



Dr. Patricia's
HEALTH CLUB

Being Healthy from A to Z

Using the letter

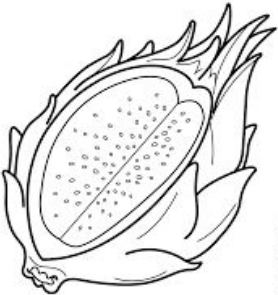


DOG



DATES

Dd



DRAGON FRUIT



DOCTOR

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

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Dd



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

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.

Dates

Dates keep your
heart and brain
healthy!



Draw these fruits!



Dragon fruit

Dragon fruit helps
you not get sick!



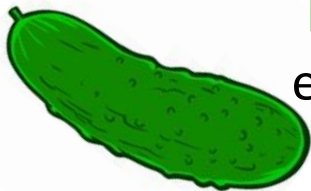


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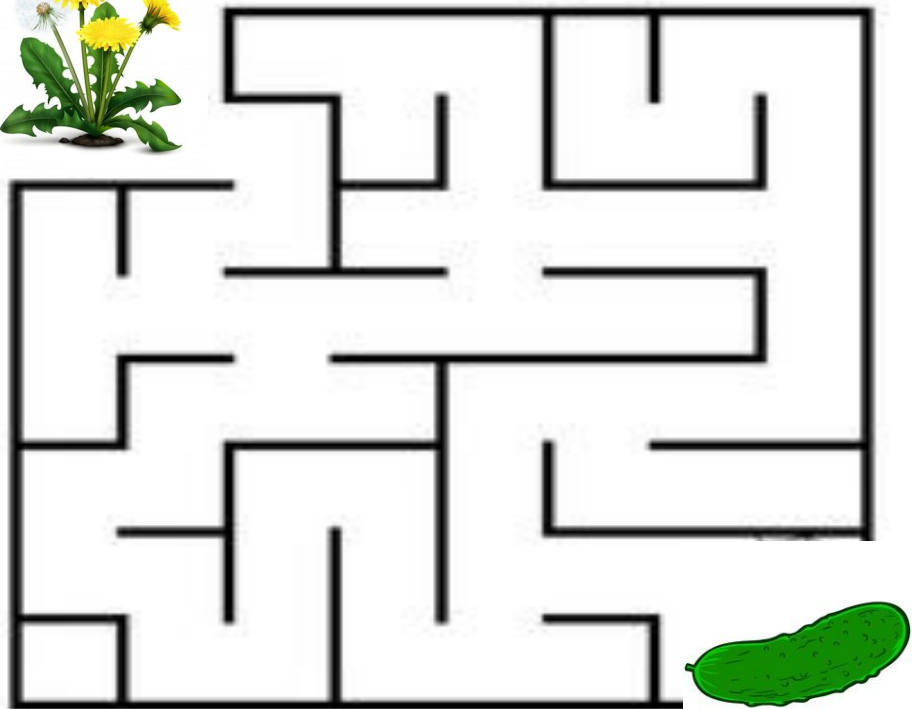
Dandelion greens (the leaves of a **dandelion**)
can be eaten!



Dill pickles help keep your
eyesight and blood healthy.



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



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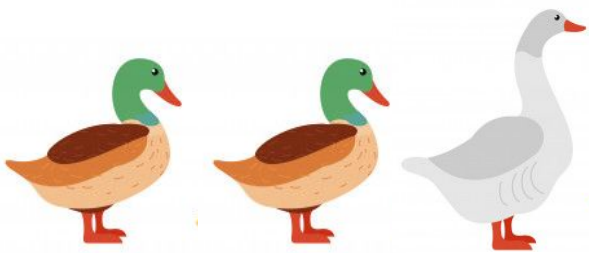
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Sport uses the letter **D** to be healthy by **doing** activities that start with “**D**”!

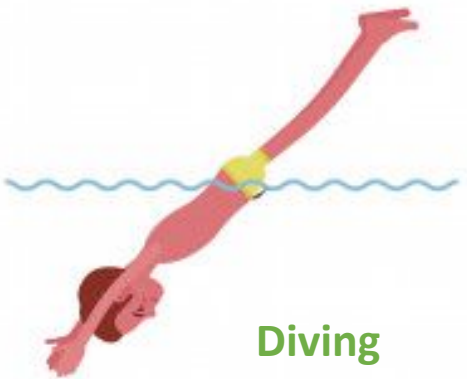


Duck, Duck, Goose



Dancing

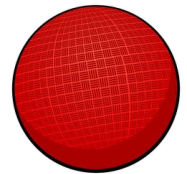
Circle your favorite
“**D**” activity!



