



Using the letter

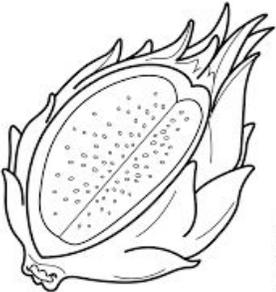


DOG



DATES

Dd

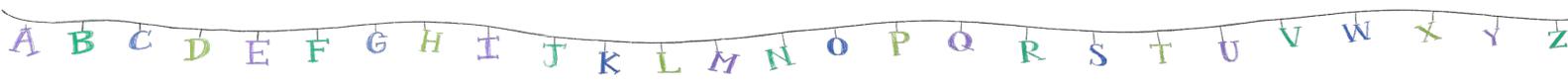


DRAGON FRUIT



DOCTOR

to be more healthy





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

Dd

Trace and write these words three times each.

Dog Dog _____

Dad Dad _____

Did Did _____

Color in this **dog!**





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SMED
uses the letter **D**
to be healthy by
visiting trusted
adults that start
with the letter **D**.



DOCTORS

help your **body** be healthy.



DENTISTS

help your **teeth** be healthy.

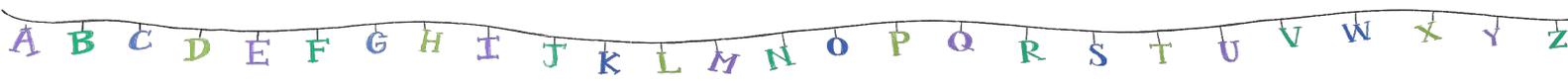


DIETITIANS

help your **food** be healthy.



Color in the doctor!





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

Draw these fruits!

Dates

Dates keep your
heart and brain
healthy!



Dragon fruit

Dragon fruit helps
you not get sick!





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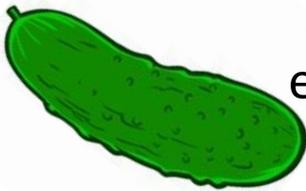


BROC

uses the letter **D** to be healthy by **deciding** to eat **different** veggies!

Dd

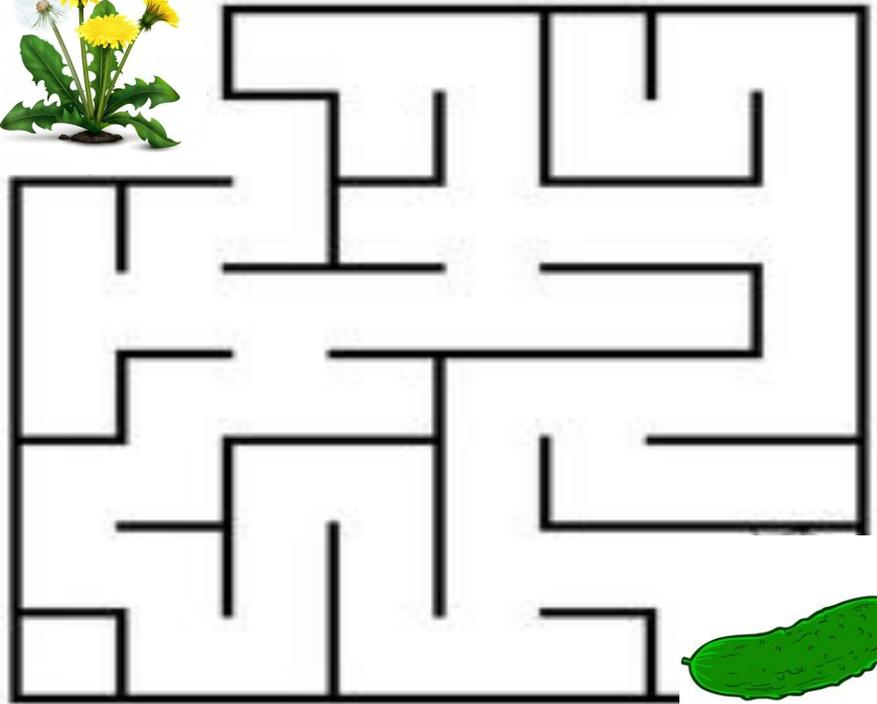
Dandelion greens (the leaves of a **dandelion**) can be eaten!



