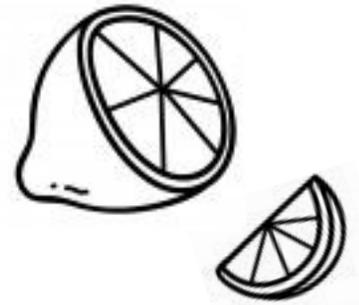




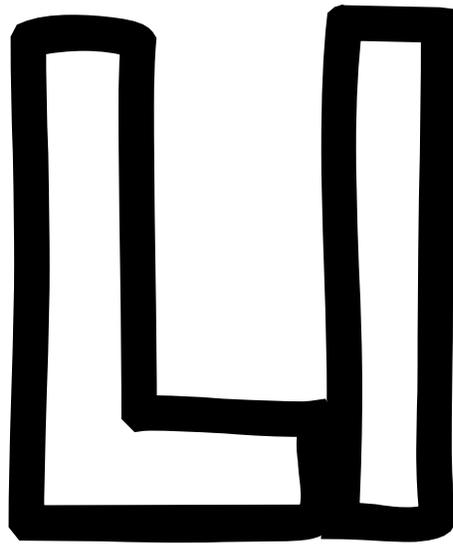
# Using the letter



LIFEJACKET



LEMON



LEGUMES



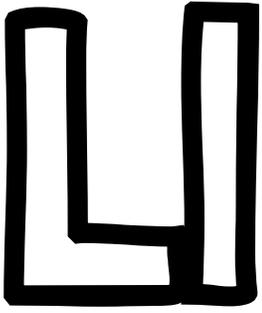
LUNCHBOX

# 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.

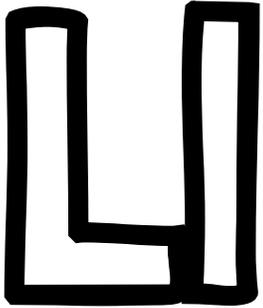
Like Like \_\_\_\_\_

Look Look \_\_\_\_\_

Little Little \_\_\_\_\_

Color in this **lamp!**



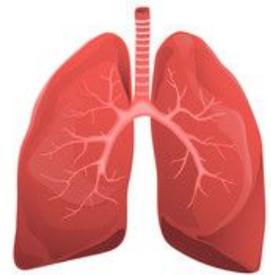
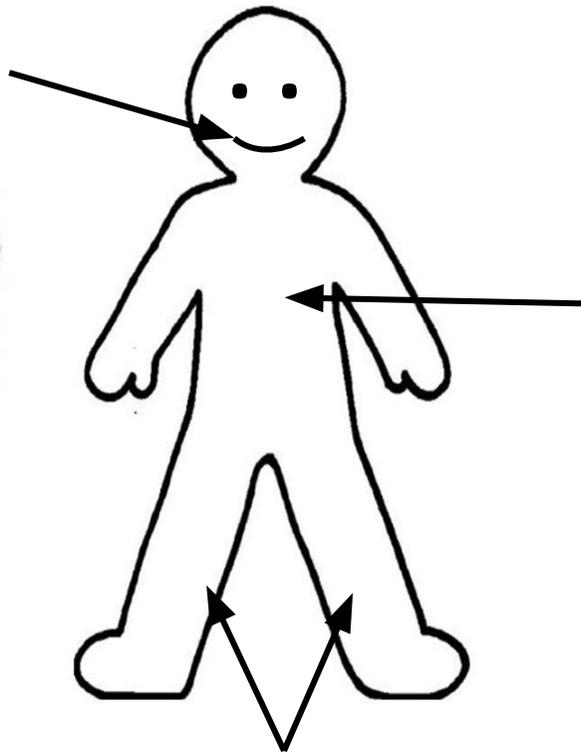


Some important parts of your body start with the letter L.

**Lips**



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

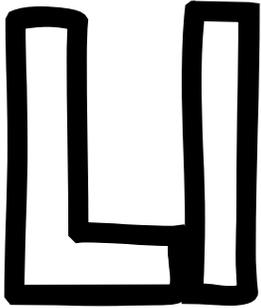


**Lungs**

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

**Legs**

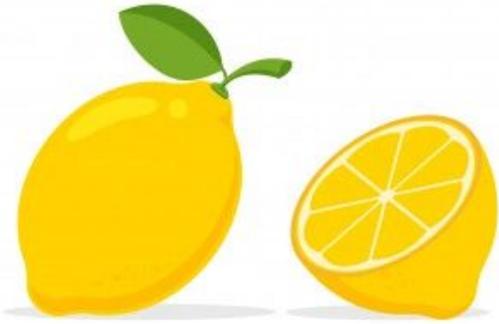
Your **legs** are the strongest part of your body!




