



# Using the letter

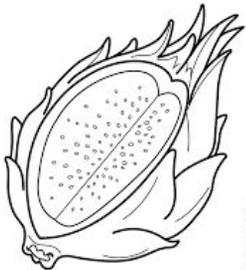


**DOG**



**DATES**

# Dd



**DRAGON FRUIT**



**DOCTOR**

# to be healthy

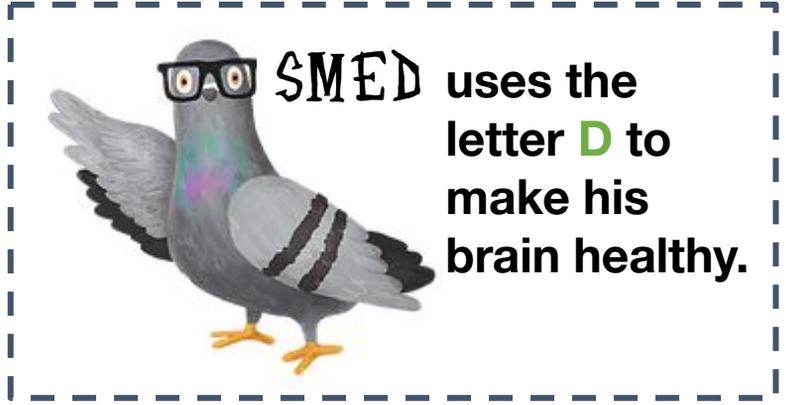




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**Dd**



Dog Dog \_\_\_\_\_

Dad Dad \_\_\_\_\_

Did Did \_\_\_\_\_

Can you color in  
this **dog**?





# Dd



**SMED** uses the letter **D** to be healthy by visiting these **trusted adults.**



## DOCTORS

help your **body** be healthy.



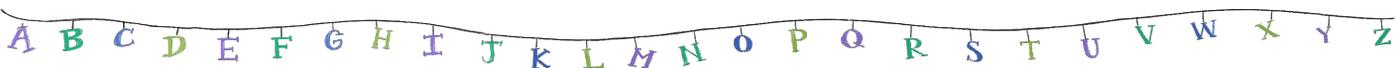
## DENTISTS

help your **teeth** be healthy.



## DIETITIANS

help your **food** be healthy.





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



**Dd**

**Draw these fruits!**

**Dates**



**Dragon fruit**



**Try to look for these fruits at your farmers markets or grocery stores!**





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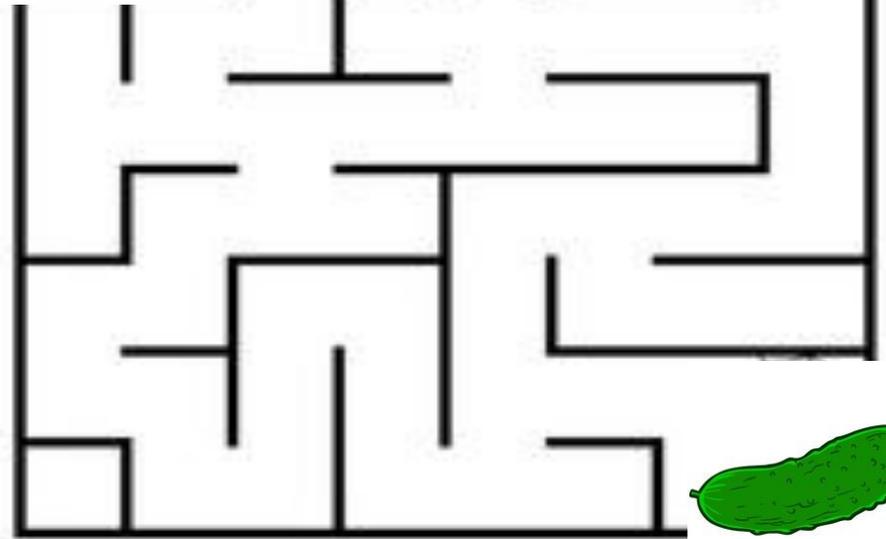
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**BROC** uses the letter **D** to be healthy by eating these veggies!

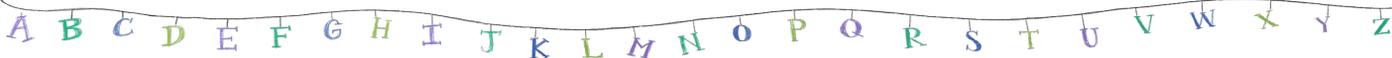
**Dd**

Can you help the **dandelion** get to the **dill** pickle?