Dill pickles help keep your eyesight and blood healthy.



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





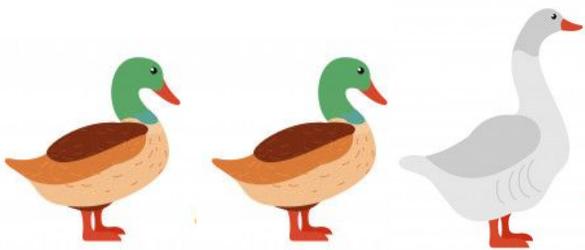
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Sport uses the letter **D** to be healthy by **doing** activities that start with “**D**”!

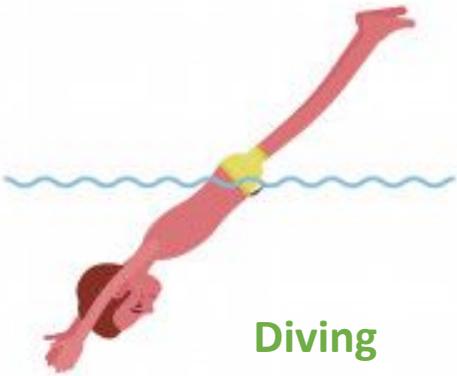


Duck, Duck, Goose



Dancing

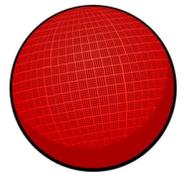
Circle your favorite “**D**” activity!