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

Can you draw these fruits?

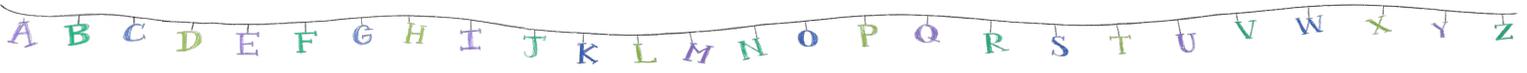
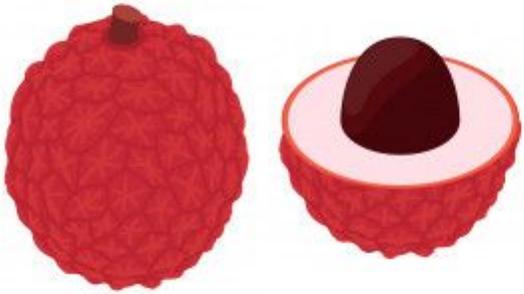
Lemon

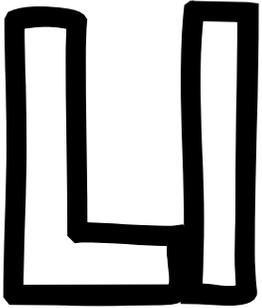


Lime



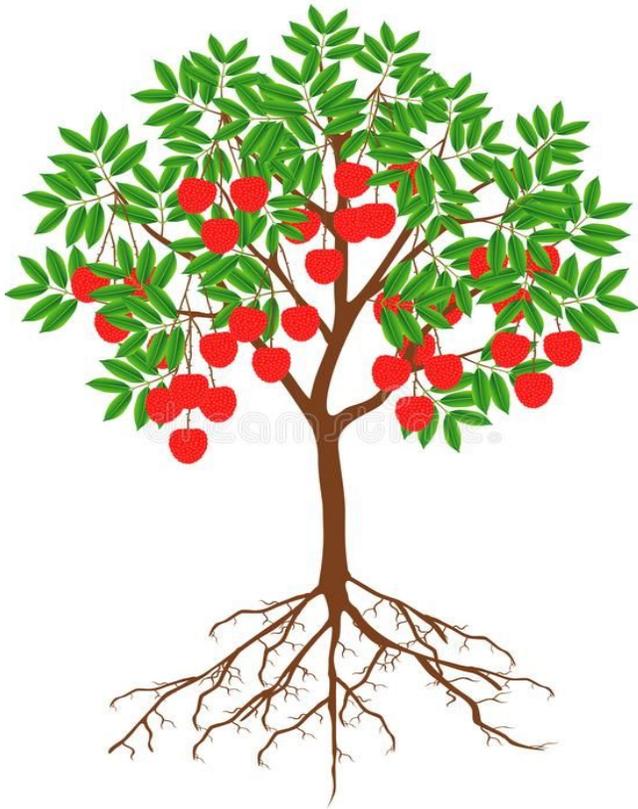
Lychee





# 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:

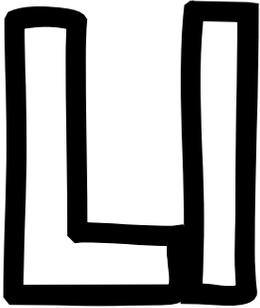
**Lychee** trees can grow up  
to 40 - 50 feet tall!

Can you color in these  
**lychees**?