Diving



Throwing a
discus



Playing
dodgeball

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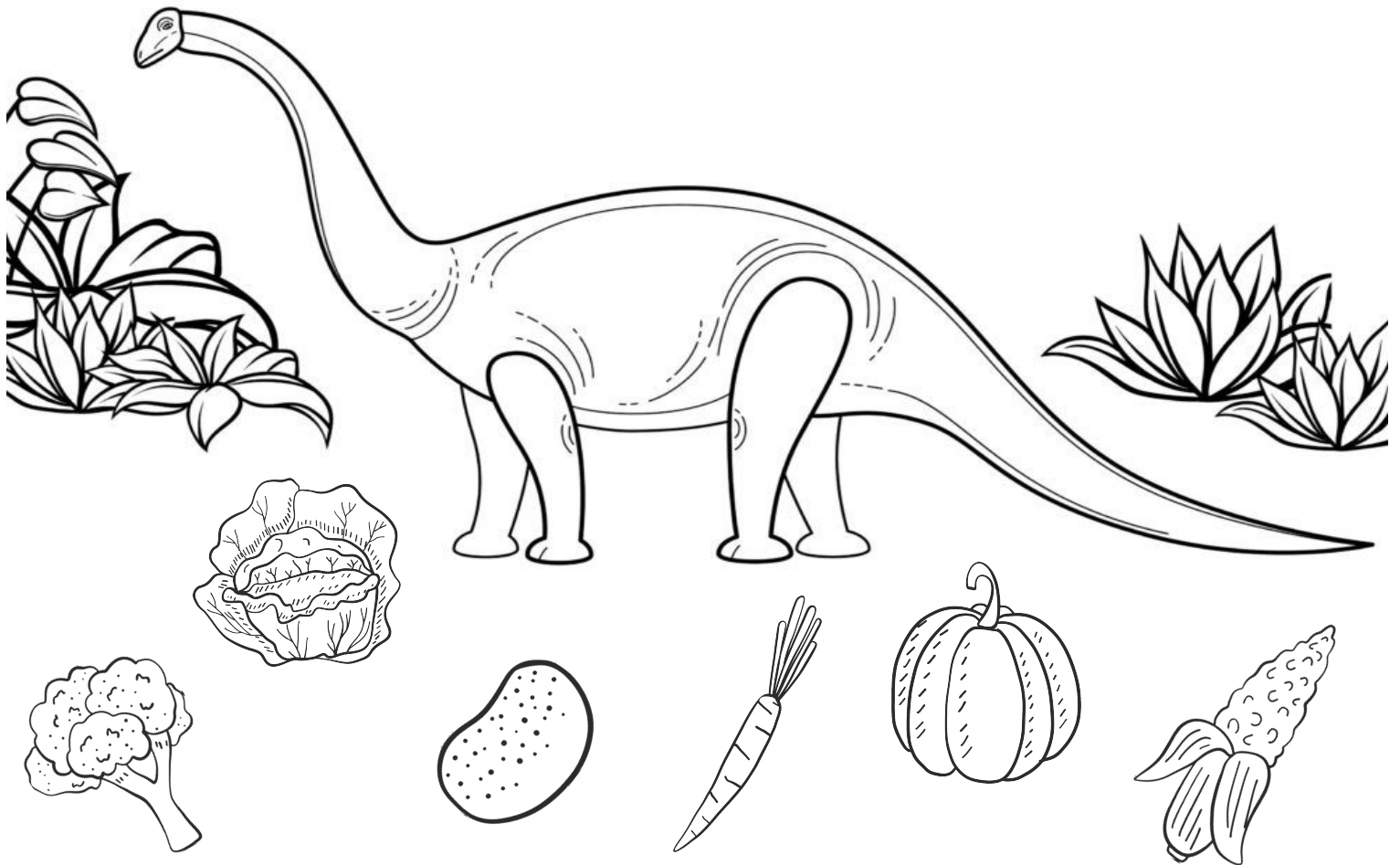
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O uses the letter **D**
to be healthy by
eating natural foods
like **dinosaurs did!**

Color and name your dinosaur!