\***Dandelions** aren't just flowers - you can eat them too!

\*Find **dill** pickles and **dandelion** recipes on our website [www.drphc.org](http://www.drphc.org)



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

ILLUSTRATION CREDITS:  
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**Dd**



**Sport** uses the  
letter **D** to be  
healthy by  
**dancing!**

**Do your favorite dance!**





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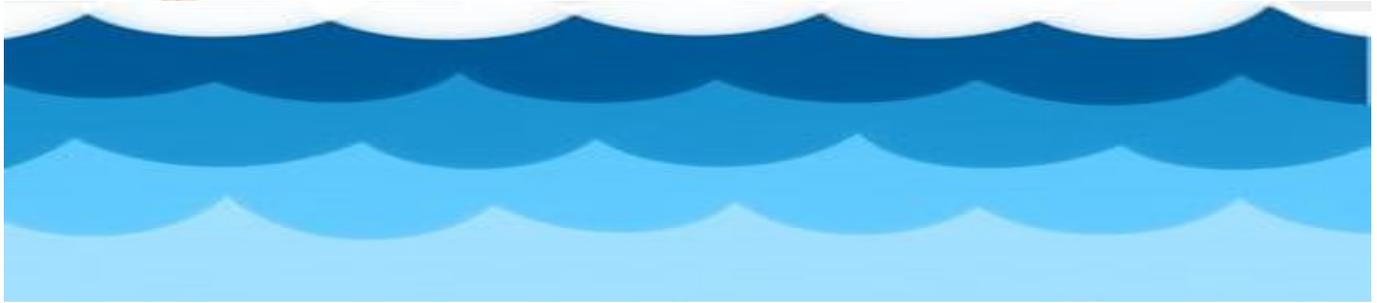
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**Dd**



**Sport** uses the letter **D** to be healthy by **DIVING**

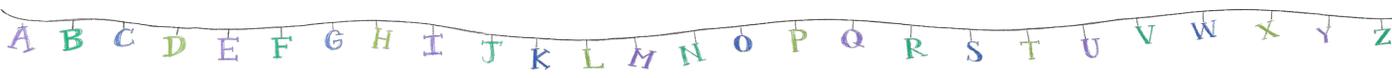
**Draw yourself making a splash**



**WARNER**



**Caw Caw! Check with a trusted adult to make sure it is safe to **dive!****





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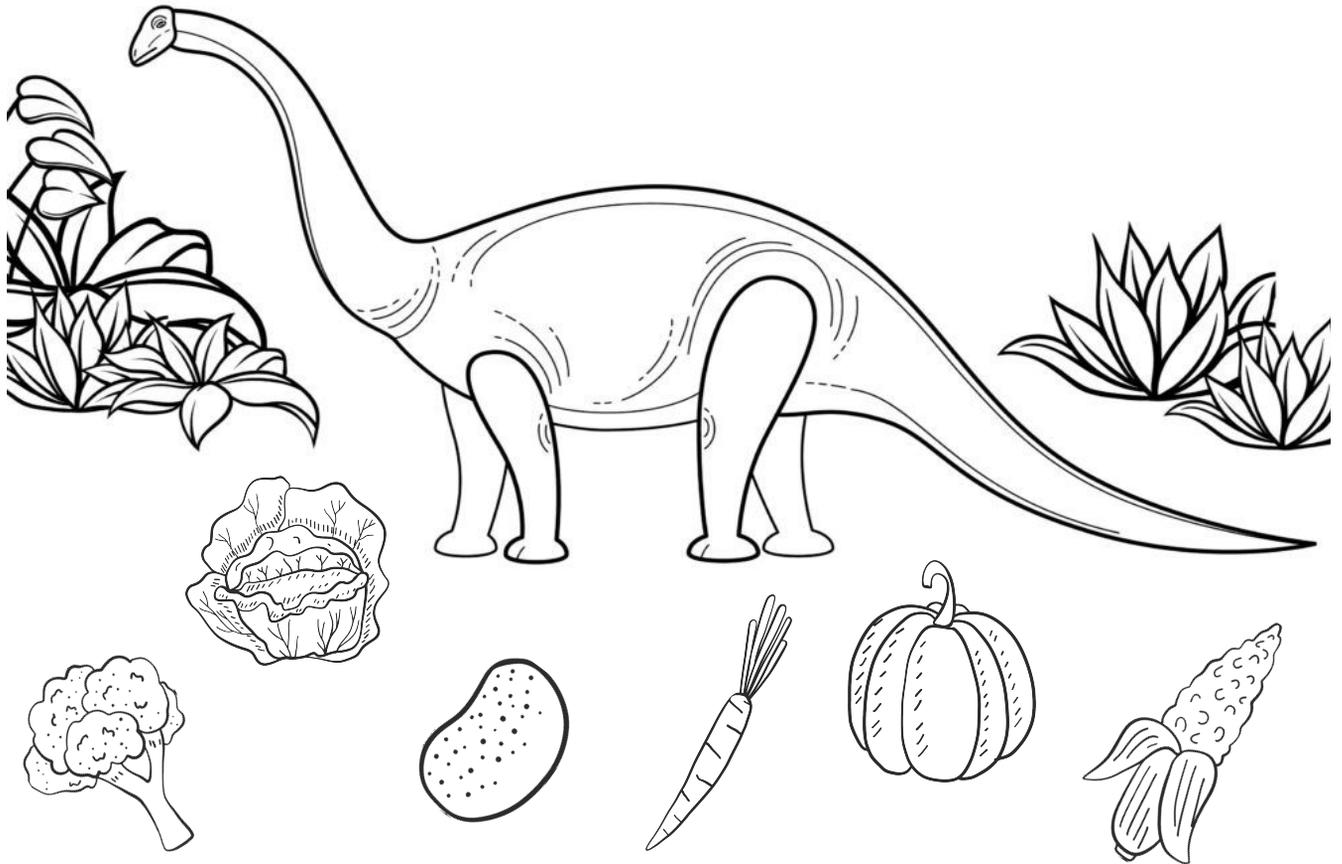
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# Dd