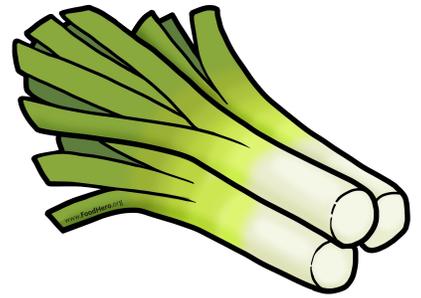

**BROC** uses the **letter L** to be healthy by eating **lettuce**, **lima beans**, and **leeks**.



Lettuce



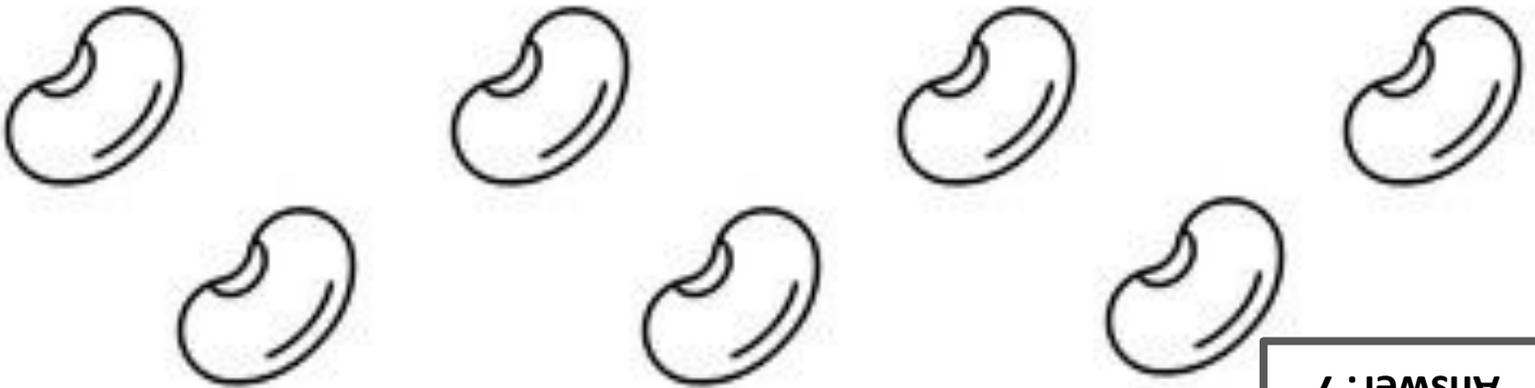
Lima Beans



Leeks

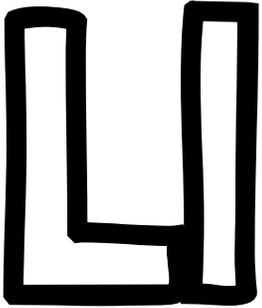
Can you color and count how many **lima** beans there are?

---



**Answer: 7**





**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

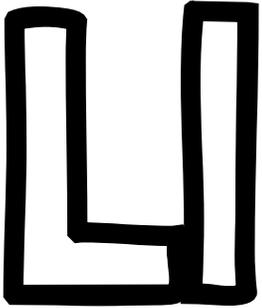


Lentils



# BERRY, BROCC, and Spoon

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

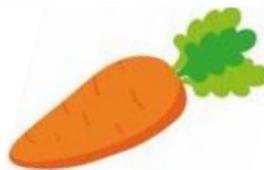


To have a healthy **lunch**, make sure you add a fruit and vegetable to your meal.



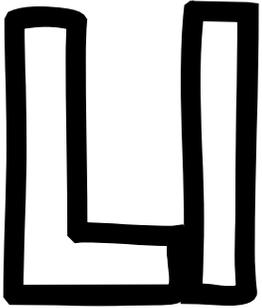
Keep your **lunch** in a fun **lunchbox**!

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

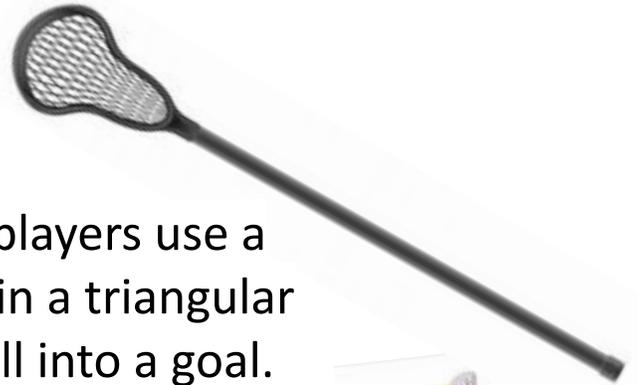




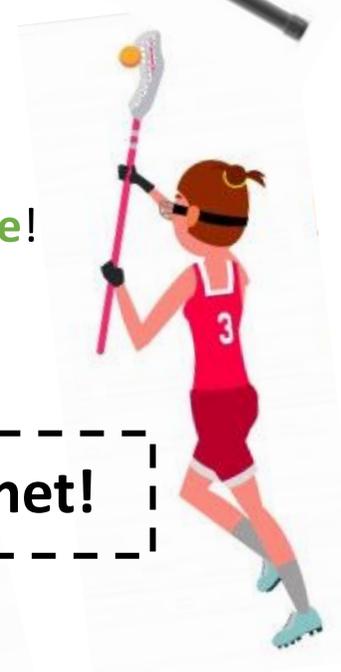
**Sport** uses the **letter L** to be healthy by playing **lacrosse**.



