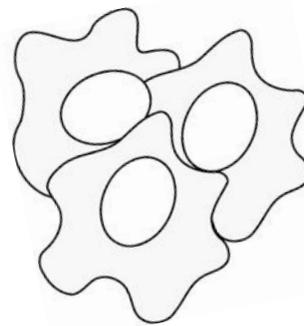




Using the letter

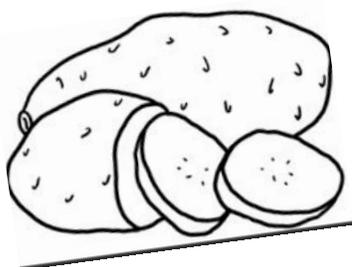


YO-YO

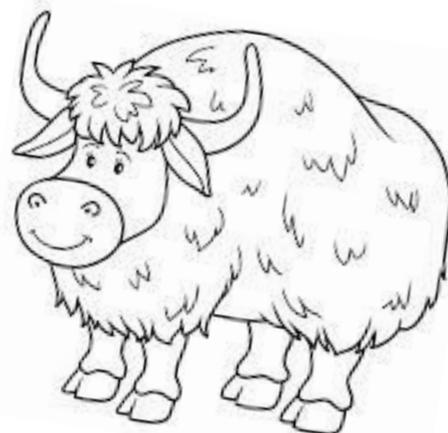


YOLK

Yy



YAMS



YAK

to be more healthy





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Being Healthy from A to Z



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

Yy

Trace and write these words 3 times each.

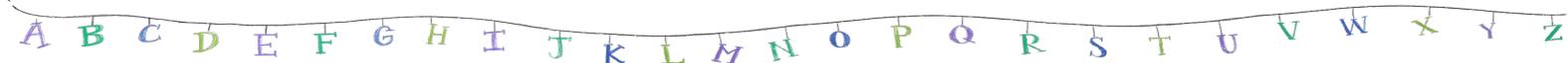
You You

Yes Yes

Your Your

Color in the word **yes**.

YES





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BERRY

uses the letter **Y** to be healthy by eating **yellow** fruits.

Yy



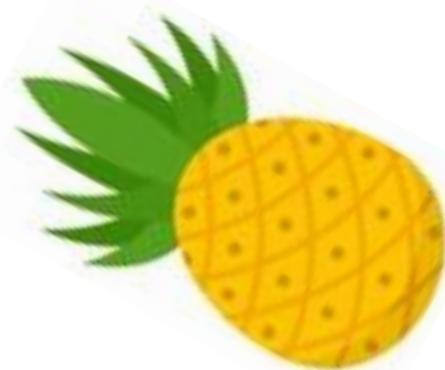
Lemon

Lemons help **your** heart to be healthy.



Banana

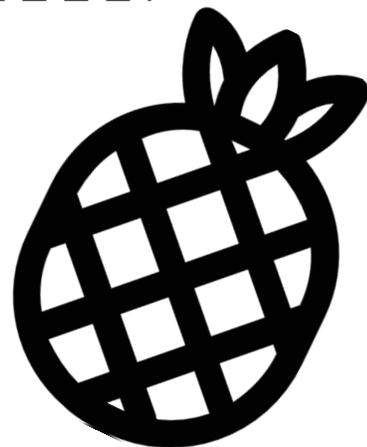
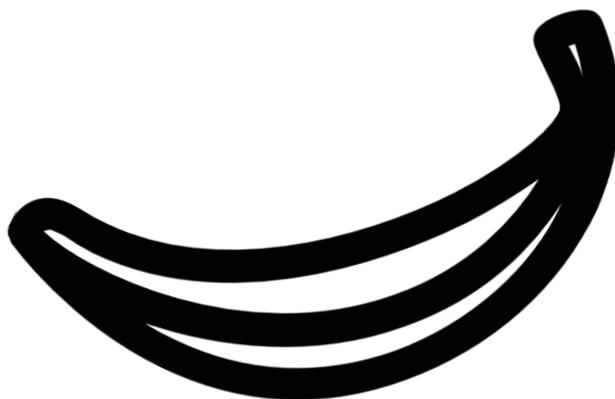
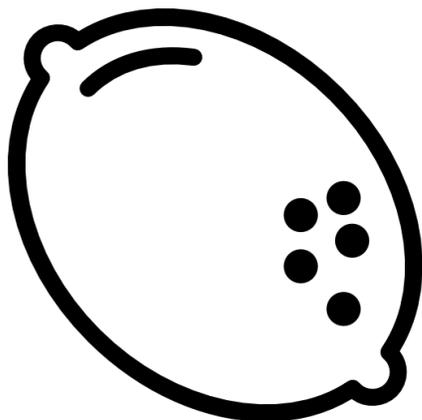
Bananas are one of the most popular fruits in the world! They help **your** body heal faster.



Pineapple

Pineapples help keep **you** healthy, build strong bones, and cure an upset stomach.

Color in **your** favorite **yellow** fruit!



