



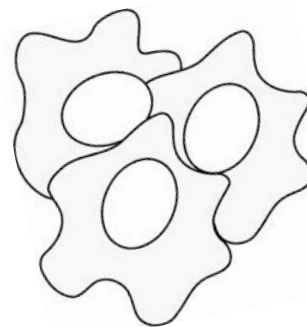
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**HEALTH CLUB**

Being Healthy from A to Z

# Using the letter

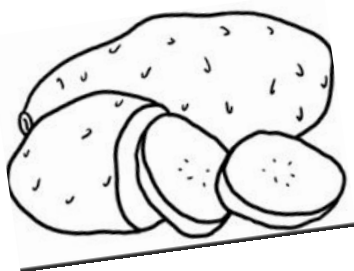


YO-YO

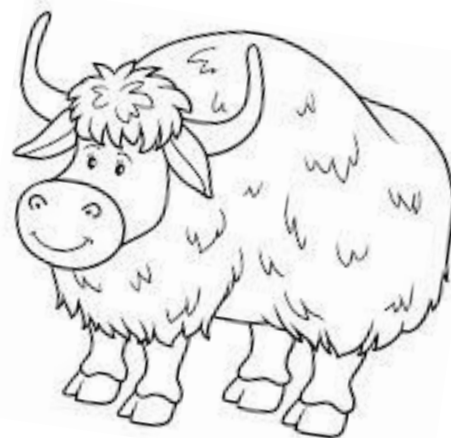


YOLK

# Yy



YAMS



YAK

# 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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Yy



**SMED**

uses the letter **Y** to  
make his brain healthy  
by learning words that  
start with “**Y**”.

Trace and write these words 3 times each.

You You

\_\_\_\_\_

Yes Yes

\_\_\_\_\_

Your Your

\_\_\_\_\_

Color in the word **yes**.

**YES**

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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# Yy



## BERRY

uses the letter **Y** to  
be healthy by eating  
**yellow** fruits.



**Lemon**

Lemons help **your**  
heart to be healthy.



**Banana**

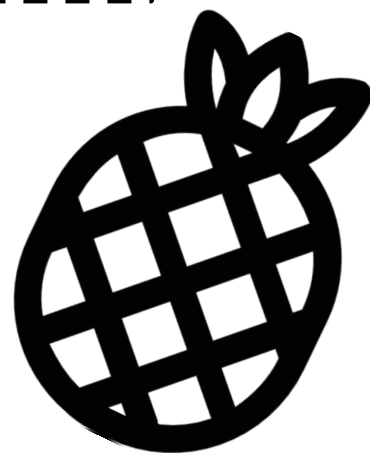
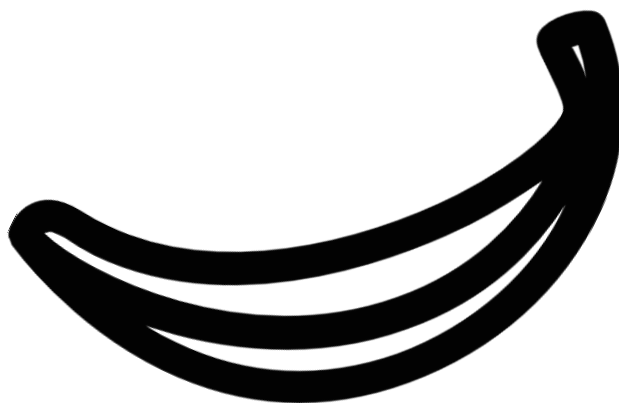
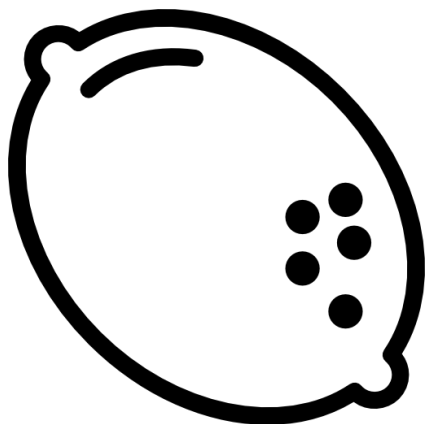
Bananas are one of the  
most popular fruits in  
the world! They help  
**your** body heal faster.



**Pineapple**

Pineapples help keep  
**you** healthy, build strong  
bones, and cure an  
upset stomach.

Color in **your** favorite **yellow** fruit!