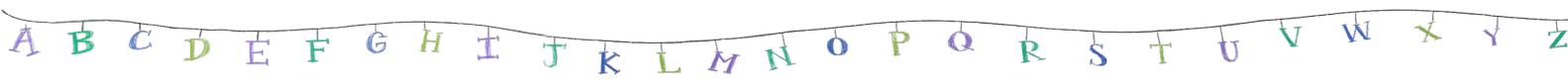
Diving



Throwing a
discus



Playing
dodgeball

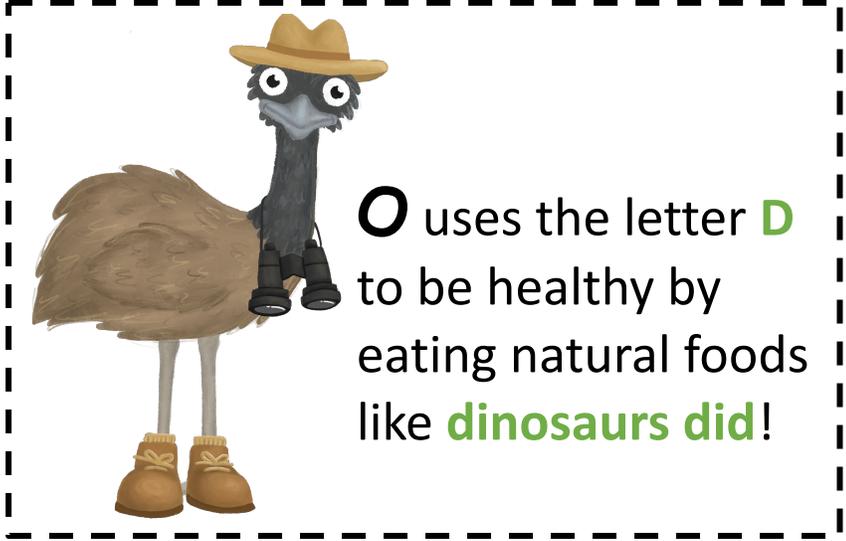




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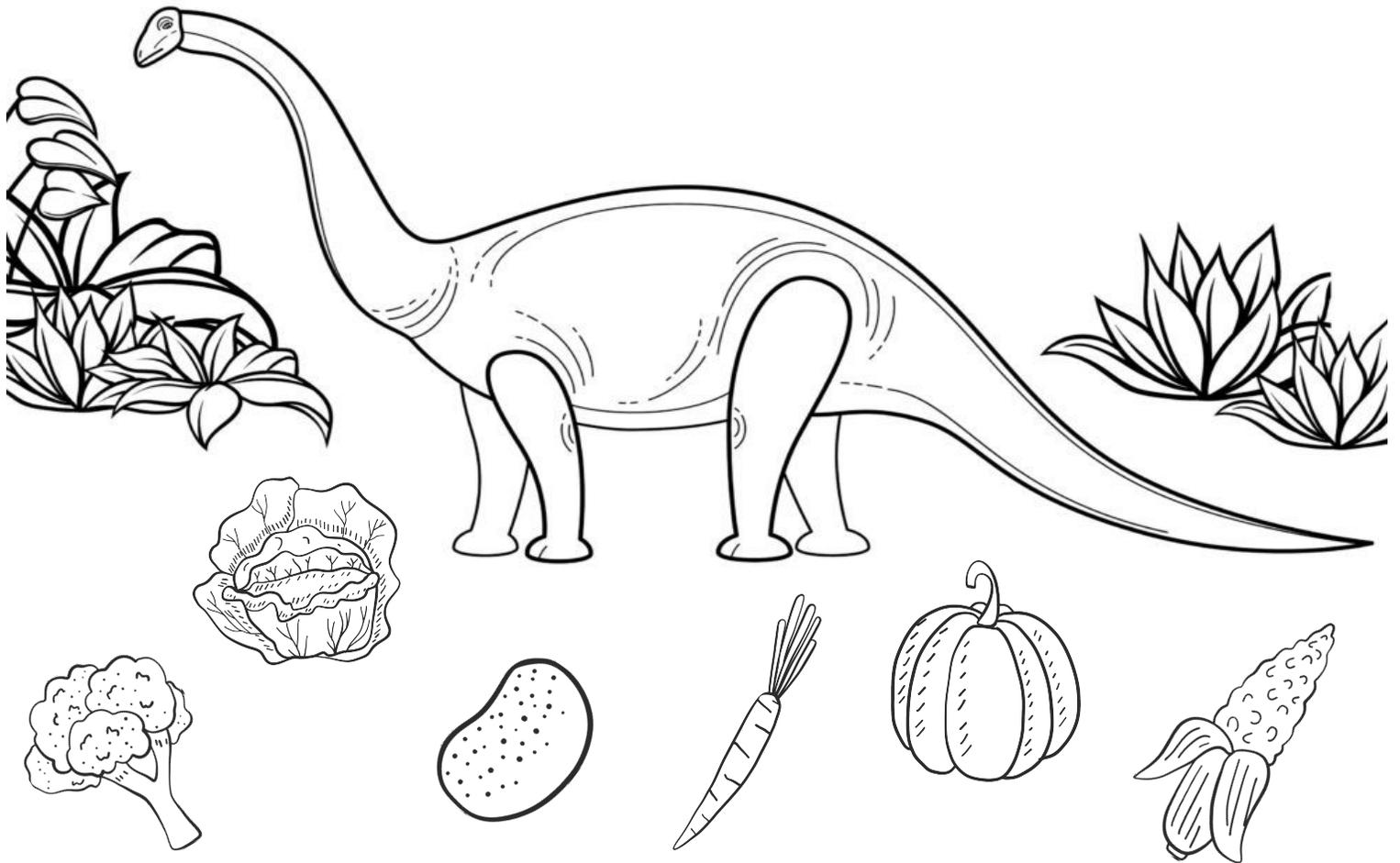
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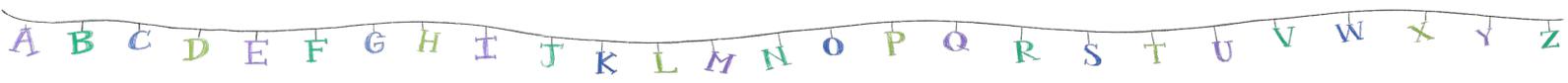


O uses the letter **D** to be healthy by eating natural foods like **dinosaurs did!**

