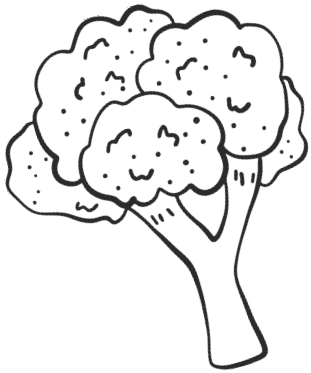
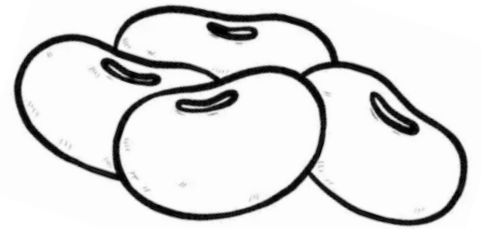


# Using the letter

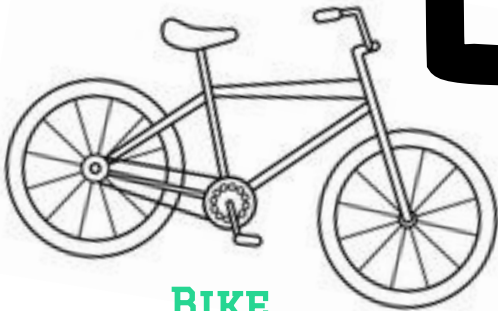


**BROCCOLI**

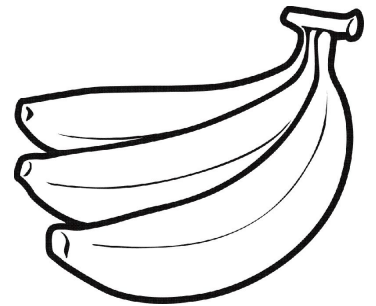


**BEANS**

**Bb**

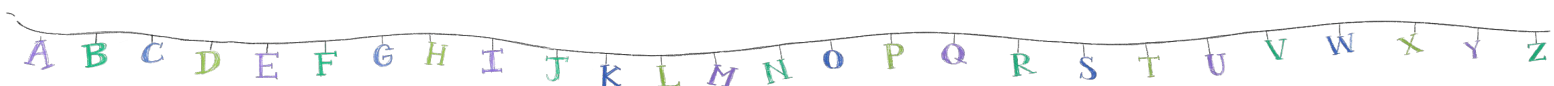


**BIKE**



**BANANAS**

# to be more healthy







# Bb



## SMED

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

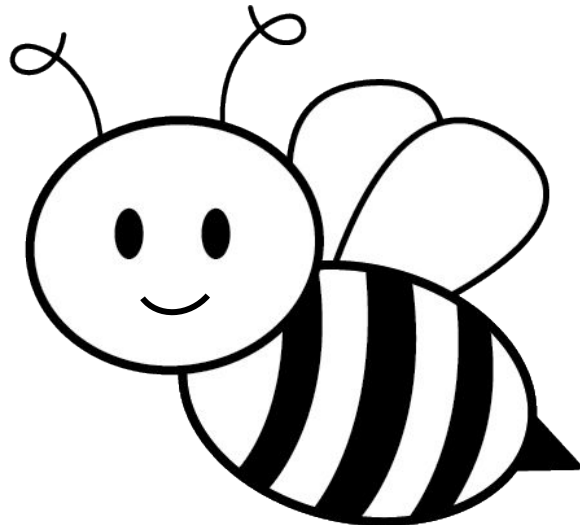
Trace and write these words three times each.