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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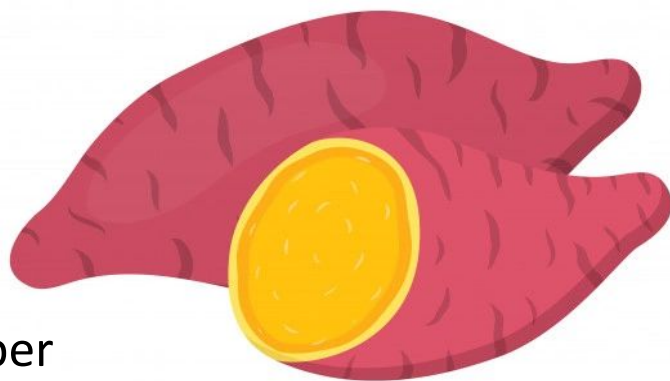
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# Yy



## BROC

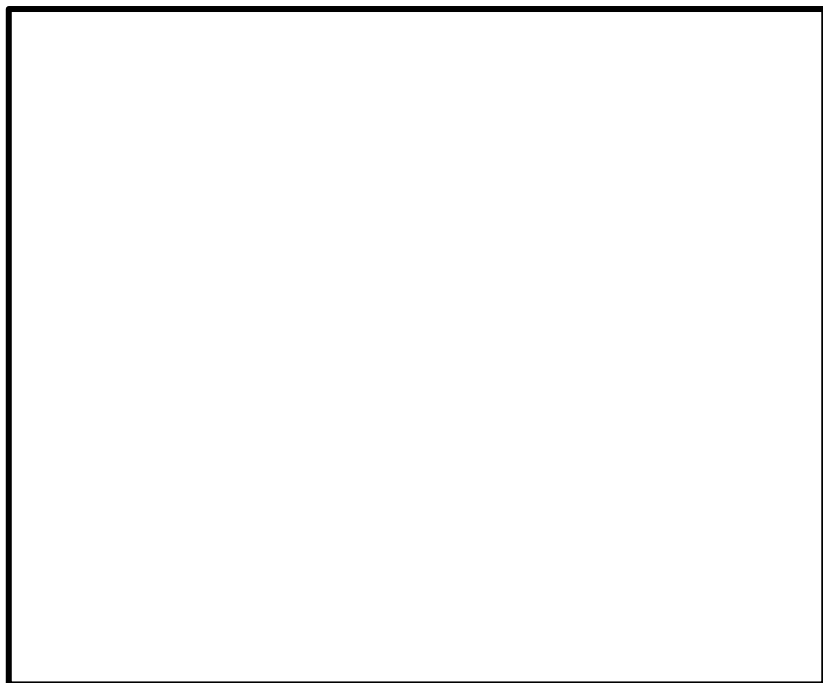
uses the letter **Y**  
to be healthy by  
eating **yams**.



Broc loves **yams**! **Yams** have lots of fiber  
and keep **you** healthy. They help **you**  
grow and make **your** bones strong, too!

**Yam**

Draw and color **your**  
**yam**.



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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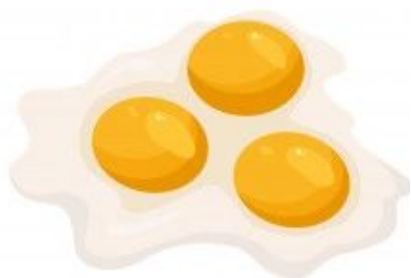
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# Yy

**Spoon** uses the  
letter **Y** to eat  
egg **yolks**!

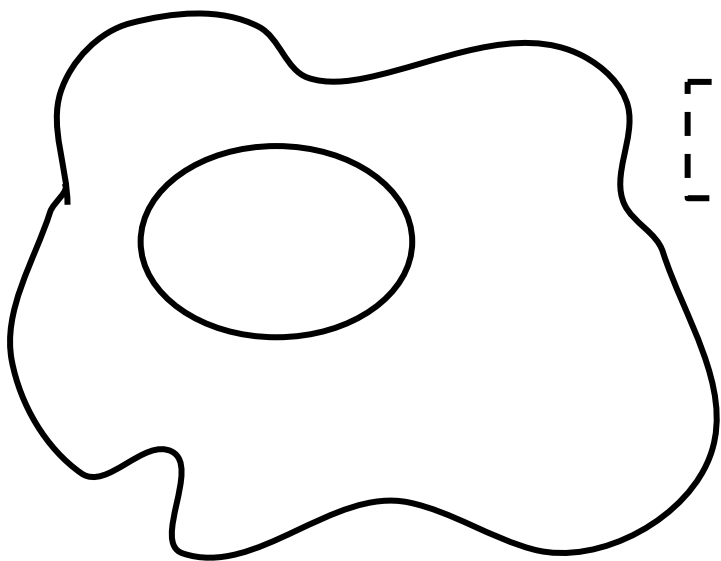


Egg **yolks** give scrambled eggs a **yellow** color,  
because **yolks** are usually **yellow**!



