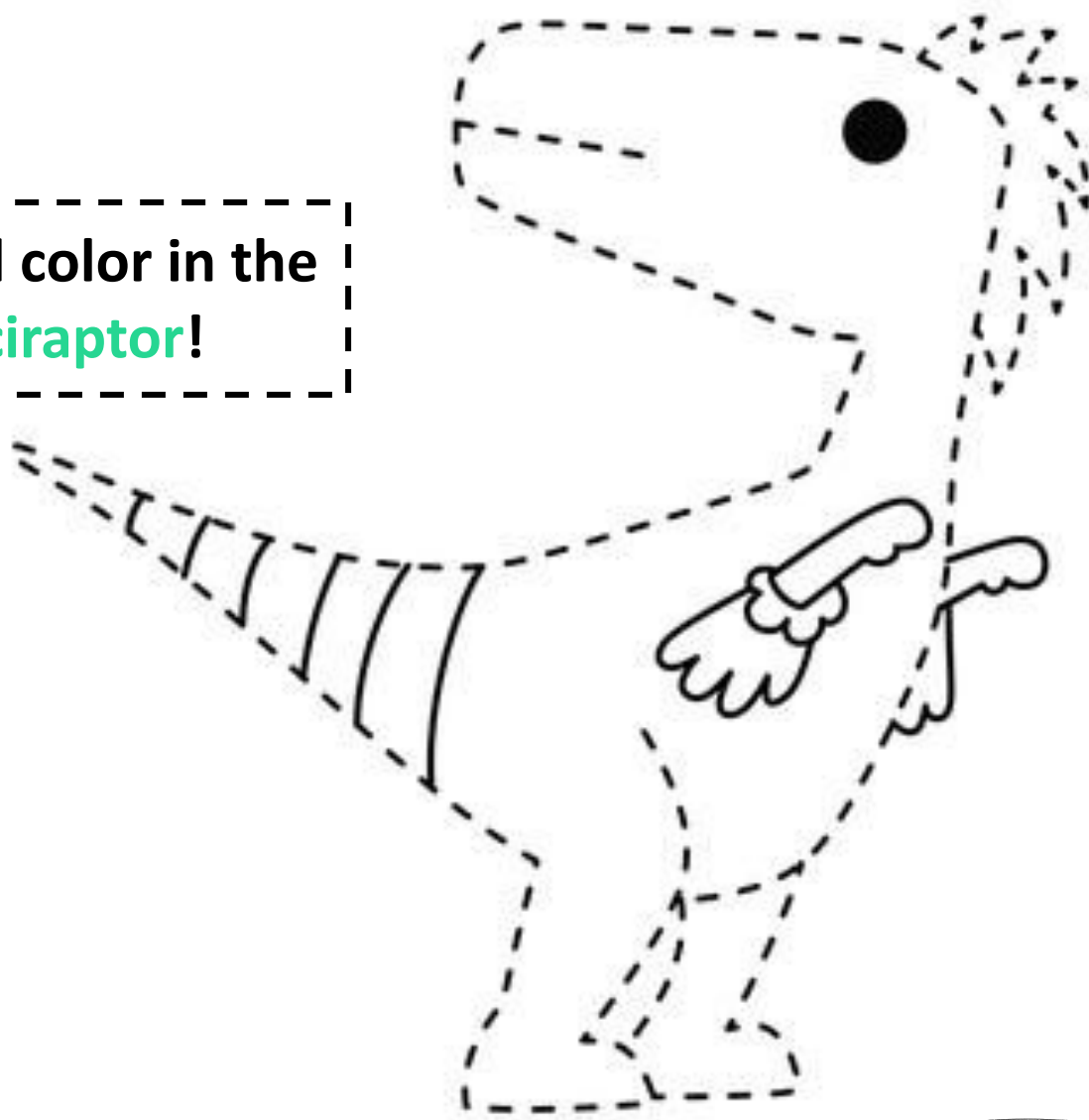
Vv



**O** uses the letter  
**V** to be healthy by  
learning about  
**velociraptors.**

A **velociraptor** is a dinosaur that used to live a long time ago!

Trace and color in the  
**velociraptor!**



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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Vv



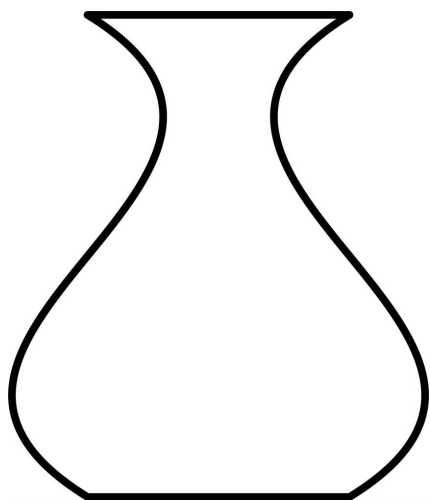
**AGUA**

uses the letter **V** to  
be healthy by  
putting water in his  
**vases** of flowers.

Flowers need to be put in a  
**vase** with water so that they  
can stay alive for longer!



If you don't have a **vase**, you can put your  
flowers in any cup that can hold them!



Add some water to this **vase** and draw  
some flowers to go inside it!



Vv



Pathy  
uses the letter  
**V** to be healthy by  
**volunteering** to  
help others.

**Volunteering** is a way you can help the world around you.



There are lots of different things  
you can **volunteer** to do, like  
picking up trash from parks or  
recycling plastic bottles.