Color and name your **dinosaur!**



Name _____

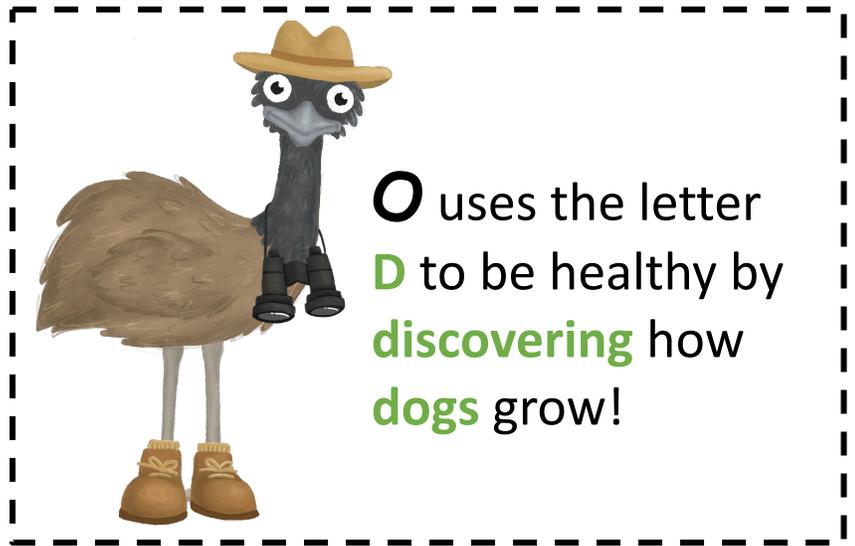




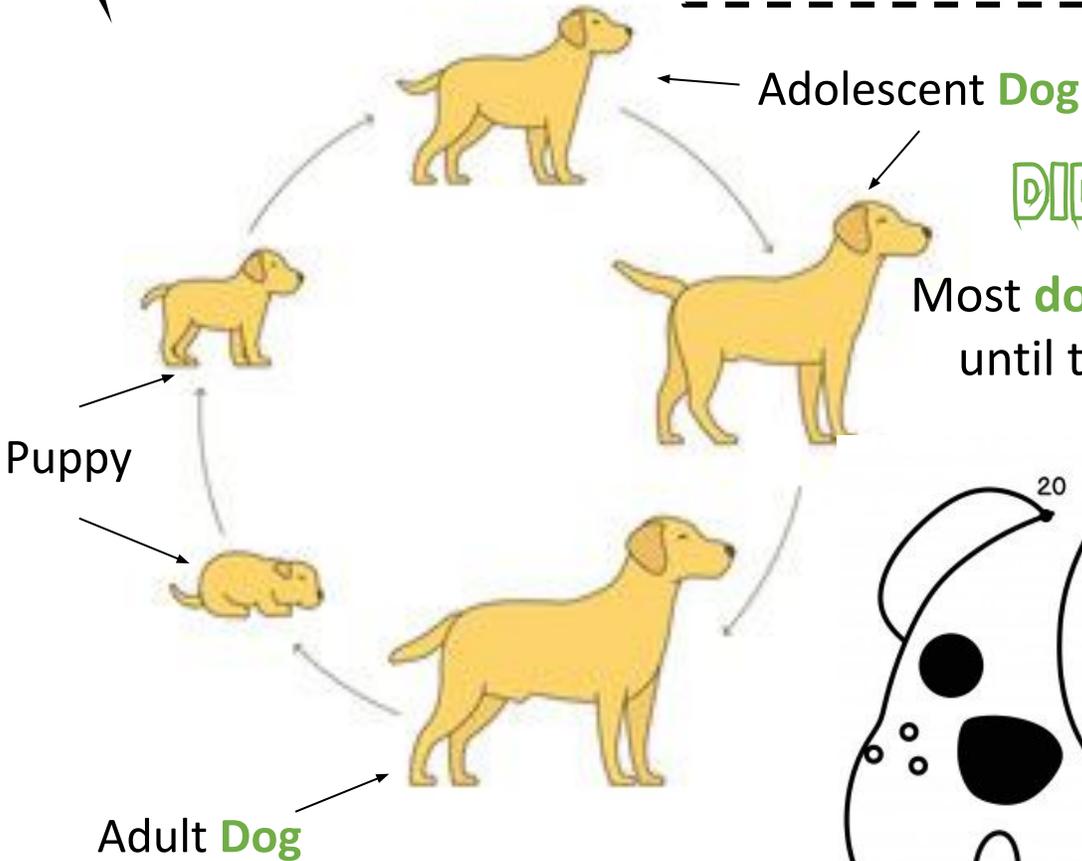
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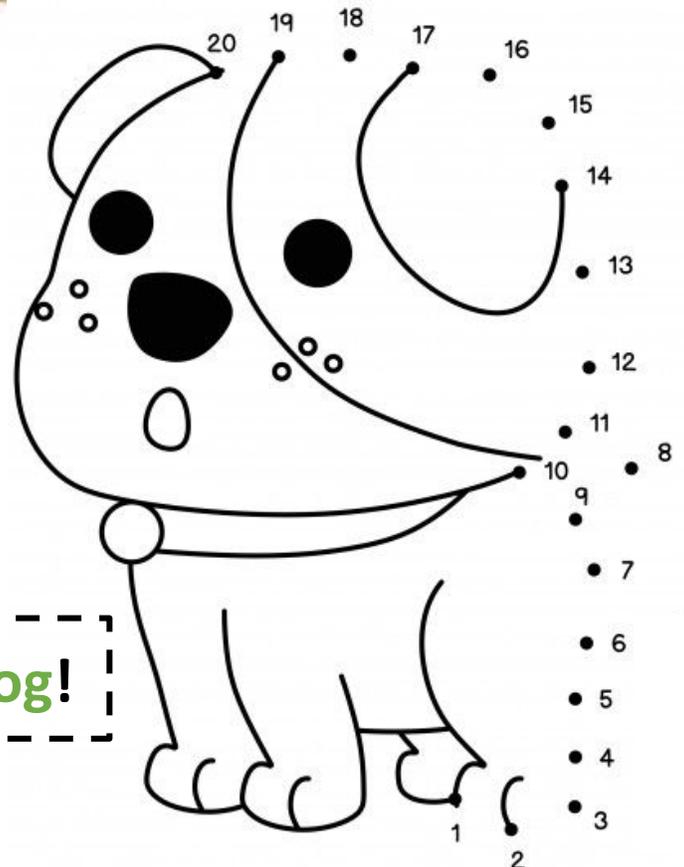