## FUN FACTS!

1. Egg **yolks** can come in lots of different colors!
2. **You** need to keep eggs in a fridge!
3. Egg **yolks** keep **your** eyes and brain healthy!



Color in the egg and **yolk**.

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


# Yy



## Yam Fries



### Instructions: **Adult Supervision Required**

- Wash your hands! 
- Scrub potatoes; cut each into thin strips (1/4 inch).



- Combine oil and next 3 ingredients in a large bowl; stir well.



- Add potatoes and toss well to coat.
- Arrange in a single layer on a baking sheet coated with cooking spray.
- Bake at 425F for 25 minutes or until browned, turning potatoes after 15 minutes.



- 2 large unpeeled yams



- 1 tablespoon olive oil



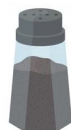
- 1 teaspoon ground cumin



- 1 teaspoon ground cinnamon



- $\frac{1}{4}$  teaspoon pepper



- vegetable oil



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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Yy



The **yellow** traffic light  
means to slow down  
and get ready to stop.

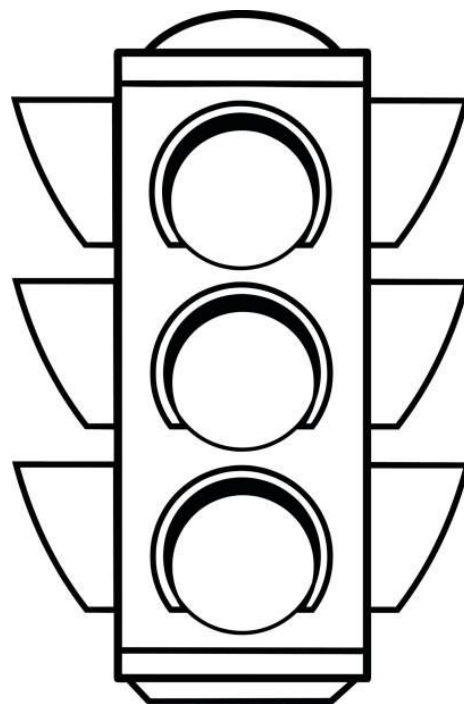


**WARNER**

uses the letter **Y** to be  
healthy by knowing  
street safety.

Remember: **yellow** lights or signs means “Go Slow!”

Color in the light that should  
be **yellow**.



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)

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Yy



**WARNER**

uses the letter **Y** to be healthy by **yelling** for help when he's in danger.

HELP! SOMEONE  
PLEASE HELP ME!



**Yelling** for help makes people notice **you** when **you** are in danger. People will come and help **you** when they hear **yelling**.

Here are some things **you** can **yell** if **you're** in danger:

- Help me!
- I don't know this stranger, leave me alone!
- NO! Go away! I don't know **you**!

What else can **you yell** if **you** need help?