But But \_\_\_\_\_

By By \_\_\_\_\_

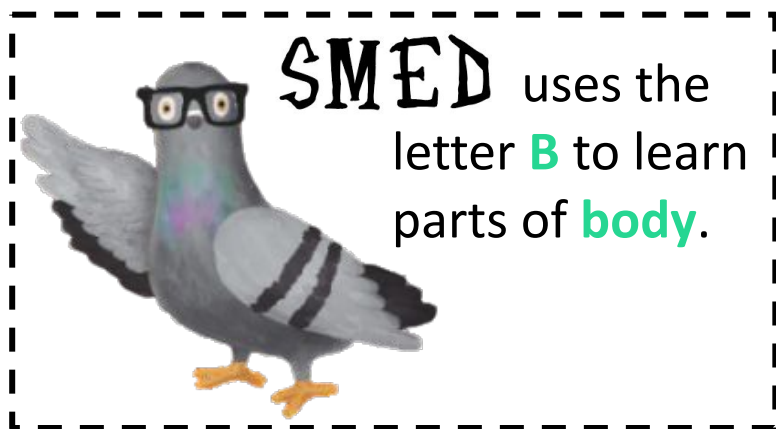
Be Be \_\_\_\_\_

Color in the **bee**.



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





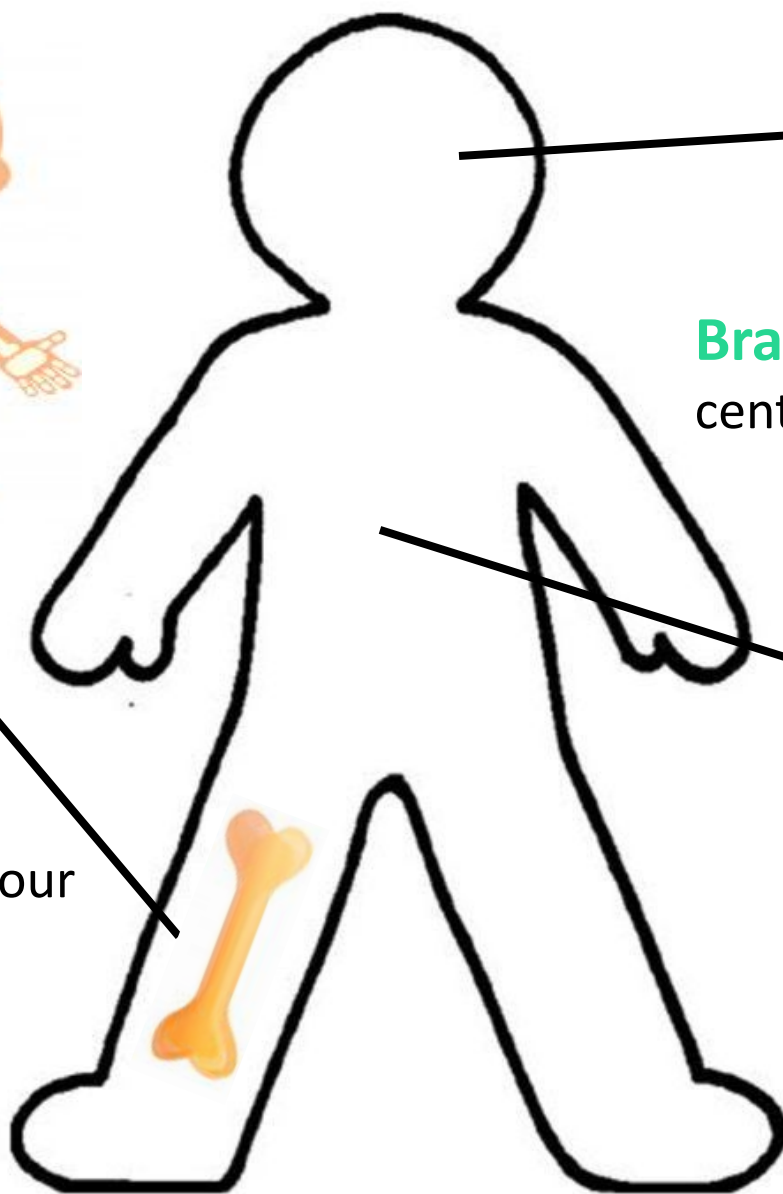
**S M E D** uses the  
letter **B** to learn  
parts of **body**.

# Bb

The letter **B** is the first letter of many parts of your **body**.



**Bones:** hold your  
**body** in place



**Brain:** is the control  
center for your **body**



**Back:** supports  
your arms and legs





# Bb



**BERRY** uses the  
letter **B** to **be**  
healthy **by**  
eating fruits.

Can you match the fruits?

