



Dr. Patricia's
HEALTH CLUB

Being Healthy from A to Z

Being healthy with the letter

Bb





Bb



Broc and O say the letter **B** is the first letter of the word "**b**ean"



Beans can come in many colors!



Kidney **B**ean



Black **B**ean

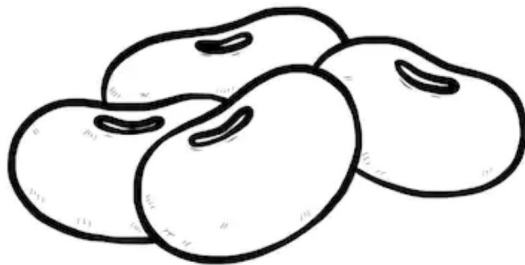


Lima **B**ean



Pinto **B**ean

What colors do you want your **b**eans to **b**e?



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



WARNER

Bb

Warner would like you to look
both ways **b**efore crossing the
street.

Being safe is good **b**ehavior!

Can you help your family and friends look
both ways **b**efore crossing the street?

Circle the answer!

Yes / No



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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Z thinks reading a
book before bed
helps your mind
unwind.

Take a few deep breaths to help relax
while you read your book.



Can you draw a picture of your favorite bed time book?

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

*Spoon has some **b**reakfast recipes that start with the letter **B**!!*



Spoon

B

ean burrito

INGREDIENTS:

- ¼ cup of black beans
- 1 egg
- 1 tsp. olive oil
- 1 small tomato, chopped
- 1 handful of spinach
- 1 tsp. garlic powder
- A dash of salt
- 1 tsp. black pepper
- ¼ cup of shredded cheese, your choice
- 100% whole wheat tortilla

INSTRUCTIONS:

1. Wash hands with soap and warm water before prepping
2. Add all spinach, tomato, and beans to a heated skillet with olive oil
3. Saute for a couple of minutes on the stove
4. Pour egg into skillet & mix the egg into vegetables
5. Add the garlic powder, black pepper, and a dash of salt
6. Sprinkle cheese on top
7. Add everything into your 100% whole wheat tortilla, wrap it like a burrito, and ENJOY!

B

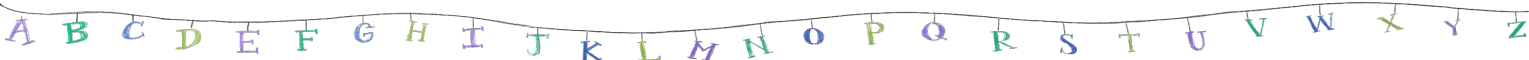
erry shake

INGREDIENTS:

- 1 ½ cups frozen berries
- ½ of a banana, either fresh or frozen
- 1 cup low fat milk
- 1 cup plain Greek yogurt
- 1 dash of cinnamon
- 1 tbsp. shredded, unsweetened coconut

INSTRUCTIONS:

1. Wash hands with soap and warm water before prepping
2. Add frozen fruit, milk, cinnamon, Greek yogurt, and coconut 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!





Bb

Letter B

N	A	M	A	B	E	N	L	P	A	H	B	T	B
A	M	H	D	E	B	O	A	I	I	R	L	B	I
B	B	B	M	Y	O	B	A	N	L	I	A	B	A
K	N	I	A	B	E	O	B	T	E	L	C	O	B
I	A	L	I	N	N	E	R	O	B	I	K	E	H
D	B	K	C	E	M	T	E	B	O	M	B	E	B
N	E	B	O	O	H	B	A	E	E	A	E	I	L
E	D	B	N	E	P	T	T	A	R	B	A	M	L
Y	T	R	C	O	R	B	H	N	Y	E	C	A	H
B	I	E	H	A	C	K	E	A	R	A	H	K	N
E	M	I	Y	D	B	K	E	E	P	N	H	A	A
A	E	M	E	O	E	B	E	R	R	Y	E	T	A
N	R	A	E	H	T	B	N	B	B	E	A	A	E
E	E	N	C	R	E	K	O	O	B	E	A	N	R

BREATHE
LIMA BEAN
BLACK BEACH
BERRY
KIDNEY BEAN
BEDTIME
BROC
PINTO BEAN
BOY
BOOK