**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**!

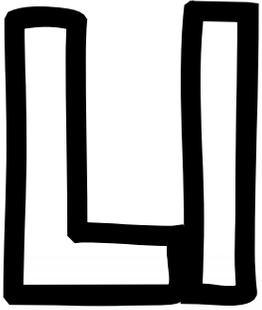


Color in the **lacrosse** stick and helmet!



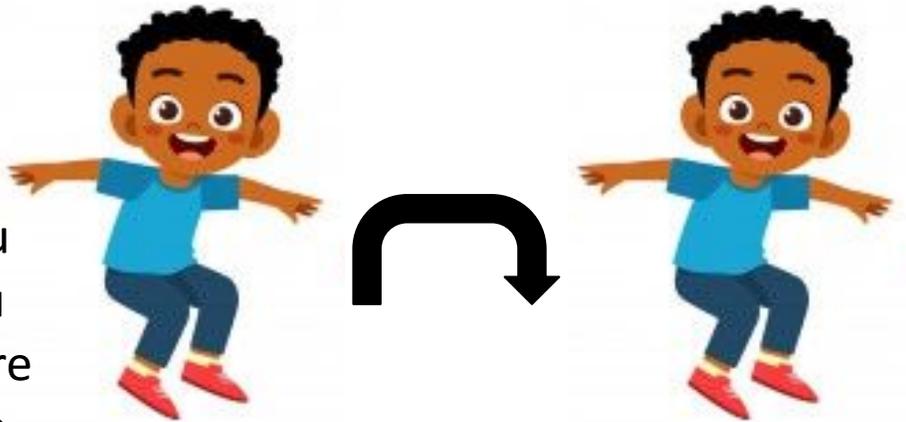


**Sport** also uses the **letter L** to be healthy by doing **long** jumps and **limbo**.



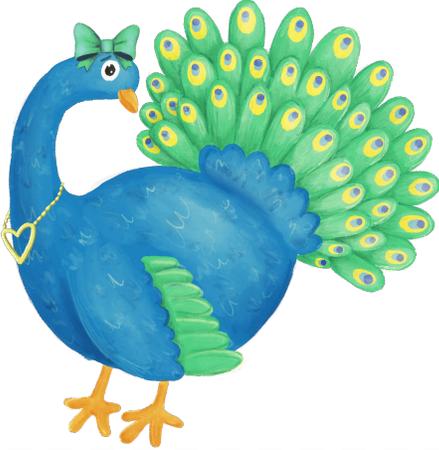
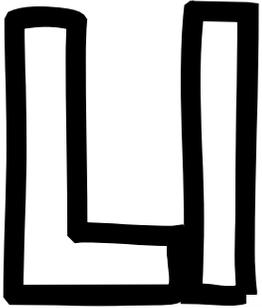
**Limbo** is a game you play with your friends and family! To play **limbo**, get two people to hold a **long** stick, and try to walk under the stick without hitting it!

**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**.



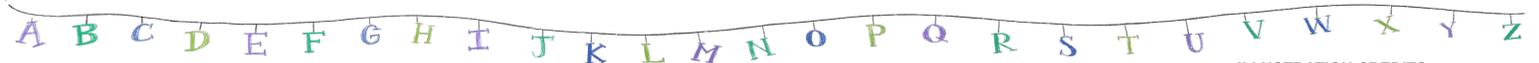
Write a **letter** to someone you **love**.