Blueberries

Bananas

Blackberries







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**Bb**



**BROC**

uses the letter **B** to  
be healthy **by**  
eating **beets**,  
**broccoli**, and  
**butternut** squash.



**Beets**

**Beets** help your **blood** move  
easier through your **body**.



**Broccoli**

**Broccoli** **boosts** your **brain**  
to keep it healthy.



**Butternut** squash

**Butternut** squash keeps your  
eyes healthy and helps your  
**body** not get sick!

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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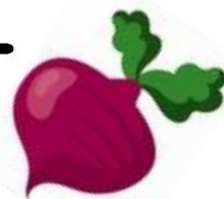
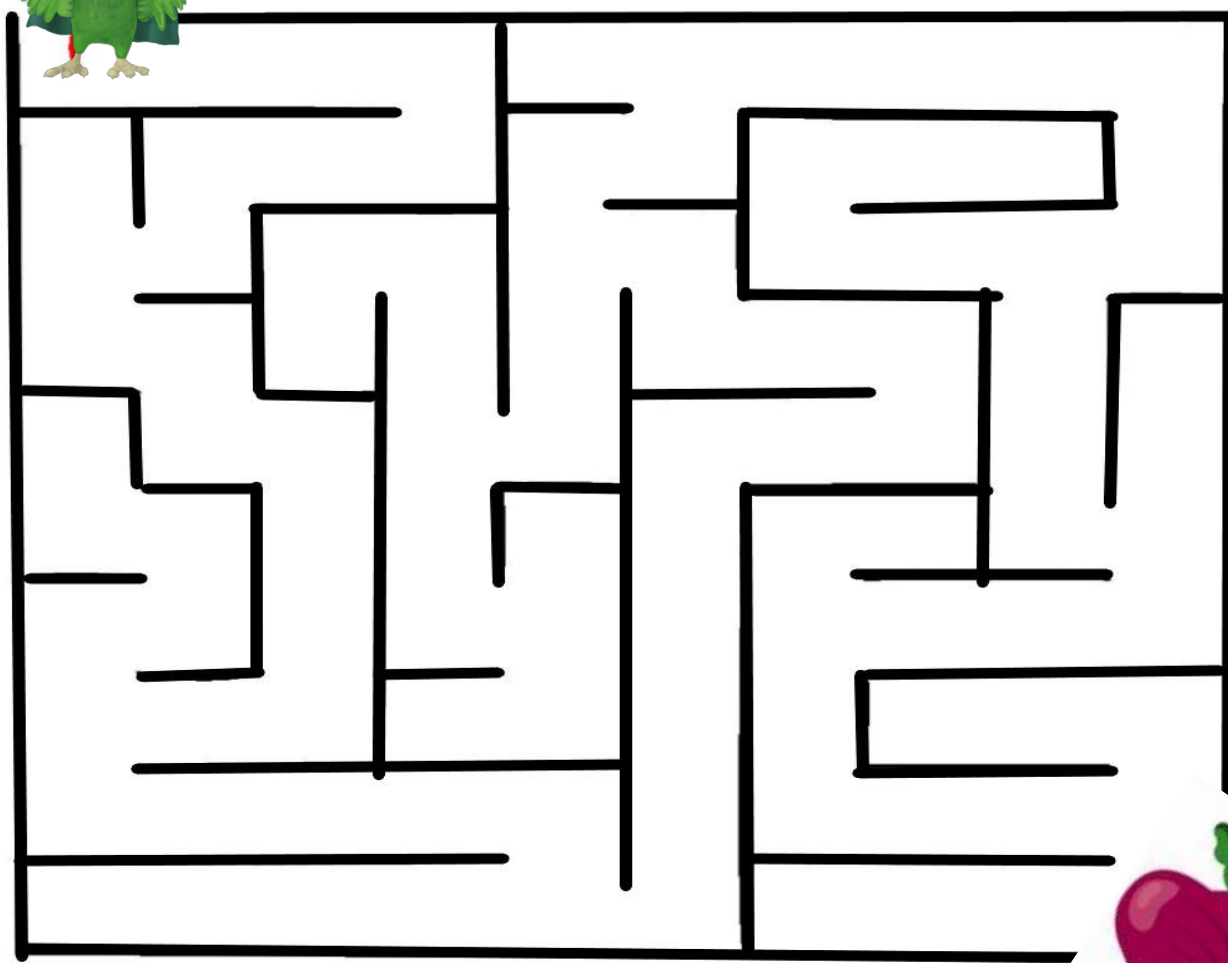


**BROC** uses the letter **B**  
to be healthy **by**  
eating **beets**.

**Bb**



Help **Broc** get to the **beet**!