O uses the letter **D** to be healthy by eating natural foods like **dinosaurs did!**

Color and name your **dinosaur!**

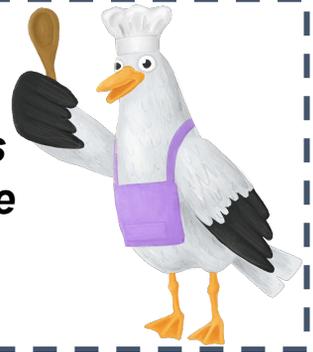


Name \_\_\_\_\_



# Dd

**Spoon** has some *delicious* recipes that start with the letter **D!!**



## Sweet **Date** Recipe

### Ingredients:

- 2 Tbsp Almond Butter



- 3 Dates



- 1 Tsp Cinnamon



### Instructions:

1. Wash your hands with soap and warm water before preparing



2. Slice dates in  $\frac{1}{2}$  and fill with a spoonful of peanut or almond butter



3. Add dash of cinnamon on top



4. 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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**BROC** and **BERRY**

use the letter **D**  
to be healthy by  
eating healthy  
**dinners.**



**Dd**

A healthy **dinner** includes a fruit and a vegetable!  
**Draw** your favorite fruit and vegetables.

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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**Dd**



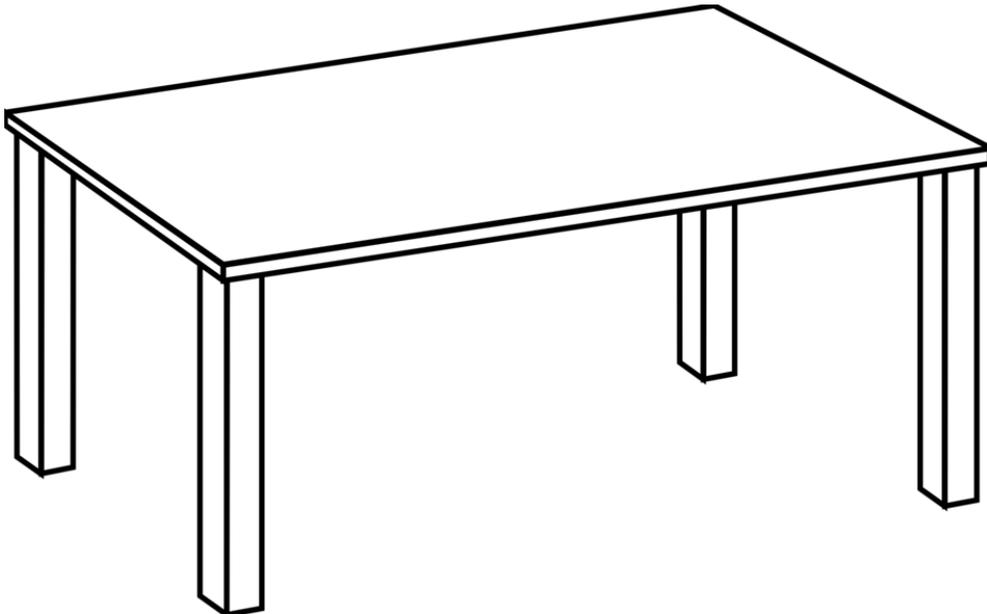
**WARNER** uses the letter **D** to be healthy at **dinner** by talking about his **day**.



