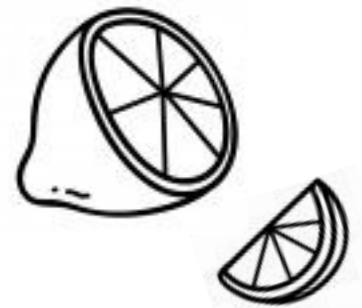




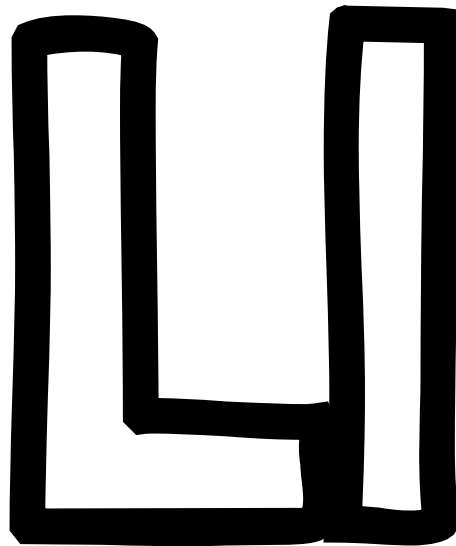
# Using the letter



LIFEJACKET



LEMON

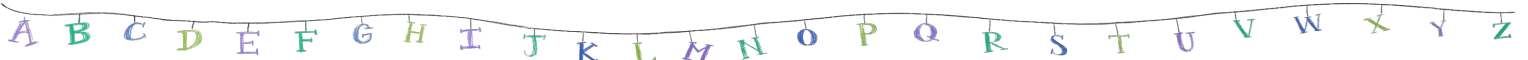


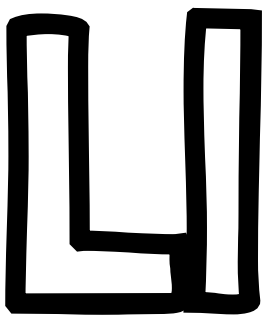
LEGUMES



LUNCHBOX

# to be more healthy





SMED

uses the **letter L** to  
be healthy by  
**learning** words that  
start with **L**.

Trace and write these words two times each.

Like Like

\_\_\_\_\_

Look Look

\_\_\_\_\_

Little Little

\_\_\_\_\_

Color in this **lamp**!

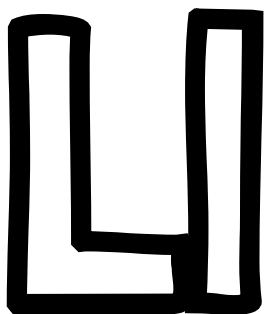




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SMED 'S Science **Lesson**:  
Anatomy with the  
**Letter L!**

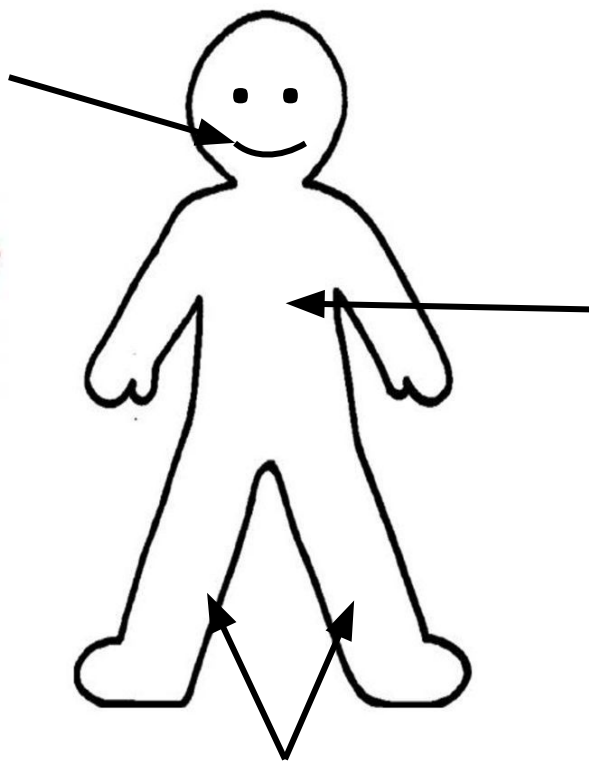


Some important parts of your body start with the  
**letter L.**

**Lips**



Your **lips** allow  
you to chew your  
food with your  
mouth closed!