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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# Bb



O uses the letter  
**B** to **be** healthy **by**  
eating **beans**.

**Beans** can come in many colors!



Kidney **Beans**



Black **Beans**



Lima **Beans**



Pinto **Beans**

What color should these **beans** be?



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

# Bb



**O** uses the letter  
**B** to **be** healthy **by**  
learning about  
animals in the  
outdoors.



Bees



Butterflies



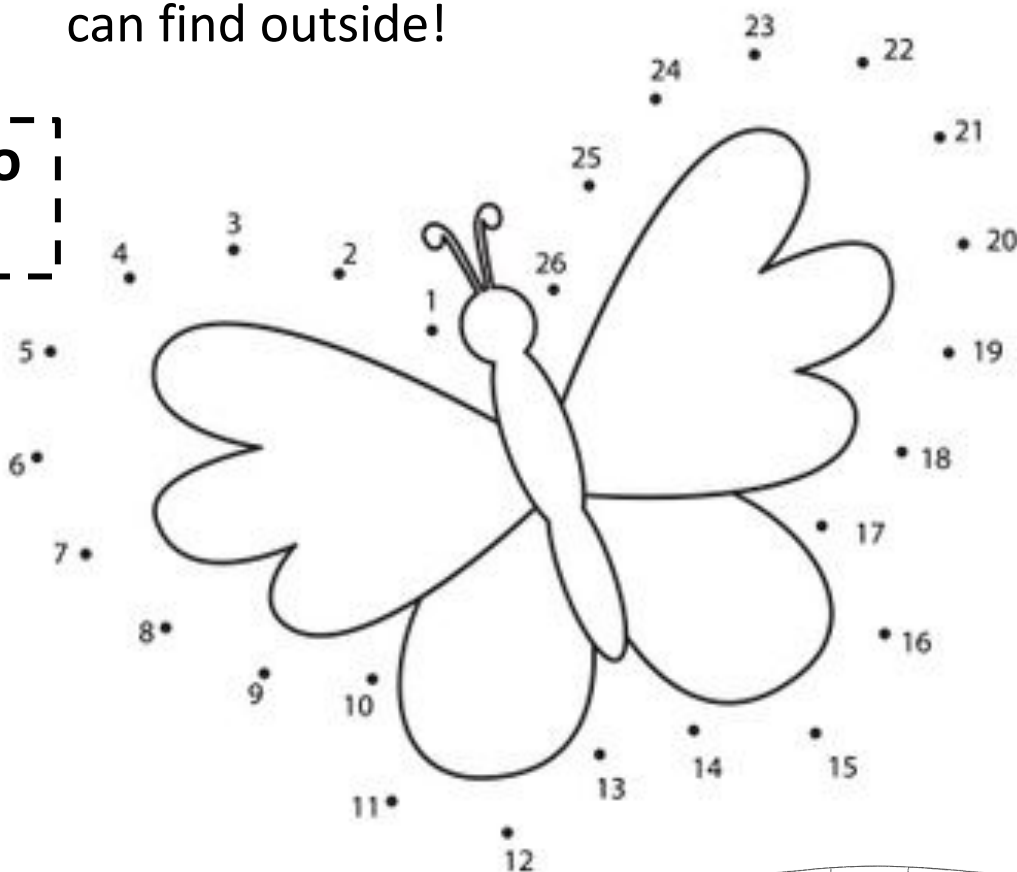
Birds



Beetles

Bees, butterflies, birds, and beetles are all creatures that you can find outside!

Connect the dots to  
make a **butterfly**!



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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# Dr. Patricia's HEALTH CLUB

Being Healthy from A to Z

# Bb

Cut along the dotted lines, flip over all the cards, and try to match them!



