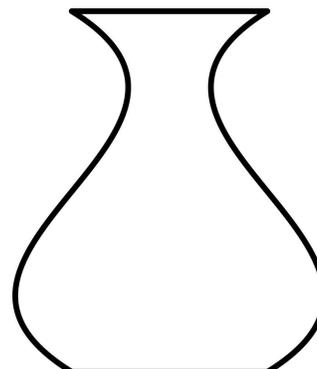




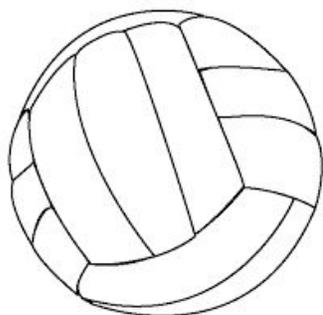
Using the letter



VIRUS



VASE



VOLLEYBALL



VERTEBRAE

to be more healthy





Dr. Patricia's
HEALTH CLUB

Being Healthy from A to Z

Vv



SMED

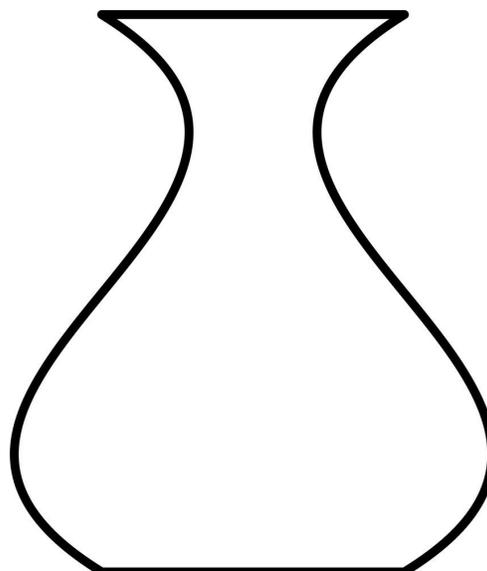
uses the letter **v** to
make his brain healthy
by learning words that
start with "**v**".

Trace and write these words two times each.

vase vase

Vase Vase

Decorate your own
vase!



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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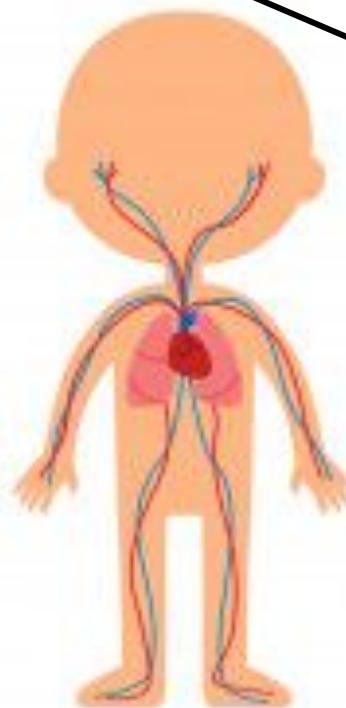


SMED'S Science Lesson:
Anatomy with the
Letter **V**!

Some important parts of your body start with the
letter **V**.

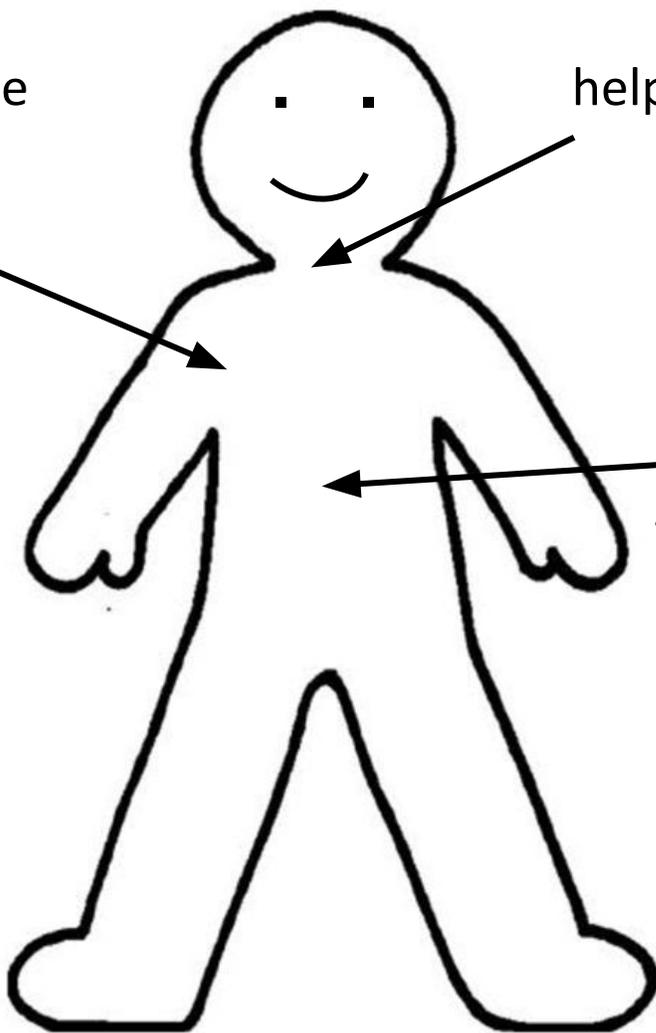
Veins:

take blood to the
heart (blue)



Vocal Cords:

helps you create sound



Vertebrae:

the little bones that
make up your spine



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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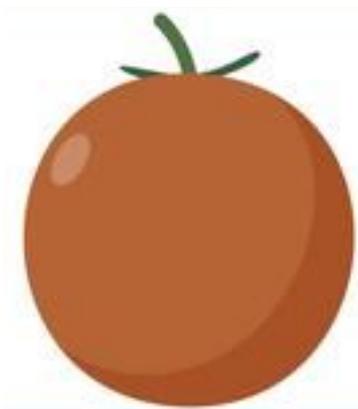
Vv

BERRY
uses the letter **V** to
be healthy by eating
very yummy fruits.

Can you draw these fruits?



Valencia Orange



Velvet apple





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Being Healthy from A to Z

Vv



BROC

uses the letter **V** to be strong and healthy by eating **vegetables**.

Vegetables keep you and your body healthy. Different **veggies** have different benefits!

Mushrooms



Broccoli



Carrot



Kale



Onion

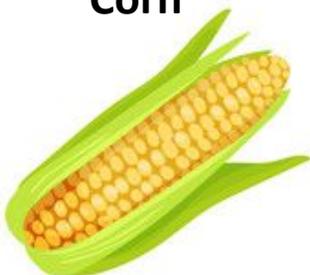


Circle your favorite **vegetable**!

Asparagus



Corn



Turnip



Eggplant



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



Vegetable Soup

Ingredients:

- 1 can chicken broth 
- 1 can tomato-vegetable juice cocktail 
- 1 cup water 
- One large potato, diced 
- 2 carrots, diced 
- 2 stalks celery, diced 
- 1 can diced tomatoes 
- 1 cup chopped green beans 
- 1 cup corn 
- Salt and pepper, to taste 

Spoon

has a delicious recipe that starts with the letter **V**!



Instructions:

Parental Supervision Required

- Wash your hands and vegetables with soap and water 
- Chop all vegetables and the potato 
- In a large pot, combine the broth, tomato juice, water, potato, carrots, celery, entire can of tomatoes, green beans, and corn 
- Add in salt and pepper, as well as any other seasonings you'd like 
- Bring pot to a boil, then cover and let simmer for 30 minutes, or until all vegetables are tender 

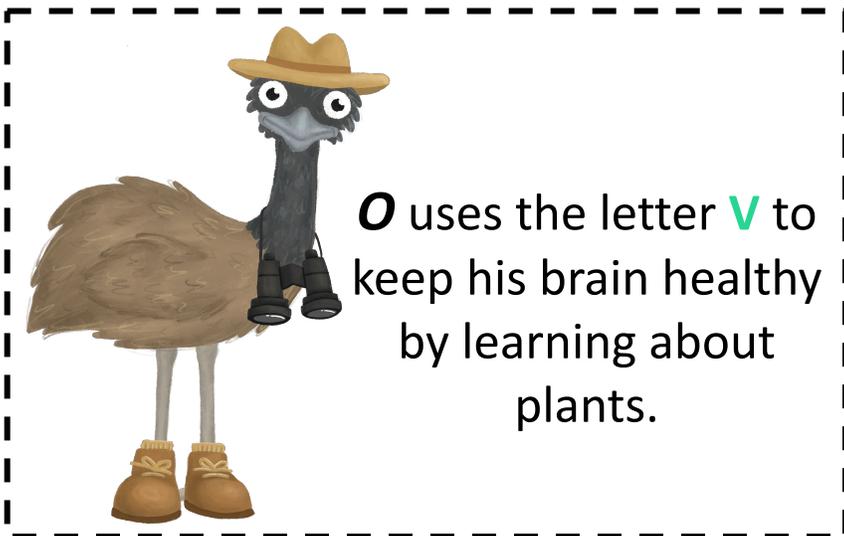
• Enjoy!