Name _____

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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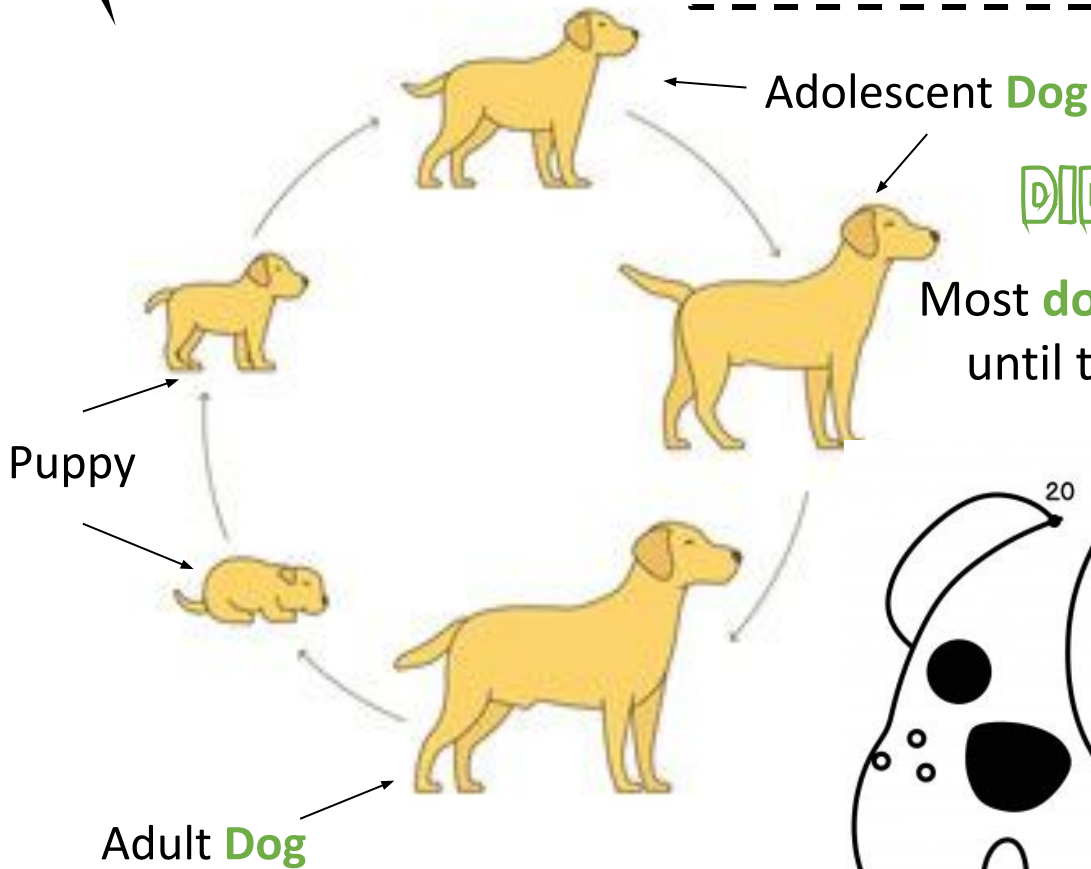
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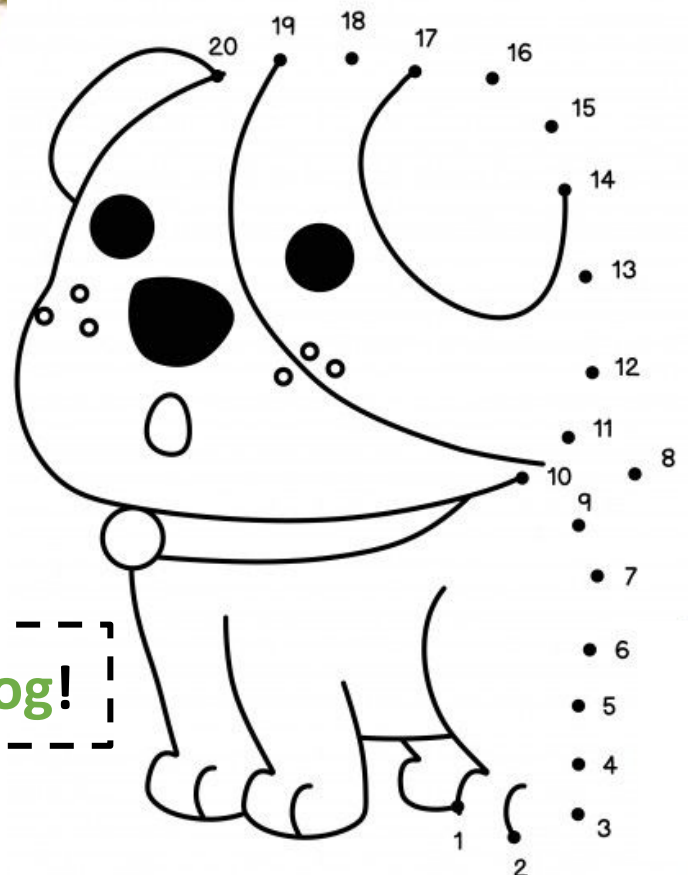