O uses the letter **D** to be healthy by **discovering** how **dogs** grow!

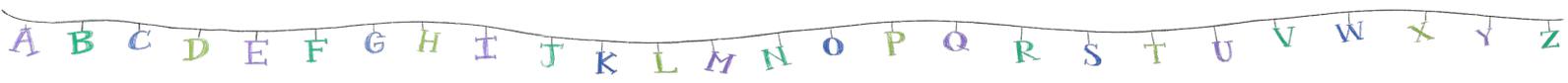


DID YOU KNOW:

Most **dogs** aren't fully grown until they're 2 years old!



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





Dd

Ingredients:

- 2 Tbsp Almond Butter



- 3 Dates



- 1 Tsp Cinnamon



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



Sweet **Date** Recipe

Instructions:

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



2. Slice dates in 1/2 and fill with a spoonful of peanut or almond butter



3. Add dash of cinnamon on top



4. Enjoy!





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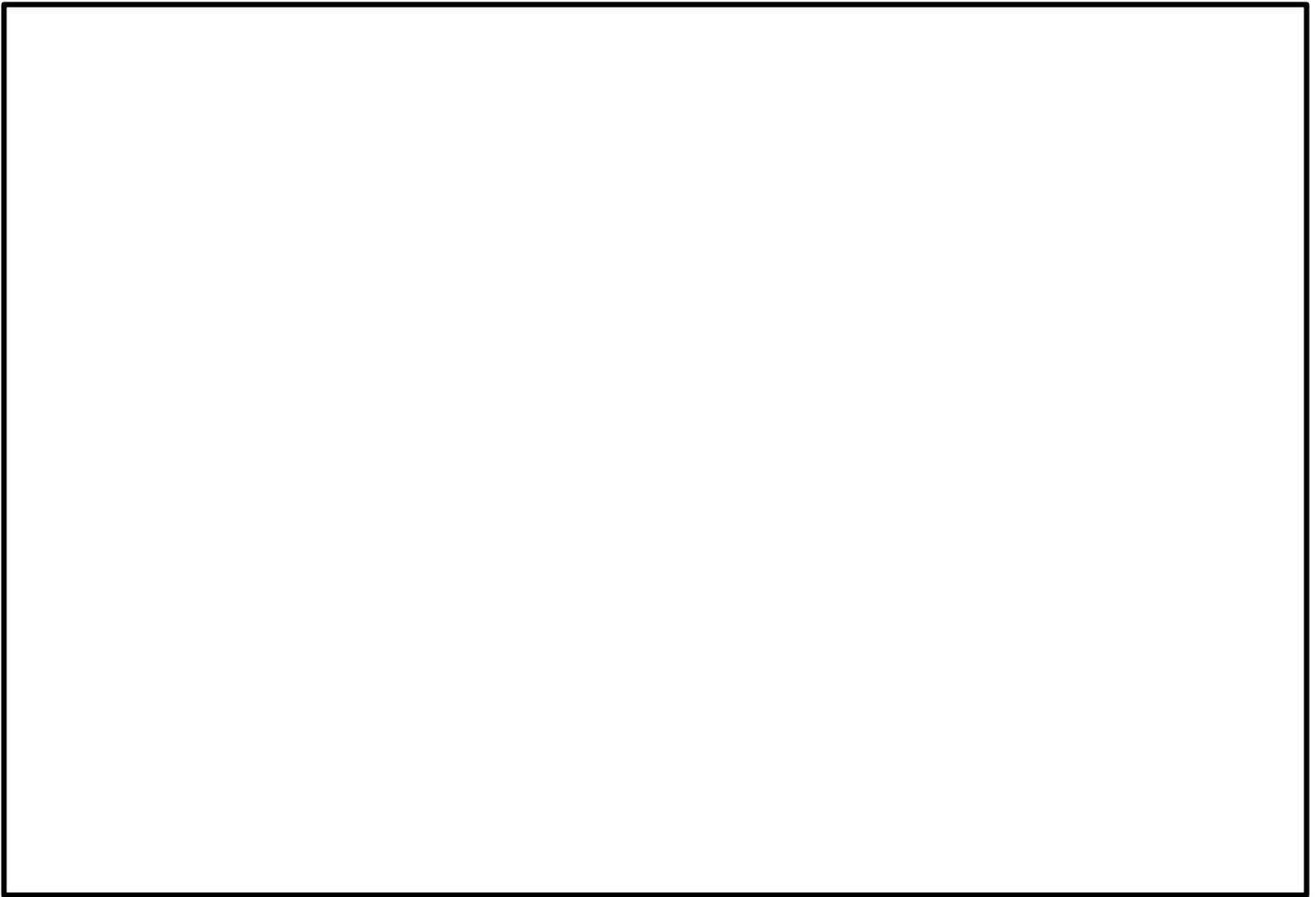
BROC and **BERRY**

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




A healthy **dinner** includes a fruit and a vegetable!

Draw a fruit and vegetable to eat with dinner.





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WARNER

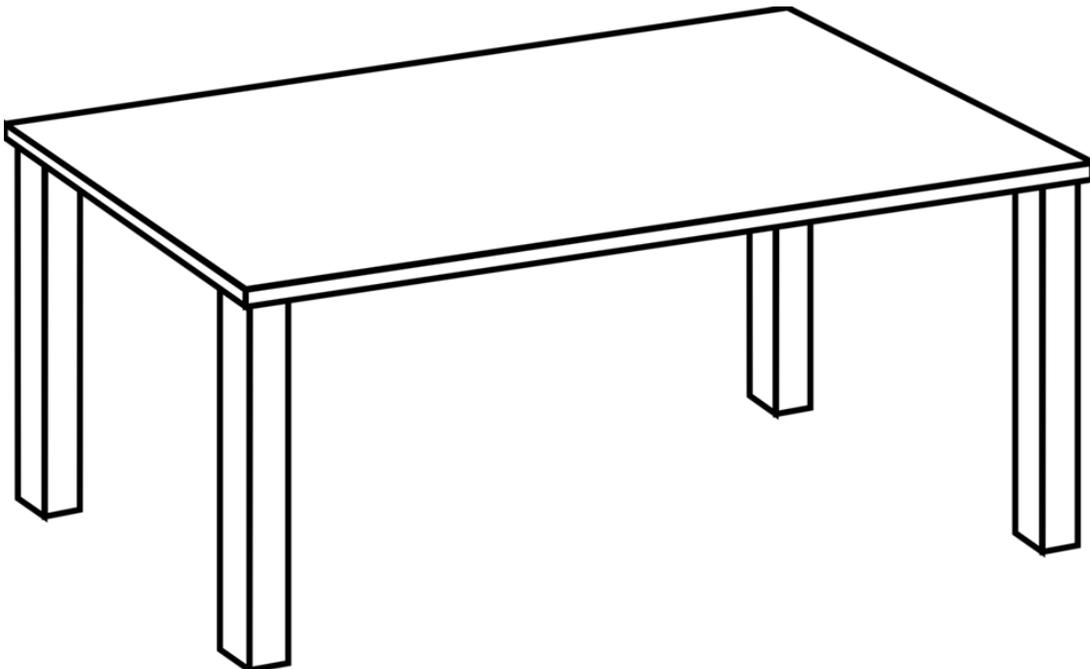
uses the letter **D** to be healthy at **dinner** by talking about his **day**.