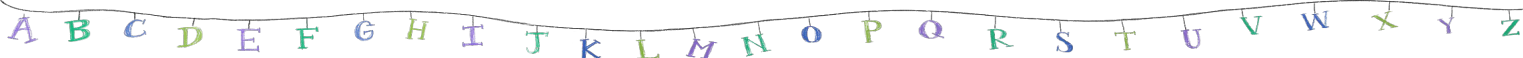


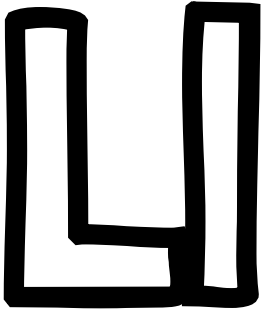
**Lungs**

Air goes into your  
**lungs** when you  
breathe.

**Legs**

Your **legs** are the strongest  
part of your body!





**BERRY**

uses the **letter L** to  
be healthy by  
eating **lemons**,  
**limes**, and **lychees**.

Can you draw these fruits?

Lemon



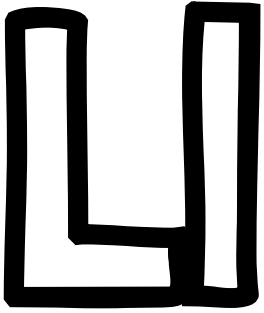
Lime



Lychee

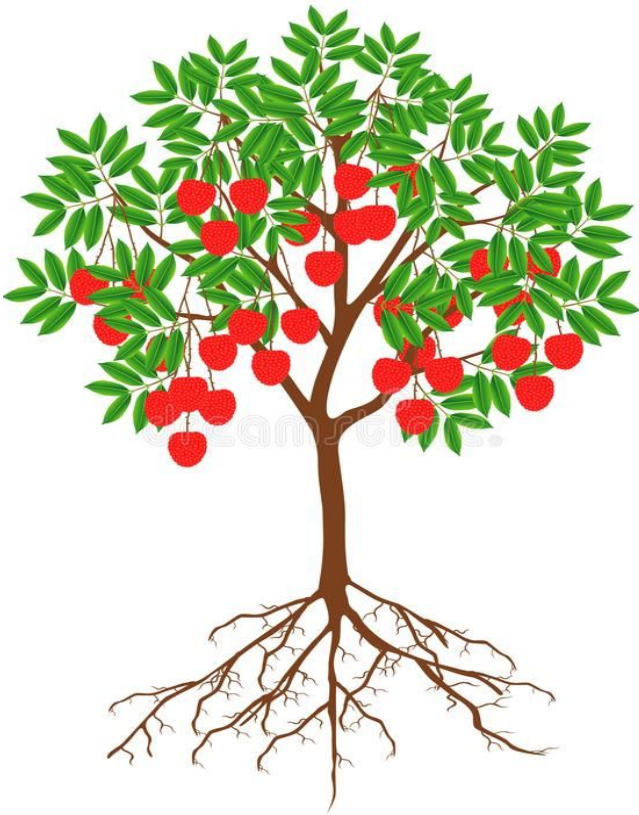






**BERRY**

would **like** you to **learn**  
about **lychees**.



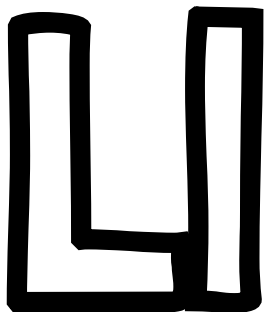
**Lychees** are often called the  
“Chinese strawberry” because  
they come from China and  
**look like** strawberries.

**DID YOU KNOW:**

**Lychee** trees can grow up  
to 40 - 50 feet tall!

Can you color in these  
**lychees**?