Kidney Bean



Black Bean



Bananas



Blueberries



Kidney Bean



Black Bean



Bananas



Blueberries



Pinto Bean



Lima Bean



Blackberries



Pinto Bean



Lima Bean



Blackberries



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





# Bb



Pathy uses the  
letter **B** to **be**  
healthy **by** making  
a “**bored box**”.

A **bored box** is filled with  
fun items to keep you and  
your **brain busy**!



Building Blocks



Books



Balls



Balloons



Bubbles

Can you make a **Bored Box** today?



# Bb



## Berry-Banana Shake

### INGREDIENTS:

- 1 ½ cups frozen berries



- ½ of a banana, either fresh or frozen



- 1 cup low fat milk



- 1 cup plain Greek yogurt

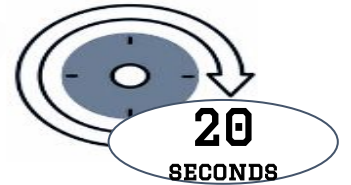


- Dash of cinnamon

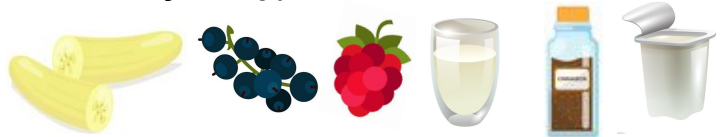


### INSTRUCTIONS:

1. Wash hands with soap and warm water before prepping



2. Add frozen fruit, milk, cinnamon, and Greek yogurt, to a blender (never touch the blades, they are very sharp)



3. Carefully blend until ingredients are fully mixed and smooth



4. Pour into a cup and ENJOY!



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

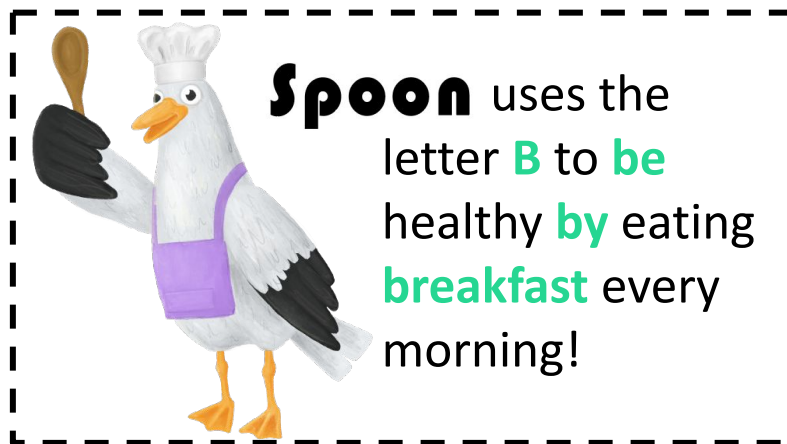
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# Bb