-

\_\_\_\_\_

-

\_\_\_\_\_

-

\_\_\_\_\_

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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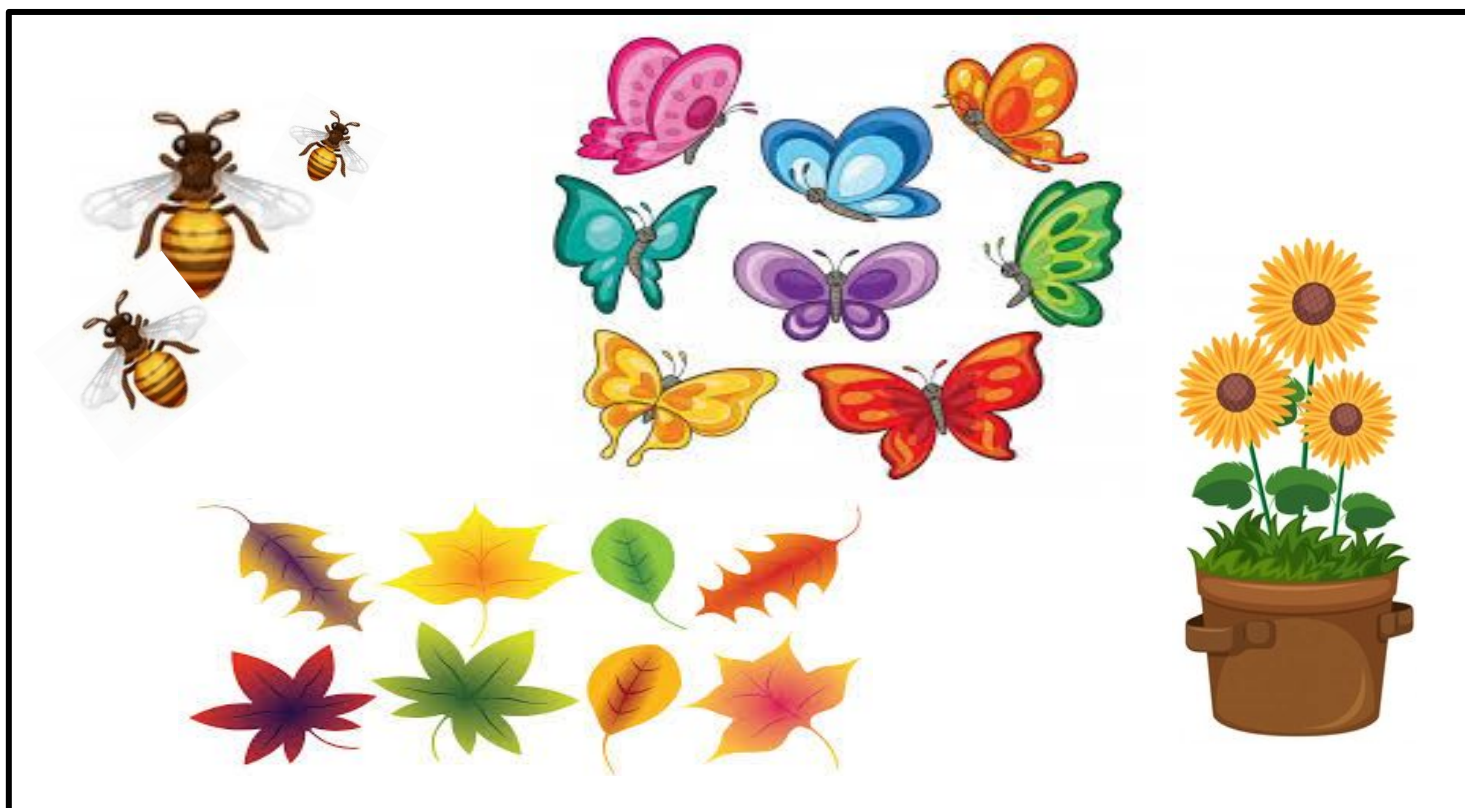
# Yy



O uses the letter **Y** to be healthy by going on walks and looking for **yellow** things.

**Yellow** is a happy color, and O likes to look for things that are **yellow** when he goes on walks!

Circle all the **yellow** things **you** can find on a walk.



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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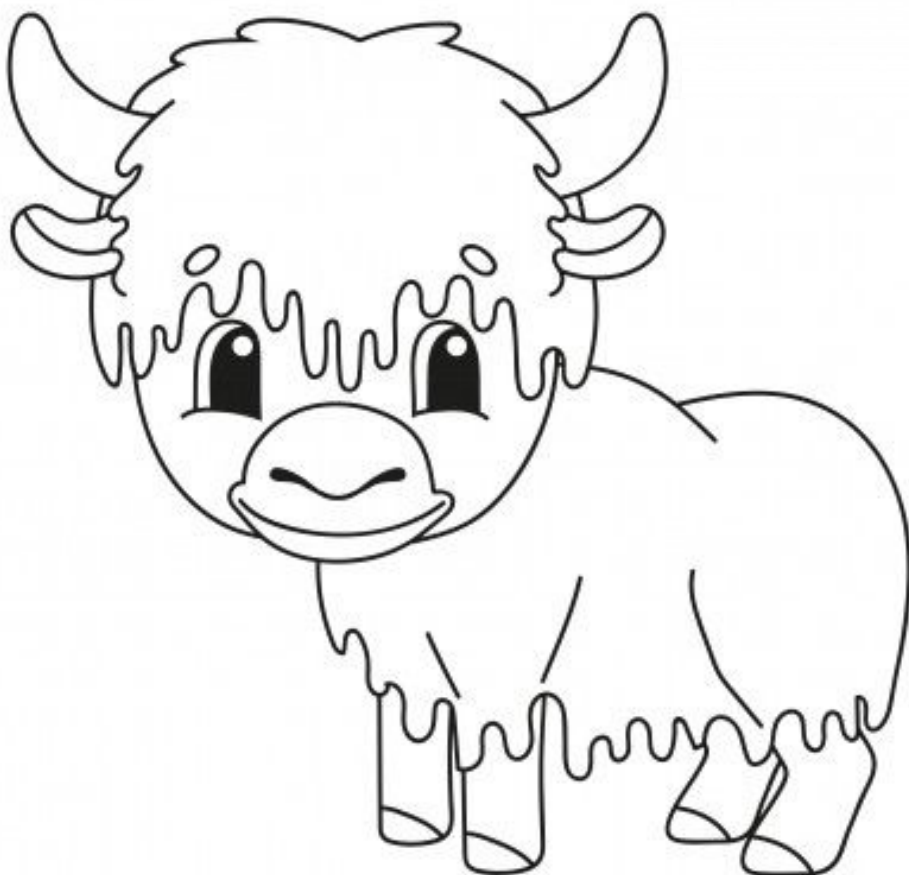
# Yy