O uses the letter
D to be healthy by
discovering how
dogs grow!



DID YOU KNOW:

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



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

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



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



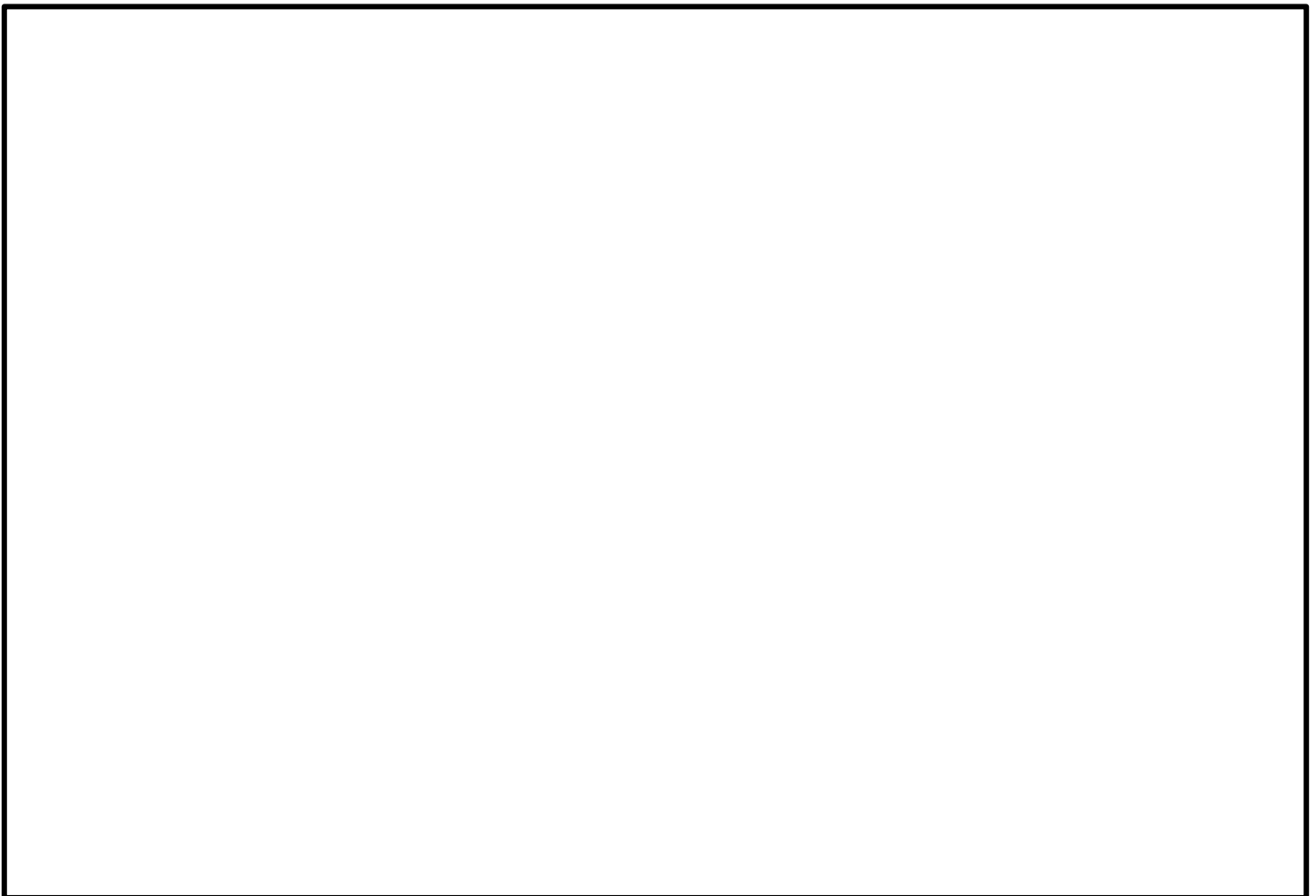
BERRY



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.