Always turn **off** **devices** when you eat.



Can you **draw** your family at **dinner**?



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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**AGUA** uses the letter **D** to be healthy by **drinking** water.

# Dd

The healthiest **drink** is water!



1 bottle of water =  
0 sugar cubes



The best **drinks** have no sugars!

Can you count the number of sugar cubes in these **drinks**?



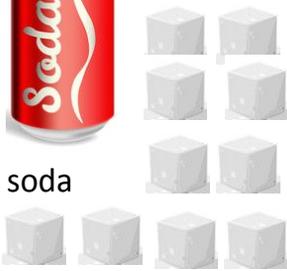
chocolate  
milk



\_\_\_ sugar cubes



soda



\_\_\_ sugar cubes



juice



\_\_\_ sugar cubes



20 oz  
sport  
drink



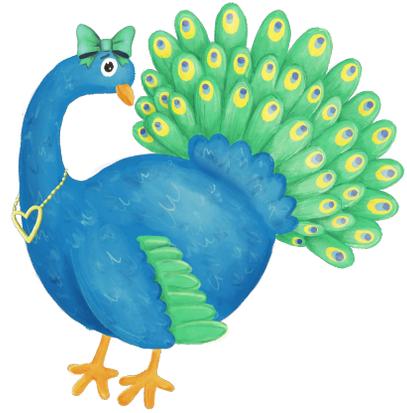
\_\_\_ sugar cubes

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



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**Dd**

*Pathy* uses the letter **D** to be healthy by **doing** these activities when she feels **down!**



Dig in the **dirt**



Play with your **dog**

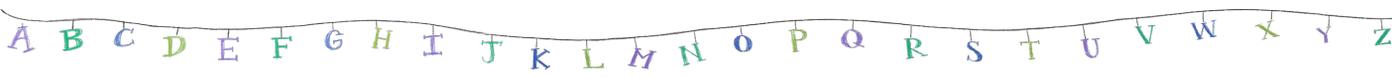


**Draw**



Take **deep** breaths

**Circle your favorite!**





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**Dd**



**Z** uses the letter **D** to be healthy by **drawing** pictures of her **dreams**.



What are  
your **dreams**?





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**Dd**



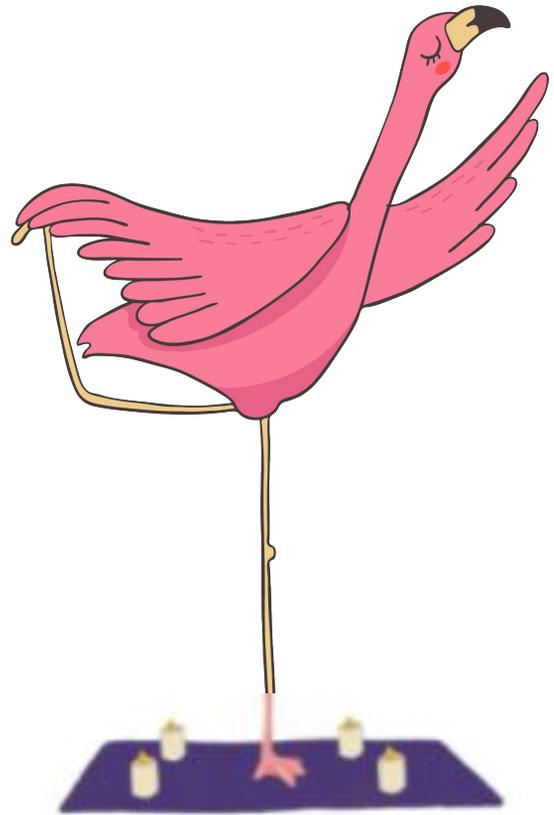
**Z** uses the letter  
**D** to be healthy  
by **doing**  
**dancer** pose in  
yoga.

Let's **do dancer** pose  
together!

**Step 1:** Let's bend right  
leg and grab inner foot  
with right hand

**Step 2:** Now let's lift our  
right leg up and balance  
on the left leg

**Step 3:** Always remember  
to breathe



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

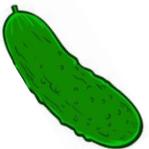


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# Dd

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