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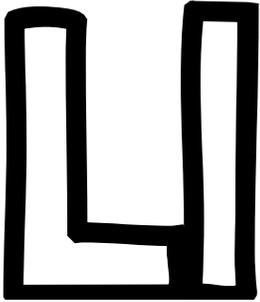
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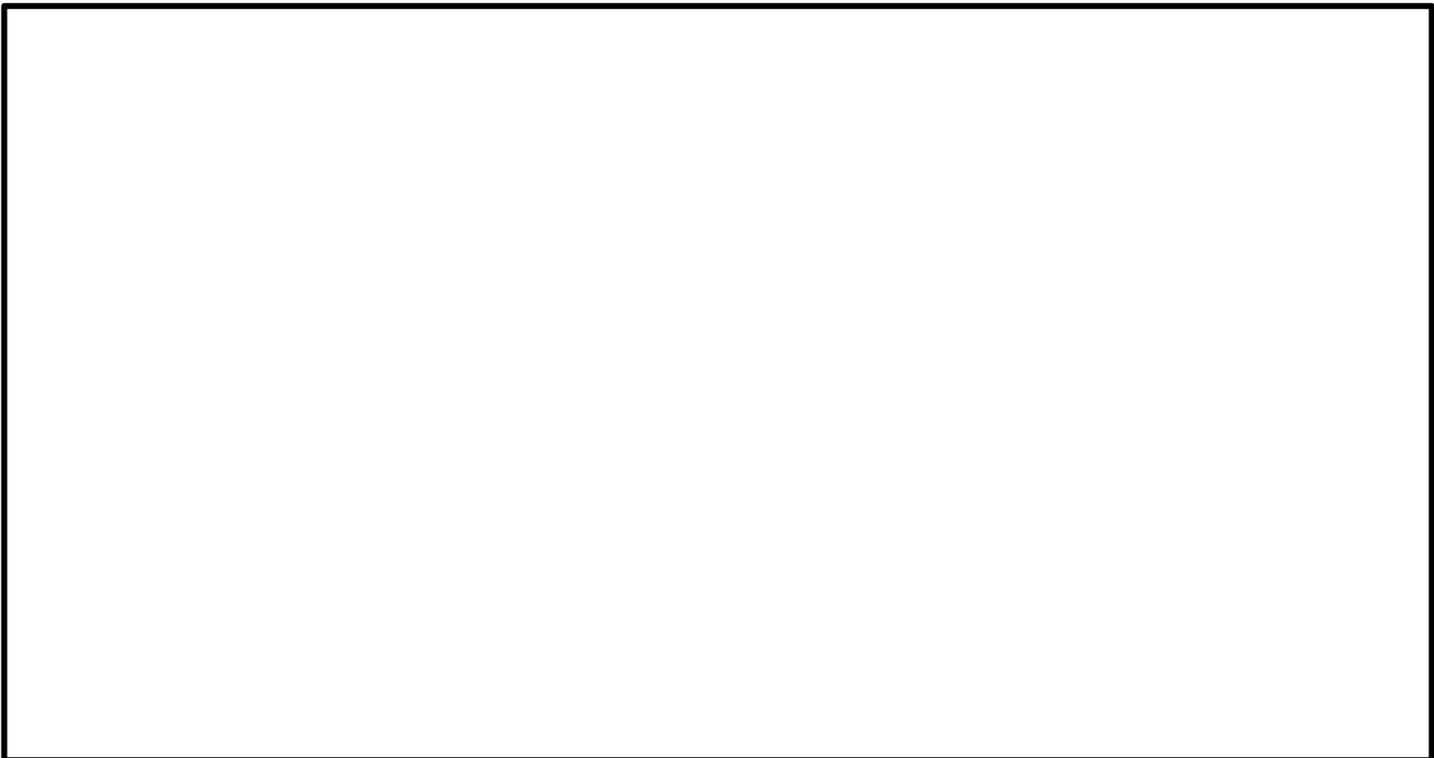


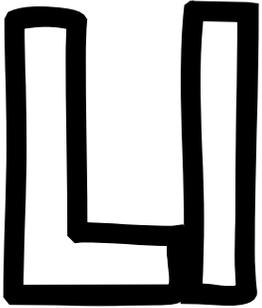
# Pathy and Z

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**?



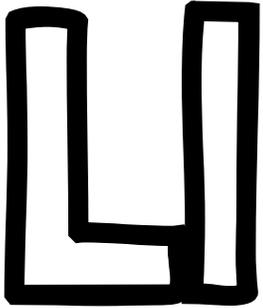


Turn off your devices when eating so you can **listen** to your body and know when you're full.



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

Four horizontal lines for writing answers.