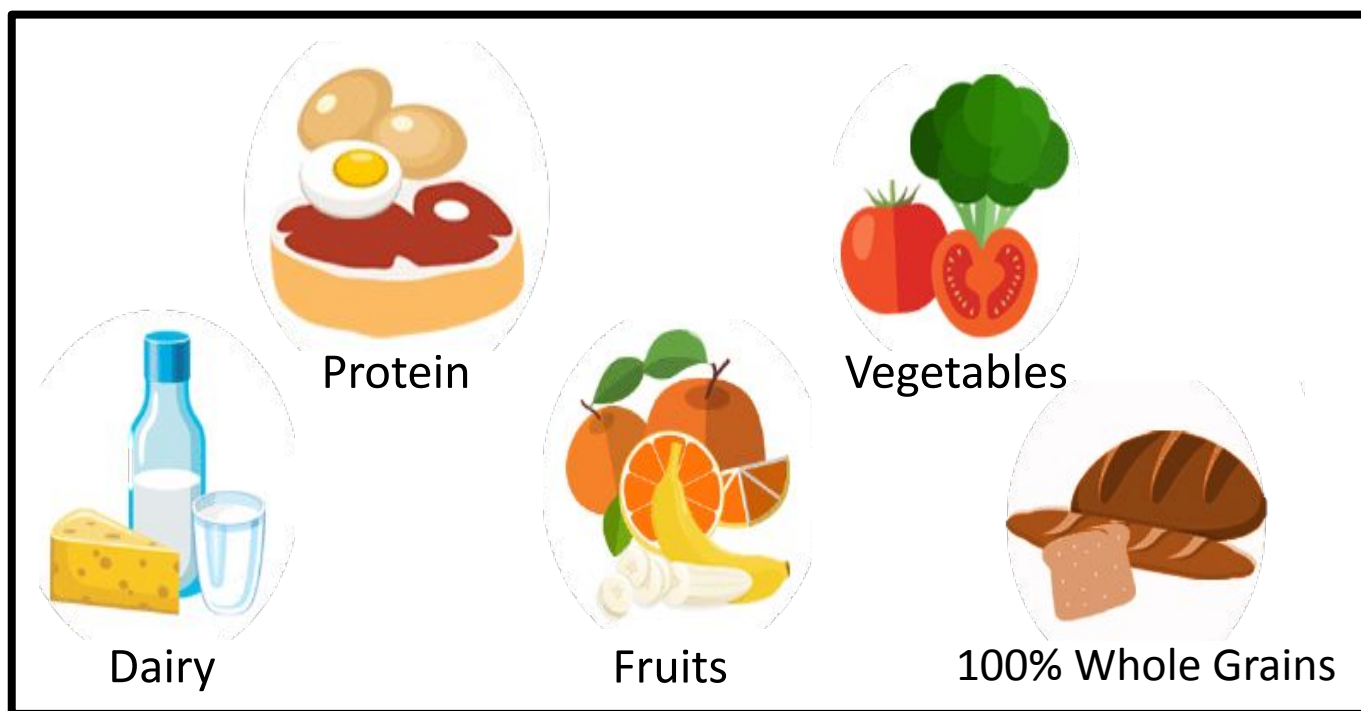
**Spoon** uses the letter **B** to **be** healthy **by** eating **breakfast** every morning!

**Breakfast** is the most important meal of the day!

**Breakfast** gives your **brain** a **boost**.

You can **build** a healthy **breakfast by** putting different food groups together.

**Circle 3 food groups to make a healthy breakfast!**







# Bb



## AGUA

uses the letter **B** to  
**be** healthy **by**  
**bringing** his water  
**bottle** with him to  
the **beach**!

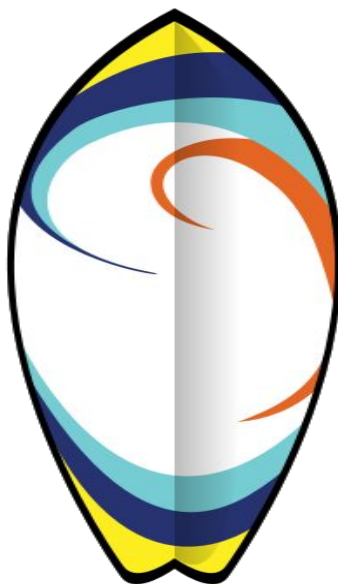
When you're at the **beach**, you're probably  
running around a lot, which makes you thirsty!

That's why it's important to **bring** a water **bottle**  
with you to the **beach**.

**Circle your favorite activity to do at the beach!**



**Build** a sandcastle



**Boogie board**



Play catch with a **ball**





# Bb



**Sport** uses the letter **B** to **be** healthy **by** doing activities that start with “**B**”!



Badminton



Ballet



Bowling

Circle which activity  
you'd like to do!