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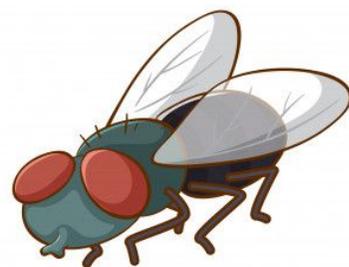
Vv



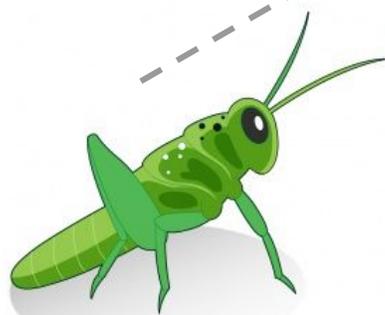
O uses the letter **V** to keep his brain healthy by learning about plants.



The **Venus** Flytrap is a plant that eats small bugs and insects.



Trace the diet of the **Venus** Flytrap.

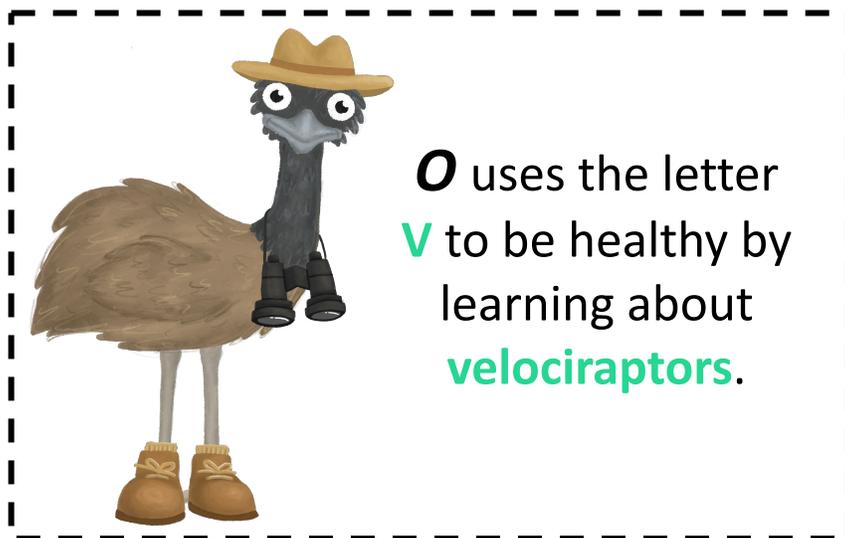




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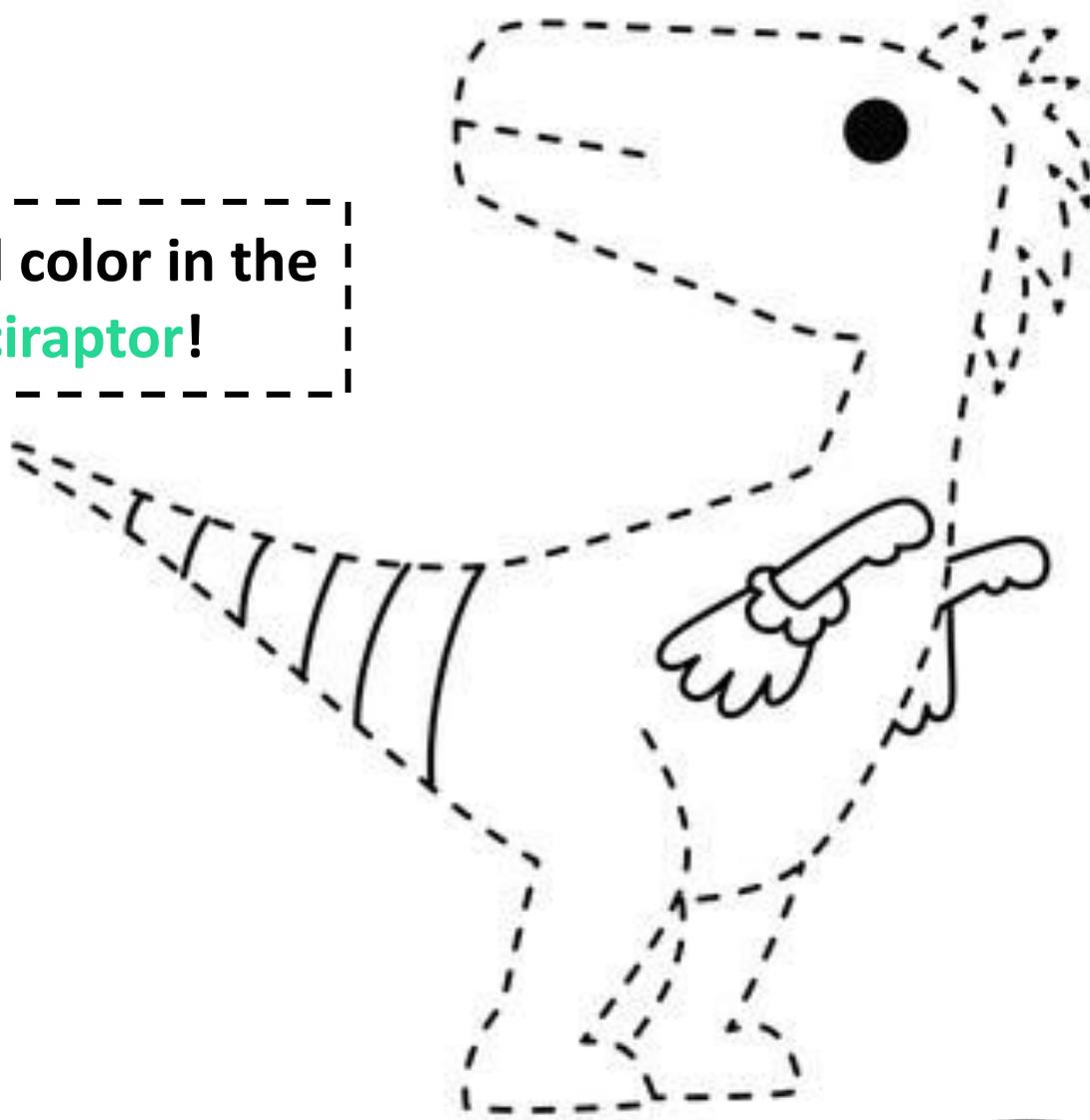
Vv



O uses the letter
V to be healthy by
learning about
velociraptors.

A **velociraptor** is a dinosaur that used to live a long time ago!

Trace and color in the
velociraptor!