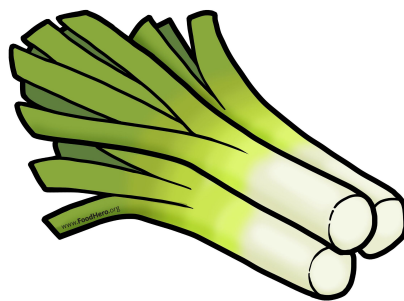
**BROC** uses the **letter L** to be healthy by eating **lettuce**, **lima** beans, and **leeks**.



Lettuce



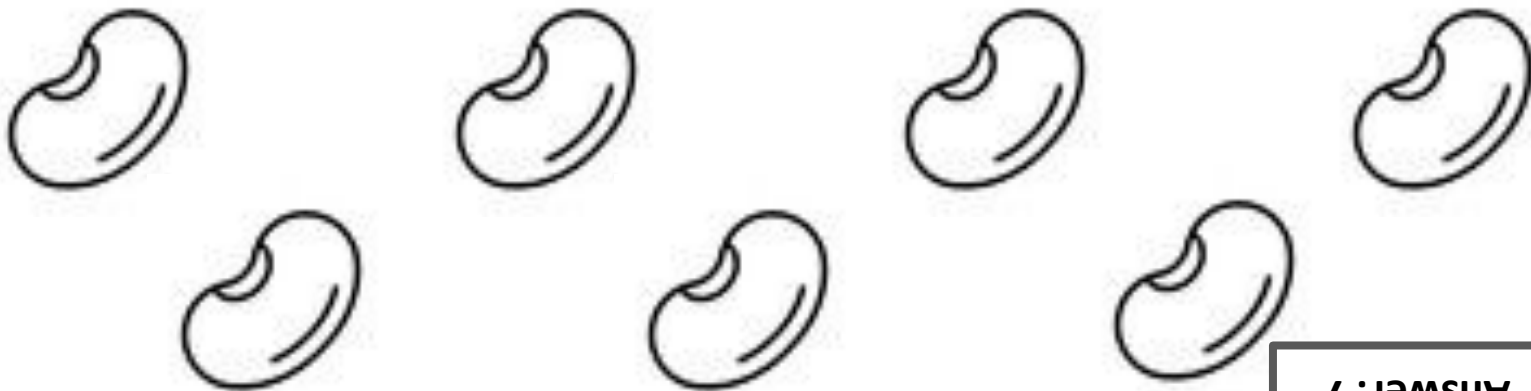
Lima Beans



Leeks

Can you color and count how many **lima** beans there are?

\_\_\_\_\_

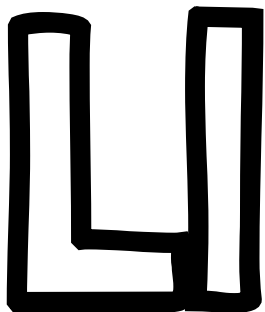


Answer: 7



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**Spoon** would **like**  
to use the **letter**  
**L** to teach you  
about **legumes**!



**Legumes** are pods that grow with seeds inside,  
and those seeds can **look** bean-shaped.

**Legumes** keep your  
heart healthy!

There are 16,000 different  
kinds of **legumes**!

Circle the **legume** that you would **like** to try!



Black beans



Green peas



**Lentils**

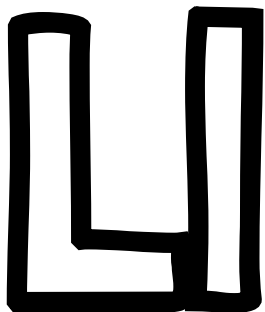




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# BERRY, BROCC, and Spoon

know that a healthy **lunch** always includes a fruit and a vegetable!



To have a healthy **lunch**, make sure you add a fruit and vegetable to your meal.



Keep your **lunch** in a fun **lunchbox**!

Circle foods to make yourself a healthy **lunch**!