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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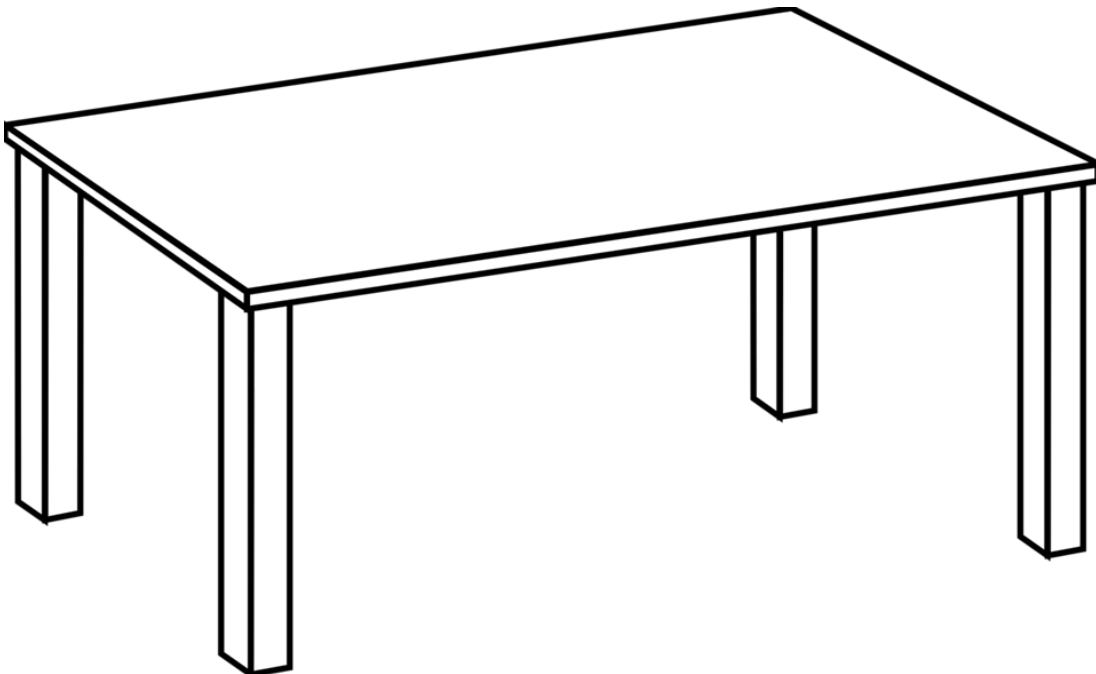
WARNER

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

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



Always turn off
devices when you eat.



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.

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

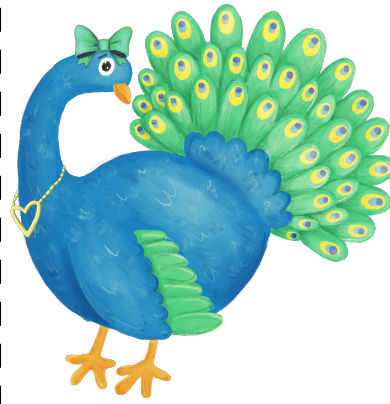
A B C D E F G H I J K L M N O P Q R S T U V W X Y



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Pathy

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



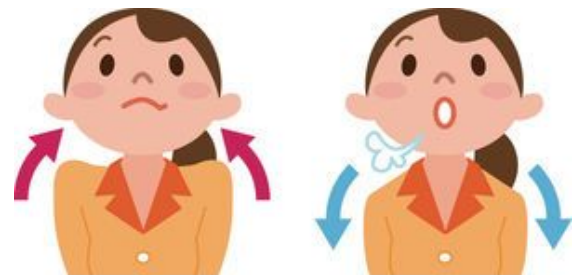
Dig in the **dirt**



Play with your **dog**



Drawing



Take **deep** breaths

Circle your favorite!