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



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





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AGUA

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

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



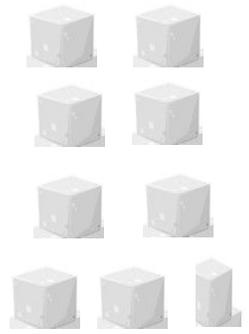
juice



___ sugar cubes



20 oz sport drink



___ sugar cubes

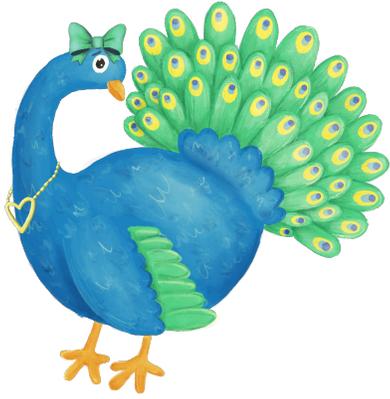




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Pathy
uses the letter **D**
to be healthy by
doing these
activities when
she feels **down**!



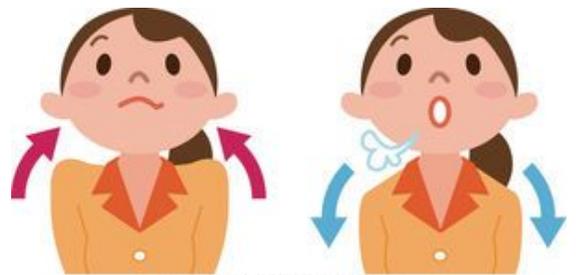
Dig in the **dirt**



Play with your **dog**

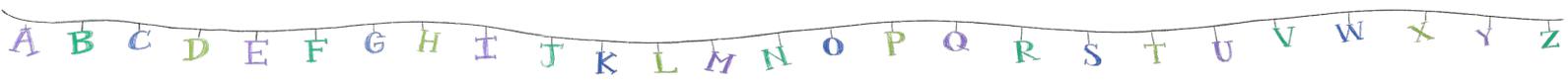


Drawing



Take **deep** breaths

Circle your favorite!





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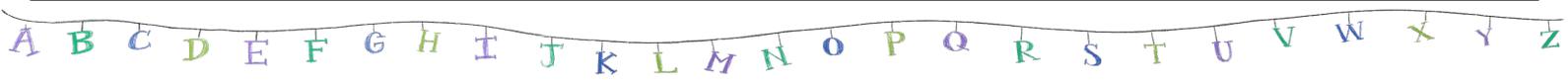
Dd