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

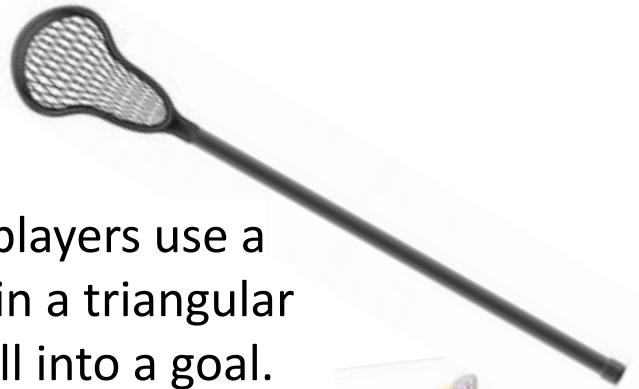




**Sport** uses the **letter L**  
to be healthy by  
playing **lacrosse**.

L

**Lacrosse** is a game where 2 teams of players use a **long-handled** stick with a mesh pouch in a triangular head to catch, carry, and throw the ball into a goal.

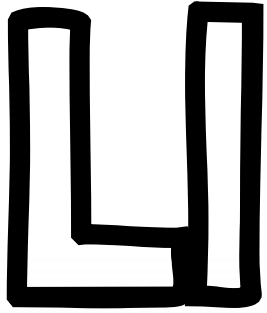


There are girls and boys teams for **lacrosse**!



Color in the **lacrosse** stick and helmet!





**Sport** also uses the **letter L** to be healthy by doing **long** jumps and **limbo**.



**Limbo** is a game you play with your friends and family! To play **limbo**, get two people to hold a **long** stick, and try to walk under the stick without hitting it!

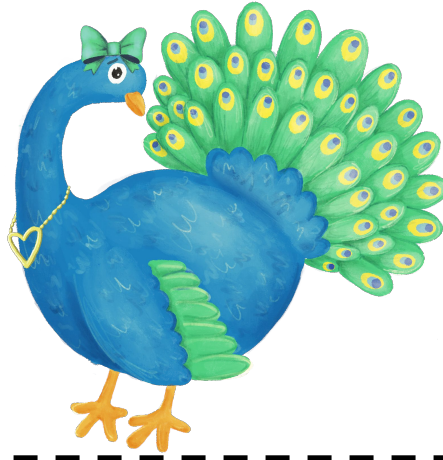
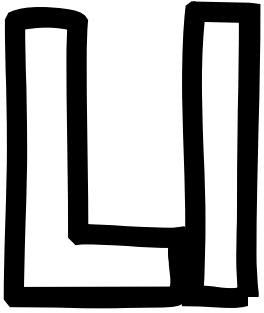
**Long** jumps are when you have a starting **line** and you jump as far as you can! You can put a piece of tape where you **landed** and try to jump even farther!



Cut out this star and use it to mark how far you can **long** jump!







Pathy

uses the **letter L** to  
be healthy by writing  
**letters** to the people  
she **loves**.



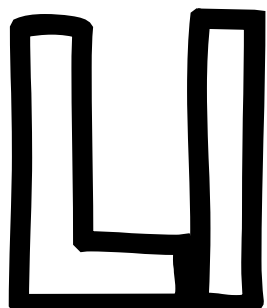
Write a **letter** to someone you **love**.

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Pathy and Z  
use the **letter L** to be  
healthy by making a **list**  
of what they **love** in **life**.



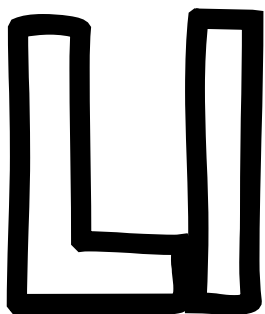
Can you draw a picture of what you **love** in **life**?





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**Z** uses the **letter L** to be healthy by **listening** to her body.

Turn off your devices when eating so you can **listen** to your body and know when you're full.



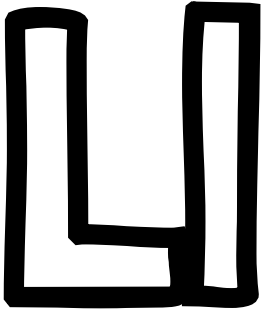
What are some other ways you can **listen** to your body?

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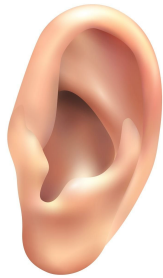
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**AGUA** uses the **letter L**  
to be healthy by  
**listening** to the  
ocean.