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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Vv

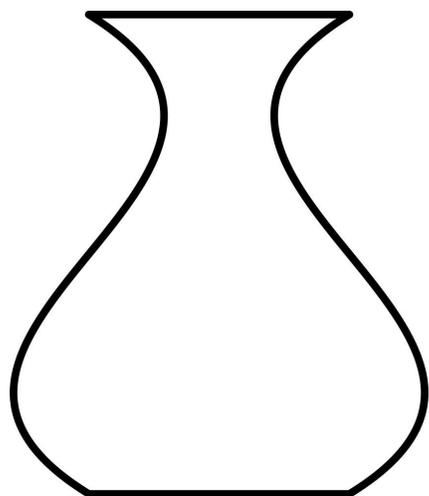


AGUA
uses the letter **V** to be healthy by putting water in his **vases** of flowers.

Flowers need to be put in a **vase** with water so that they can stay alive for longer!



If you don't have a **vase**, you can put your flowers in any cup that can hold them!



Add some water to this **vase** and draw some flowers to go inside it!

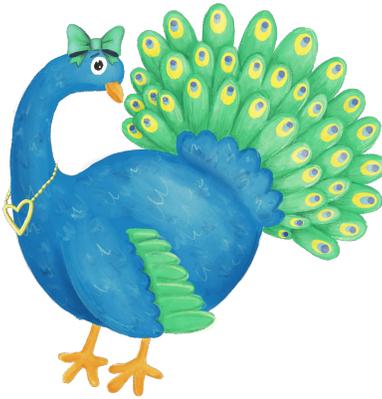




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Being Healthy from A to Z

Vv



Pathy
uses the letter
V to be healthy by
volunteering to
help others.