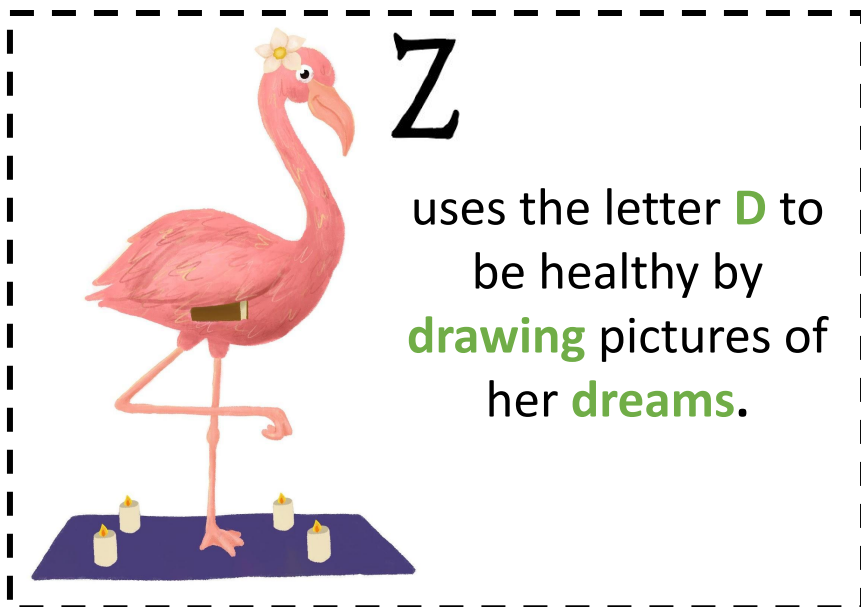
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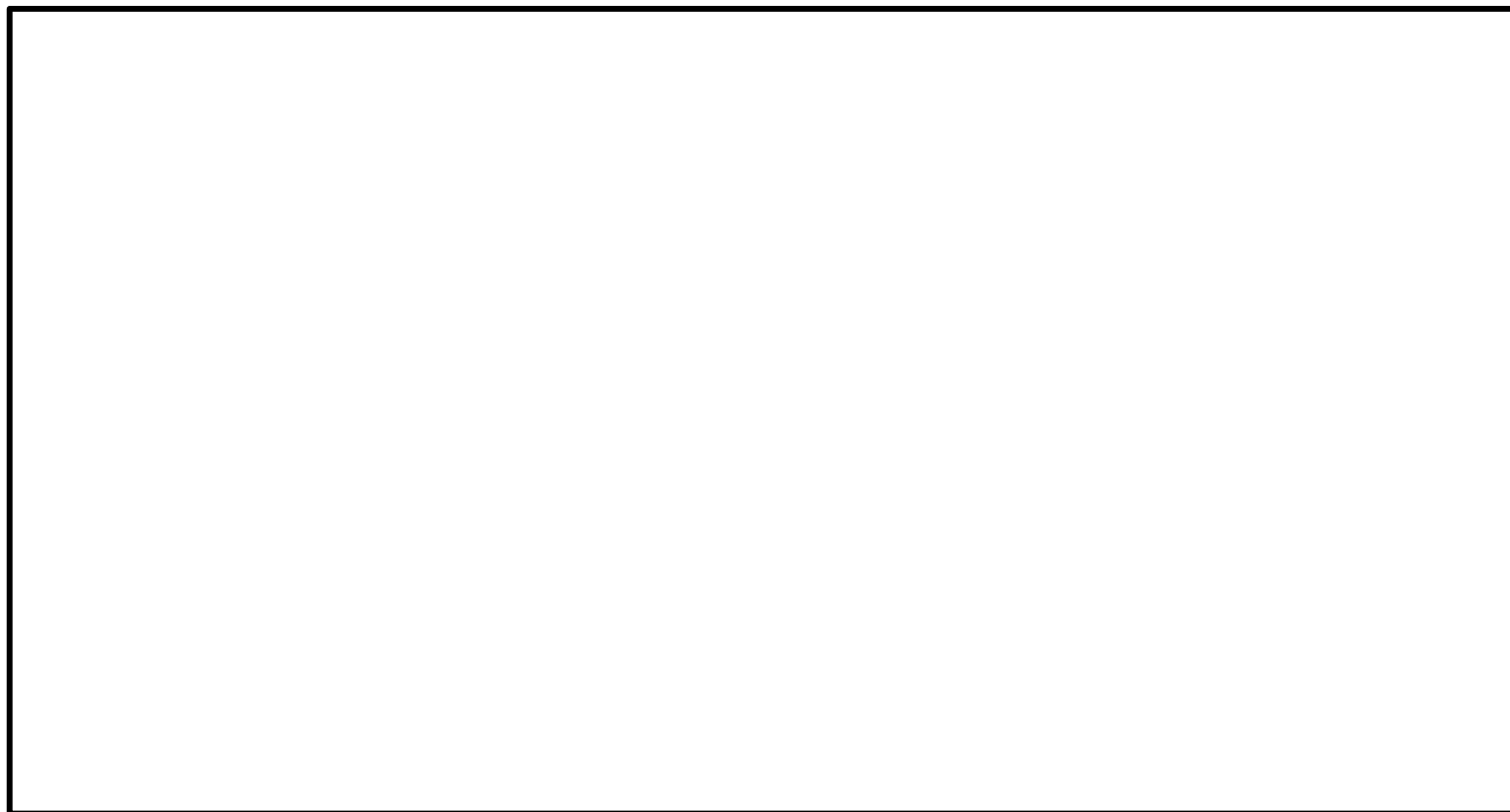
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Dd