Playing **ball**





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# Bb

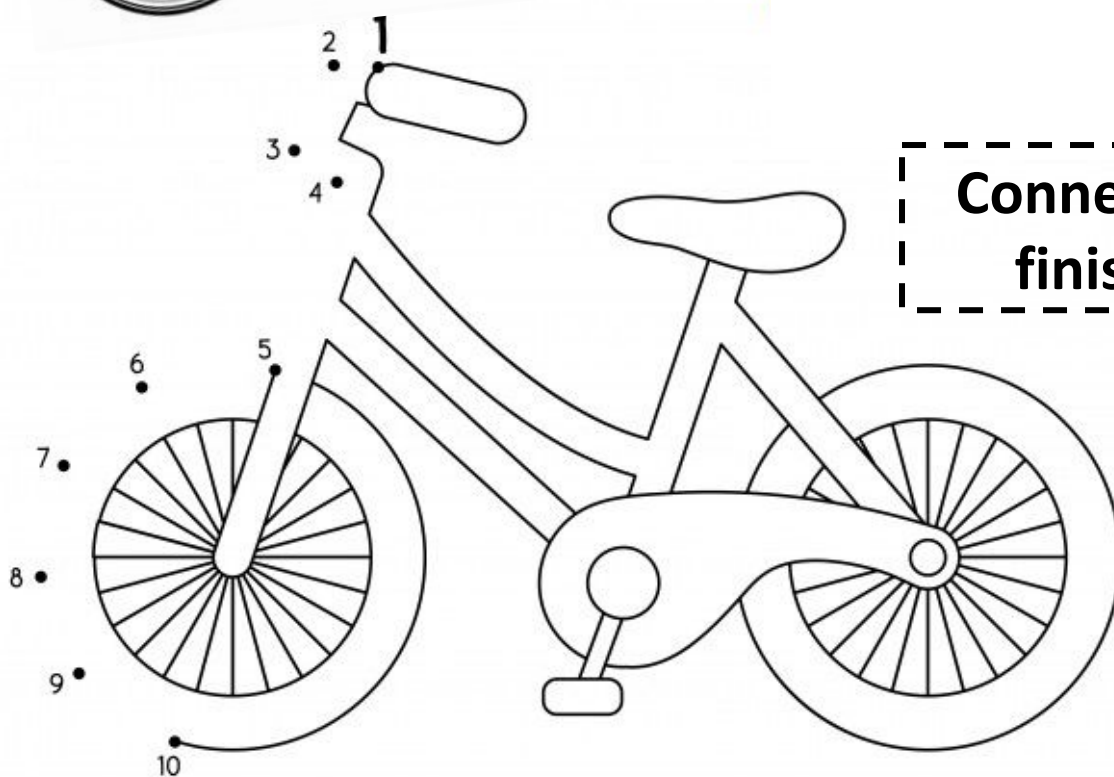


**Sport** uses the  
letter **B** to **be**  
healthy **by** riding a  
**bike!**

Riding a **bike** is a good way to exercise! To ride a **bike**, you need to pump your legs up and down so the **bike** can move.



It can be tricky to ride a **bike** at first, so start with training wheels!



Connect the dots to  
finish this **bike!**

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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# Bb

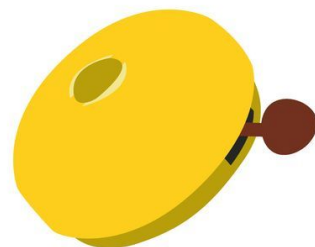


**WARNER** uses the letter  
**B** to be healthy **by**  
**being** safe when  
riding a **bike**.

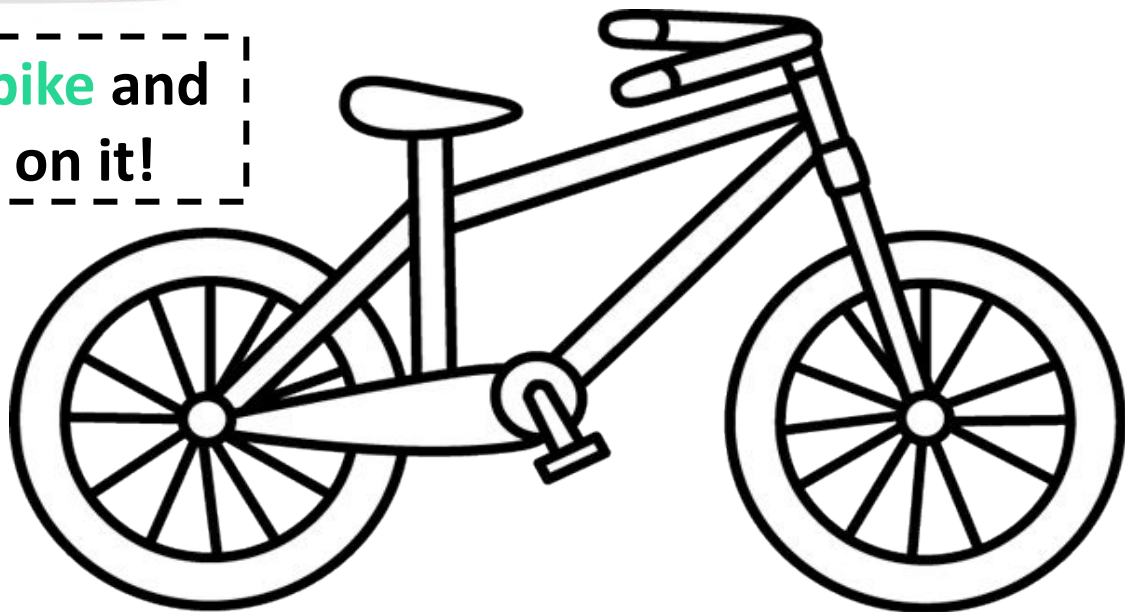
**Bike** with a helmet on to  
protect your **brain**.