**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



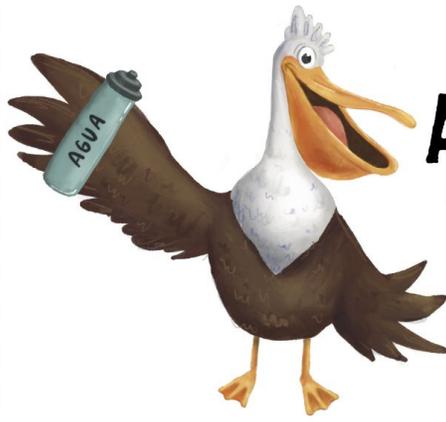
What do you like to **listen** to?

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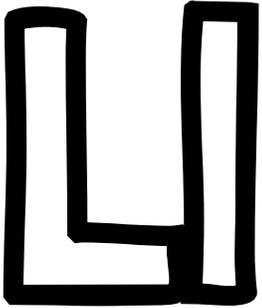




Dr. Patricia's  
**HEALTH CLUB**  
Being Healthy from A to Z



**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!

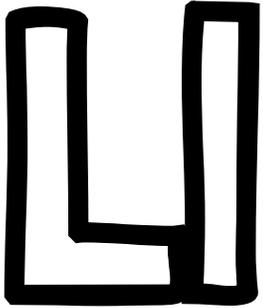
**Color in the water bottle and add **lime** or **lemon**!**



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:  
Designed by Freepik [www.freepik.co](http://www.freepik.co)




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



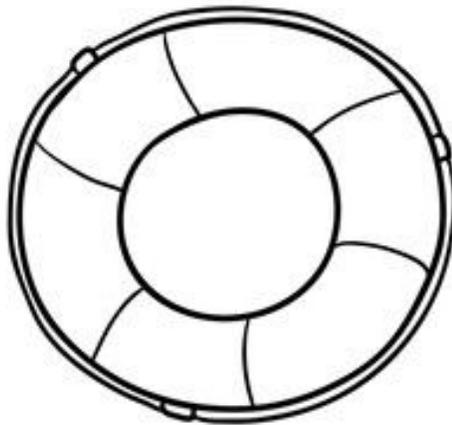
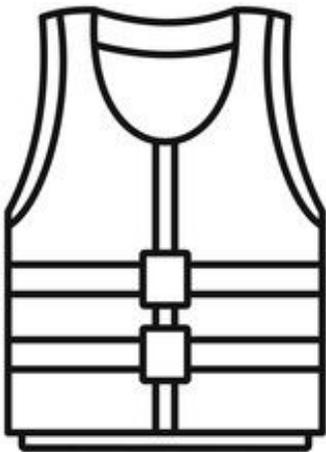
**Life** jackets keep you safe by helping you float in water.

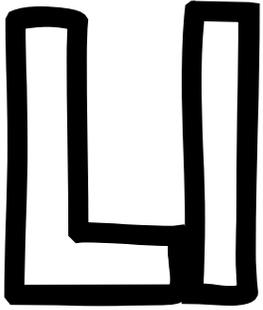


A **lifeguard** is someone who makes sure that everyone is safe in the water.

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

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





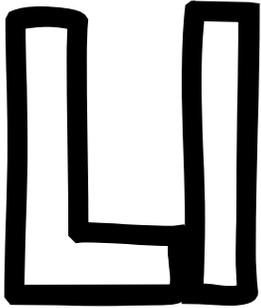
**O** uses the **letter L** to be healthy by looking at **leaves** outside.



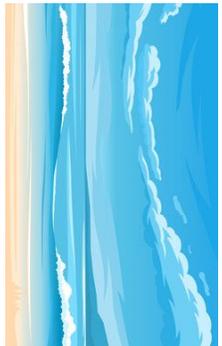
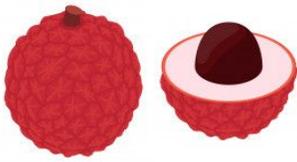
In fall, **leaves** turn **lots** of different colors!

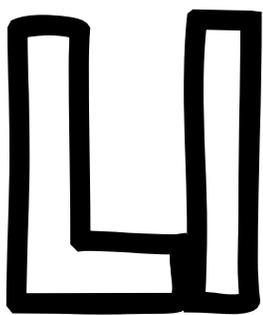
Can you color in these **leaves**?





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





## 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.