O uses the letter **Y** to be healthy by looking at **yaks**.

**Yaks** are a type of cow!

Color in the **yak**.



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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# Yy



## AGUA

uses the letter **Y** to be healthy by going **yachting** with his family!

**Yachting** is when **you** cruise on a **yacht** and enjoy time with **your** friends and family.



A **yacht** is a boat that **you** use that has rooms and supplies so **you** can spend the night on it.



## Caw Caw\*

Don't forget to wear a life jacket when **you** go in the water! Always have an adult watching **you** too.



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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# Yy



## Sport

uses the letter **Y** to be healthy by doing these activities that start with “**Y**”.

Playing with a **yo-yo** is fun! **You** can learn cool new tricks and make friends with this hobby.



**Yoga** helps **you** to be more flexible and is a good way for **you** to relax.



Circle the activity **you** would do!



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# Yy



uses the letter **Y**  
to be healthy by  
doing **yoga** to  
center herself.

**Yoga** is a mindful activity.

**You** can do **yoga** to center **yourself** while **you** meditate!

**Yoga** can also lower stress!

Can **you** do one of these **yoga**  
poses and hold it for 10 seconds?



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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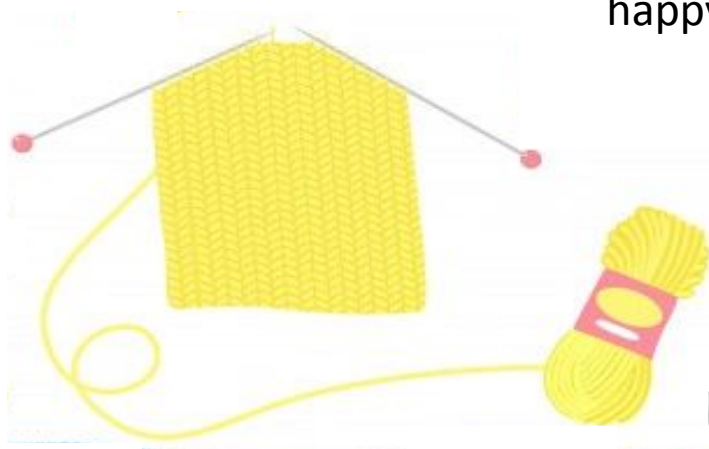
# Yy



Pathy

uses the letter **Y** to  
be healthy by using  
**yarn** to knit when  
she has big feelings.

Pathy loves using the color **yellow** for her **yarn** because **yellow** is a happy color!



The act of using **yarn** and creating an object is called knitting. Knitting is thousands of **years** old!

**DID YOU KNOW?**

It is proven that knitting can lower heart rate and blood pressure!

**You** can knit lots of things with **yarn**, like socks, beanies, sweaters, blankets, and scarves!



**Write what **you** would knit with **yarn**!**

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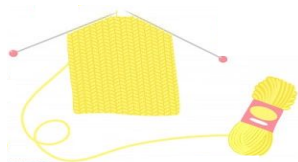


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# Yy

Can **you** draw a picture  
of how **you** can use the  
letter **Y** 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

- 1.1N Name a variety of healthy foods and explain why they are necessary for good health
- 1.2N Identify a variety of healthy snacks
- 1.3N Describe the benefits of being physically active.
- 7.1N Select nutritious snacks
- 1.1S Identify safety rules for the home, the school, and the community
- 1.2S Identify emergency situations.
- 1.8S Identify ways to stay safe when crossing streets, riding a bicycle, or playing.