Volunteering is a way you can help the world around you.



There are lots of different things you can **volunteer** to do, like picking up trash from parks or recycling plastic bottles.

List some ways you can **volunteer**.

1. _____
2. _____
3. _____
4. _____





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Being Healthy from A to Z

Vv



Pathy
uses the letter **V**
to be healthy by
voicing her feelings.

Voicing your feelings is when you talk about them. It is a healthy way to show and explain your feelings to others.



You can also **voice** your feelings by drawing a picture and then showing a trusted adult, your family, or a friend.



Can you **voice** your feelings? Draw or write them out.





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Vv

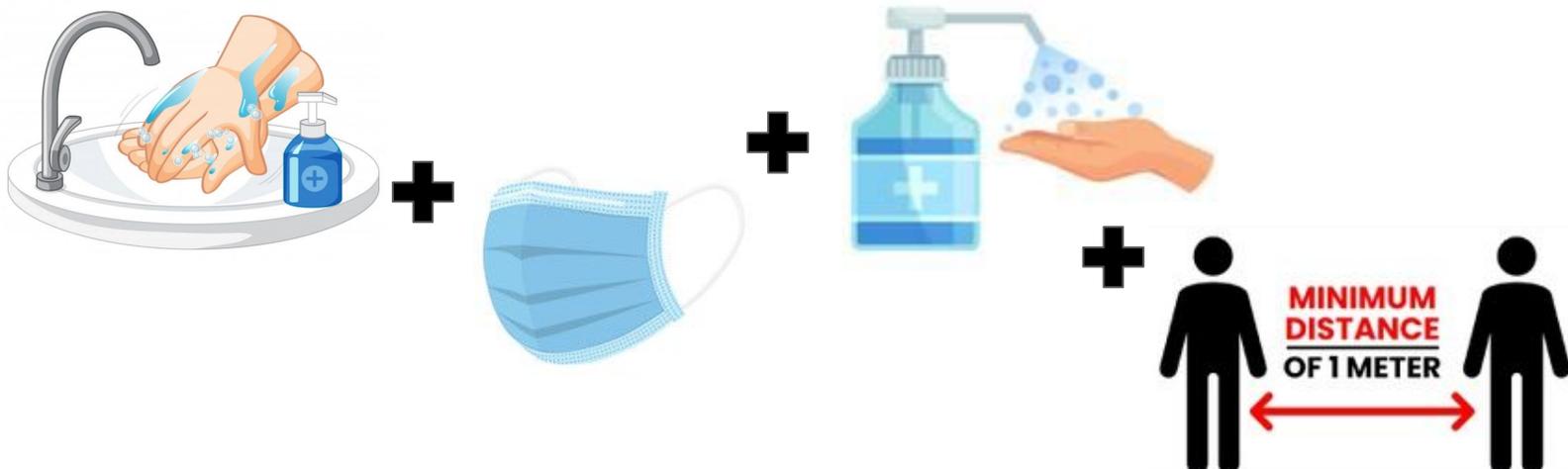


WARNER
uses the letter **V** to keep others healthy by staying home when he has a **virus**.

Viruses make you and others sick.



Some ways to make sure you don't spread a **virus** is by:



Did you know?
Certain **viruses** can be prevented with **vaccines** to help keep you healthy!





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Visualization is when you imagine yourself doing something *before* you actually do it, so that it your brain gets practice.



What do you **visualize** yourself doing to be healthy?





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Vv



Sport

uses the letter **V** to be healthy by playing **volleyball**.



Volleyball is a game where you don't want to let the ball hit the ground. You can play with friends, family, or by yourself!



Color in the **volleyball**!