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

**Draw one of your
dreams!**





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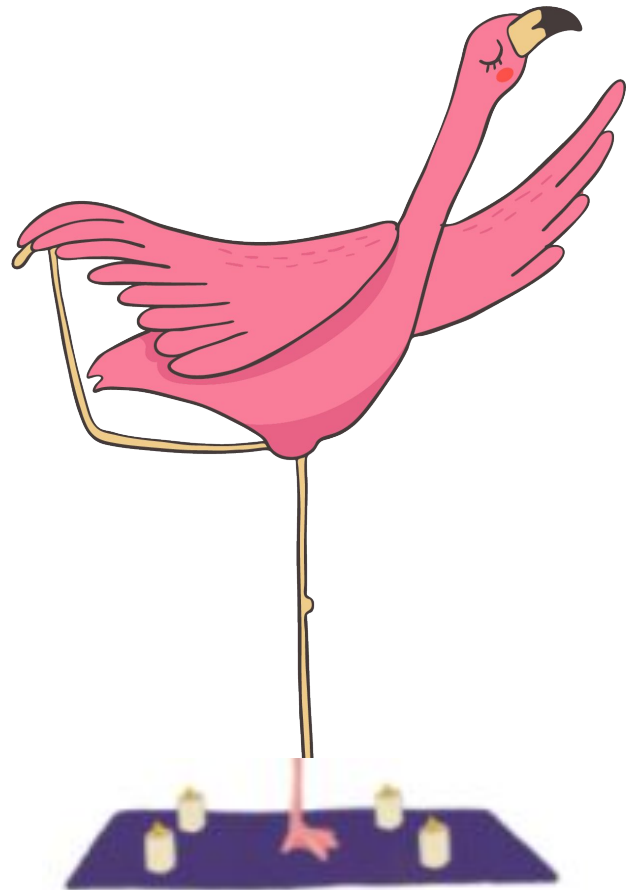
Z uses the letter **D**
to be healthy by
doing the **dancer**
pose in yoga.

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



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

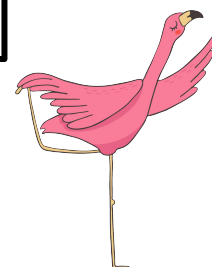
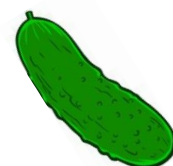
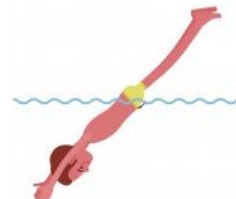


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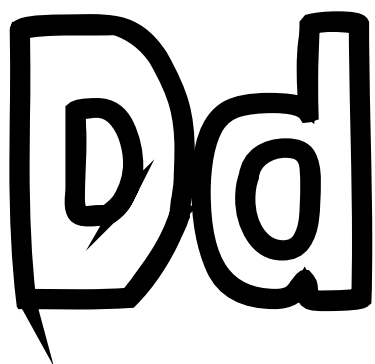
Can you **draw** a picture
of how you can use the
letter **D** to be more
healthy?



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

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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.