List some ways you can **volunteer**.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



Vv



Pathy  
uses the letter **V**  
to be healthy by  
**voicing** her feelings.

**Voicing** your feelings is when you talk about them. It is a healthy way to show and explain your feelings to others.



You can also **voice** your feelings by drawing a picture and then showing a trusted adult, your family, or a friend.

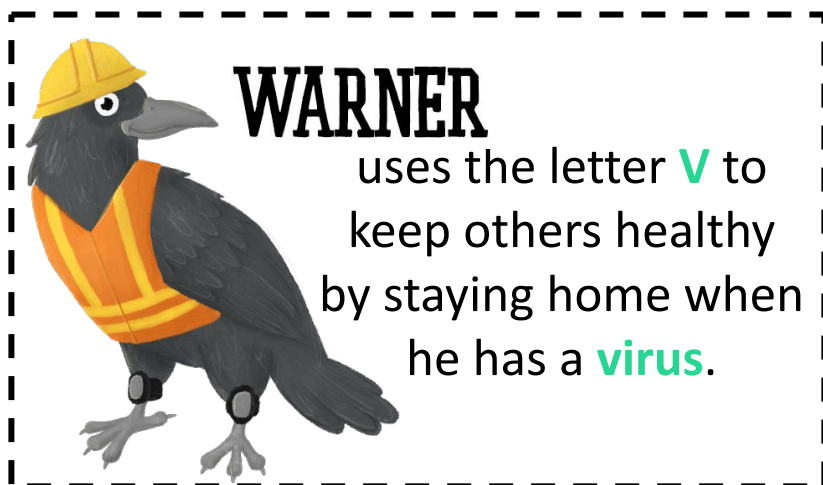


Can you **voice** your feelings? Draw or write them out.

A large empty rectangular box for drawing or writing.



# Vv



## WARNER

uses the letter **V** to  
keep others healthy  
by staying home when  
he has a **virus**.

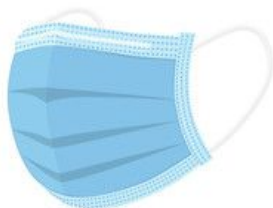
**Viruses** make you and others sick.



Some ways to make sure you don't spread a **virus** is by:



+



+



+



Did you know?

Certain **viruses** can be prevented with  
**vaccines** to help keep you healthy!



# Dr. Patricia's HEALTH CLUB

Being Healthy from A to Z

# Vv

**Visualization** is when you imagine yourself doing something *before* you actually do it, so that your brain gets practice.



What do you **visualize** yourself doing to be healthy?

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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





# Dr. Patricia's HEALTH CLUB

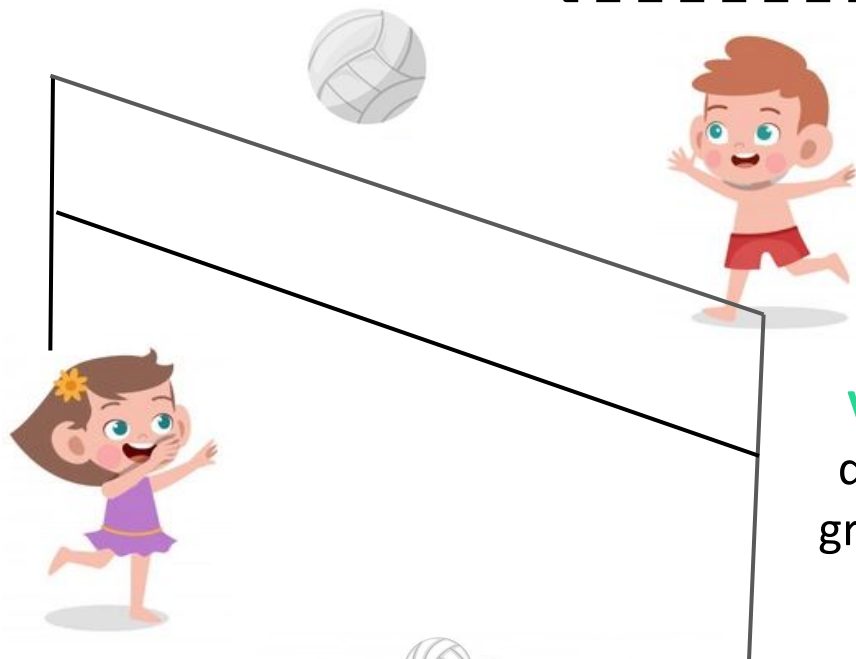
Being Healthy from A to Z

# Vv



## Sport

uses the letter **V** to be healthy by playing **volleyball**.



**Volleyball** is a game where you don't want to let the ball hit the ground. You can play with friends, family, or by yourself!



Color in the **volleyball**!



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



Vv

Draw a picture of  
how you're going to  
use the letter **V** 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



## Health Standards

- 1.1.N Name a variety of healthy foods and explain why they are necessary for good health.
- 1.3.N Describe the benefits of being physically active.
- 1.2.N Identify a variety of healthy snacks.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 1.5.G Name body parts and their functions.
- 1.1.P Identify effective dental and personal hygiene practices.
- 1.4.P Explain why the transmission of germs may be harmful to health.
- 7.2.P Demonstrate ways to prevent the transmission of germs (e.g., washing hands, using tissues).
- 7.2.M Describe positive ways to show care, consideration, and concern for others.
- 1.5.P Identify practices that are good for the environment, such as turning off lights and water, recycling, and picking up trash.