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

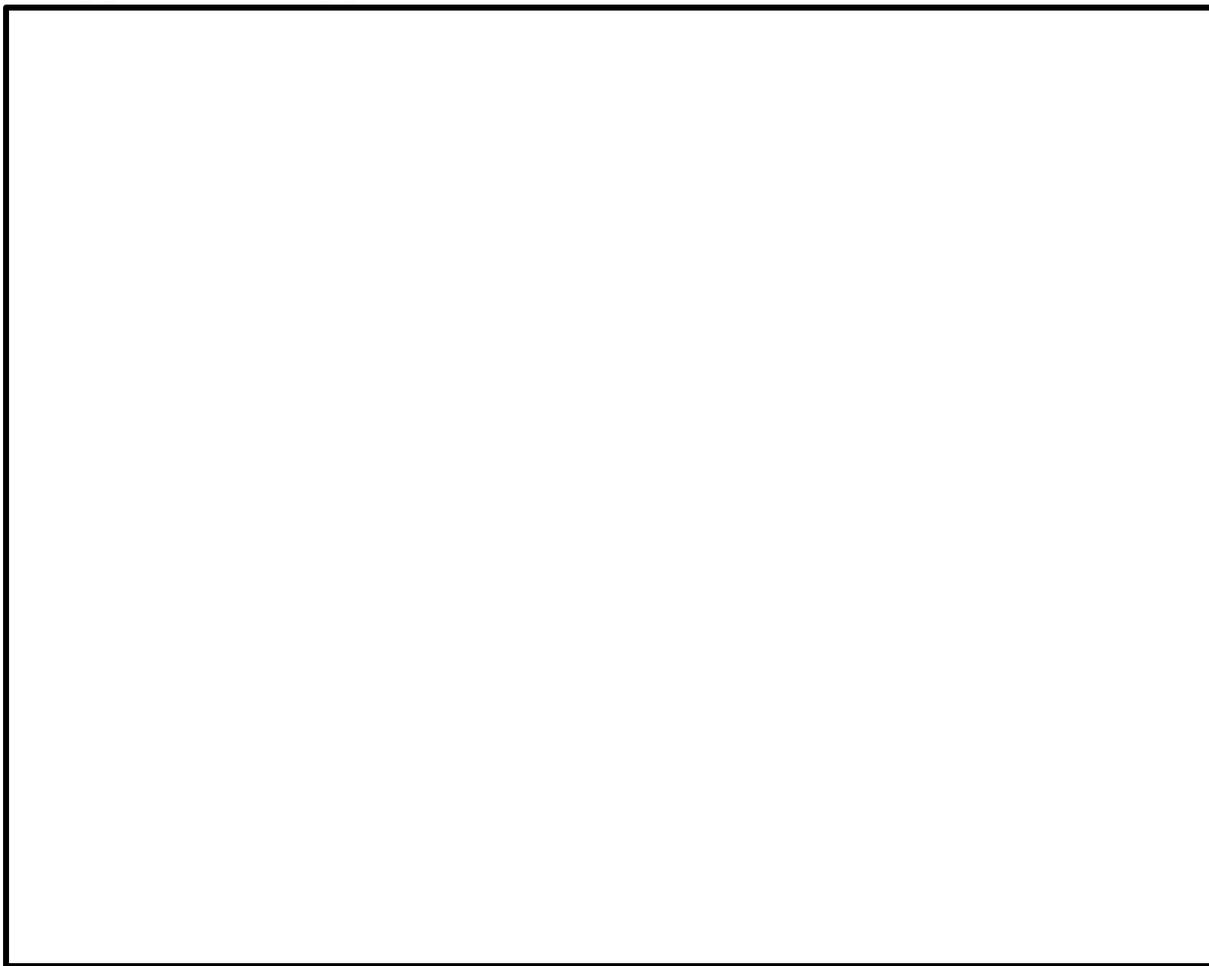
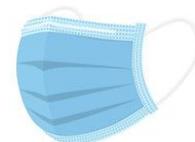


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Draw a picture of how you're going to use the letter **V** to be more healthy.

Vv



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



Health Standards

- 1.1.N Name a variety of healthy foods and explain why they are necessary for good health.
- 1.3.N Describe the benefits of being physically active.
- 1.2.N Identify a variety of healthy snacks.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 1.5.G Name body parts and their functions.
- 1.1.P Identify effective dental and personal hygiene practices.
- 1.4.P Explain why the transmission of germs may be harmful to health.
- 7.2.P Demonstrate ways to prevent the transmission of germs (e.g., washing hands, using tissues).
- 7.2.M Describe positive ways to show care, consideration, and concern for others.
- 1.5.P Identify practices that are good for the environment, such as turning off lights and water, recycling, and picking up trash.