Z

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

**Draw one of your
dreams!**





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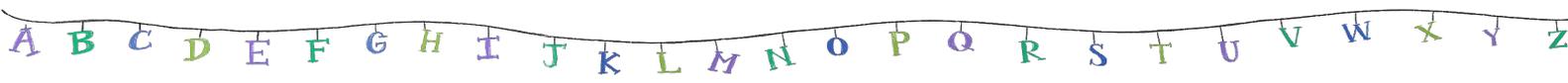
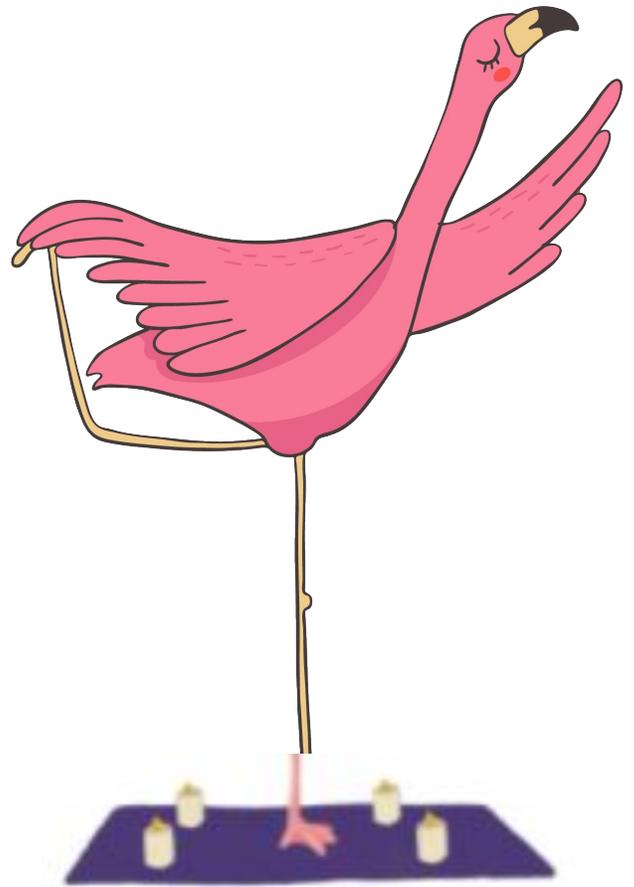


Let's **do** a **dancer** pose together!

Step 1: Let's bend our right leg and grab our 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



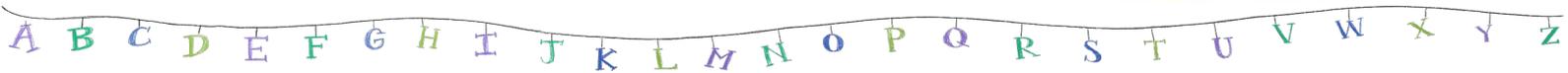
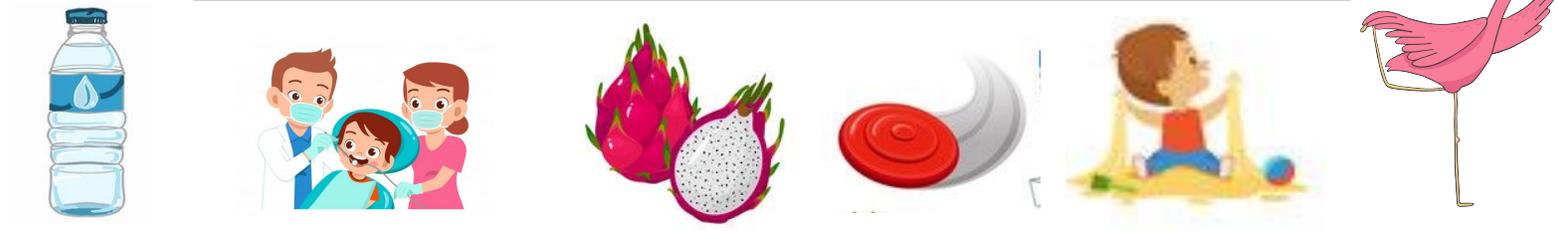


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Can you **draw** a picture of how you can use the letter **D** to be more healthy?

Dd



For more activities, visit www.drphc.org

ILLUSTRATION CREDITS:
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Dd

Health Standards

- 3.1.P Identify health care workers who can help promote healthy practices.
- 1.2N Identify a variety of healthy snacks
- 1.4.G Identify trusted adults who promote healthy growth and development (e.g., physicians, nurses, dentists, and optometrists).
- 1.1.N Name a variety of healthy foods and explain why they are necessary for good health.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 1.1.G Explain that living things grow and mature.
- 7.3.N Choose healthy foods in a variety of settings.
- 7.1.M Express emotions appropriately.