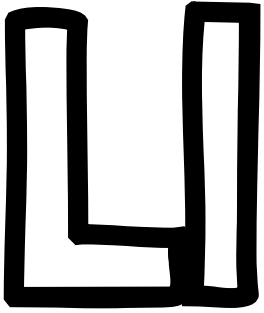
**Listening** is one  
of the **5 senses**:

1. Seeing
2. **Listening**
3. Touching
4. Smelling
5. Tasting



What do you like to **listen** to?

---



**AGUA**  
uses the **letter L** to  
be healthy by  
adding **lemon** and  
**lime** to his water.



Adding **lemon** or **lime** to your water will give it  
a yummy flavor!

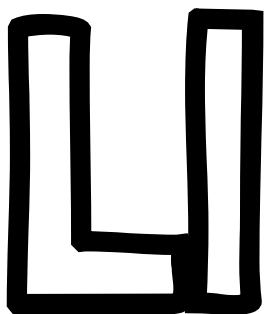


**Lemon** or **lime** will also make your water healthier!

**Color in the water bottle and add **lime** or **lemon**!**







## WARNER

uses the **letter L** to be healthy by being safe around water.



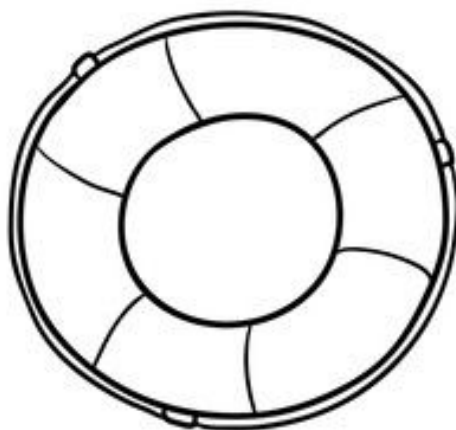
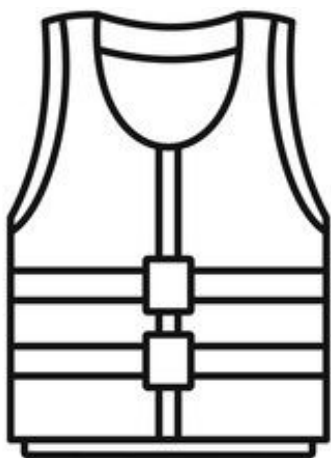
**Life** jackets keep you safe by helping you float in water.



A **lifeguard** is someone who makes sure that everyone is safe in the water.

He or she has **life**-saving tools to use in case of an emergency.

Color in the **lifejacket** and **lifeguard** equipment!







L



O uses the **letter L**  
to be healthy by  
looking at **leaves**  
outside.



In fall, **leaves**  
turn **lots** of  
different colors!

Can you color in these **leaves**?



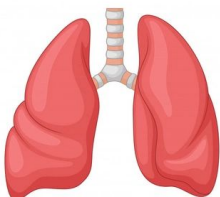
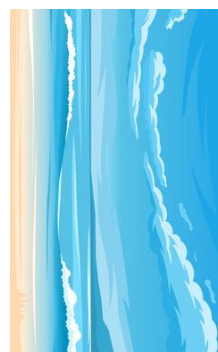


# Dr. Patricia's HEALTH CLUB

Being Healthy from A to Z

# L

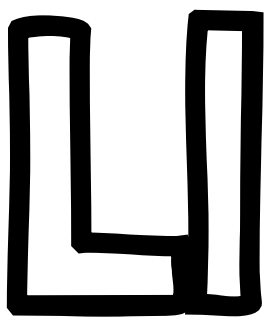
Draw a picture of how  
you're going to use the **letter**  
**L** to be more healthy!



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

For more activities, visit [www.drphc.org](http://www.drphc.org)

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## Health Standards

- 1.5.G Name body parts and their functions.
- 1.1.N Name a variety of healthy foods and explain why they are necessary for good health.
- 1.2.N Identify a variety of healthy snacks.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 1.6.G Name and describe the five senses.
- 7.1.S Follow rules for safe play and safety routines.
- 7.2.M Describe positive ways to show care, consideration, and concern for others.
- 3.1.S Identify trusted adults who can help in emergency situations.