Also, put a **bell** on your **bike** to  
help others **be** aware that  
you're nearby.



Color in this **bike** and  
draw a **bell** on it!







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**Bb**



**Z** uses the letter **B**  
to **be** healthy **by**  
reading a **book**  
**before bed.**

Draw a picture of your favorite **bedtime book.**



Take a few deep **breaths** to help  
you relax.



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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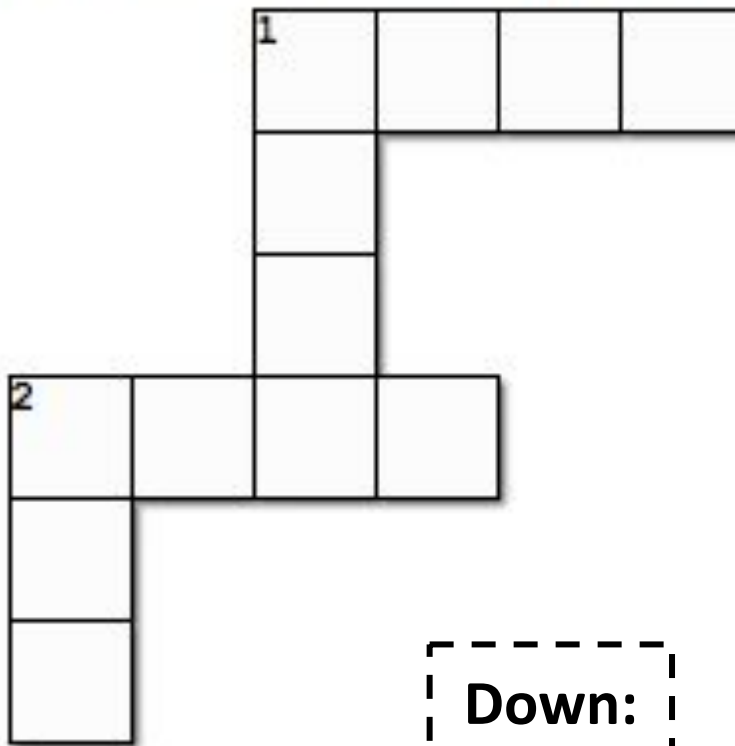




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Help **SMED**  
complete the  
crossword puzzle!



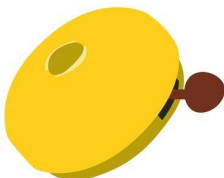
**Across:**

1.



Bike

2.



Bell

**Down:**

1.



Ball

2.



Box

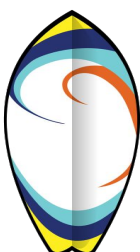
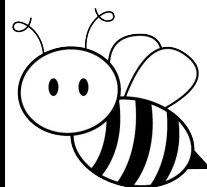
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z





Can you draw a picture of  
how you're going to use  
the letter **B** to **be** more  
healthy?

Bb



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





# Bb

## Health Standards

- 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.
- 1.5.G Name body parts and their functions.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 1.4.N Recognize the importance of a healthy breakfast.
- 7.2.N Plan a nutritious breakfast.
- 1.8.S Identify ways to stay safe when crossing streets, riding a bicycle, or playing.