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



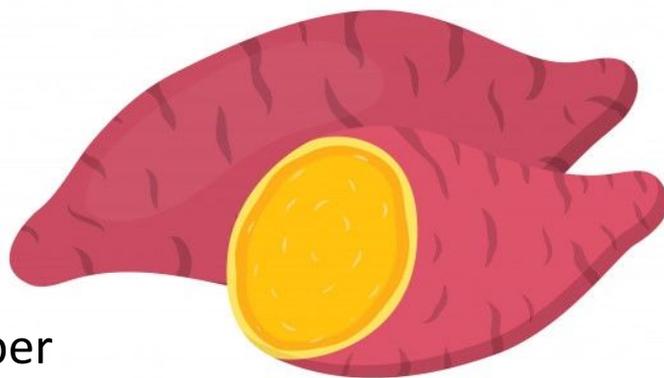
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Being Healthy from A to Z

Yy



BROC
uses the letter **Y**
to be healthy by
eating **yams**.



Broc loves **yams**! **Yams** have lots of fiber and keep **you** healthy. They help **you** grow and make **your** bones strong, too!

Yam

Draw and color **your**
yam.





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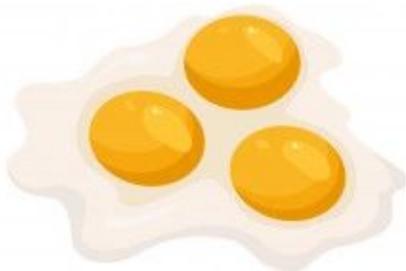
Being Healthy from A to Z

Spoon uses the letter **Y** to eat egg **yolks**!



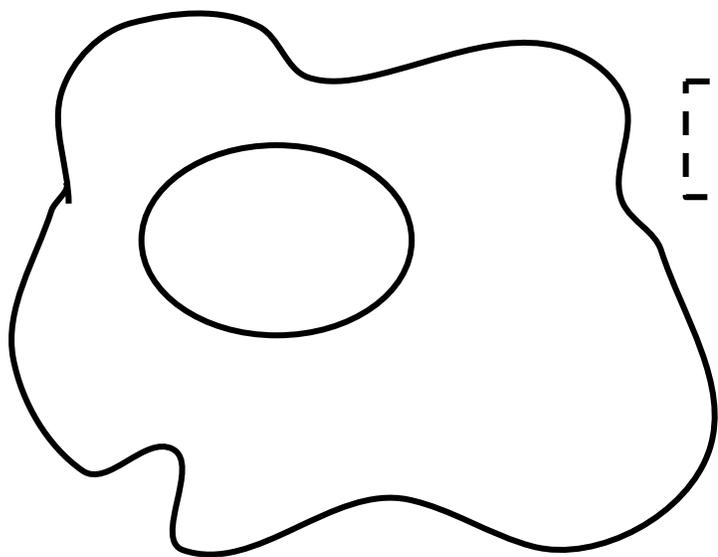
Yy

Egg **yolks** give scrambled eggs a **yellow** color, because **yolks** are usually **yellow**!



FUN FACTS!

1. Egg **yolks** can come in lots of different colors!
2. **You** need to keep eggs in a fridge!
3. Egg **yolks** keep **your** eyes and brain healthy!



Color in the egg and **yolk.**





Yy



Yam Fries



Instructions: **Adult Supervision Required**



- Wash your hands!
- Scrub potatoes; cut each into thin strips (1/4 inch).



- Combine oil and next 3 ingredients in a large bowl; stir well.



- Add potatoes and toss well to coat.
- Arrange in a single layer on a baking sheet coated with cooking spray.
- Bake at 425F for 25 minutes or until browned, turning potatoes after 15 minutes.



Ingredients:

- 2 large unpeeled yams



- 1 tablespoon olive oil



- 1 teaspoon ground cumin



- 1 teaspoon ground cinnamon



- 1/4 teaspoon pepper



- vegetable oil





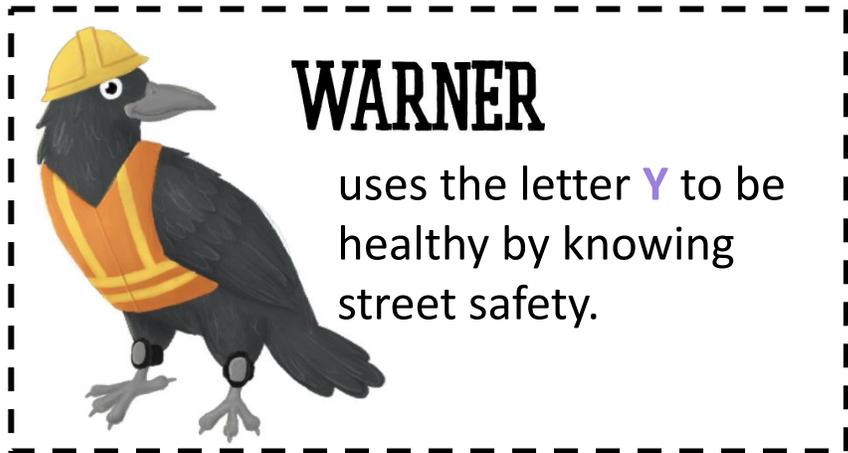
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Yy



The **yellow** traffic light means to slow down and get ready to stop.

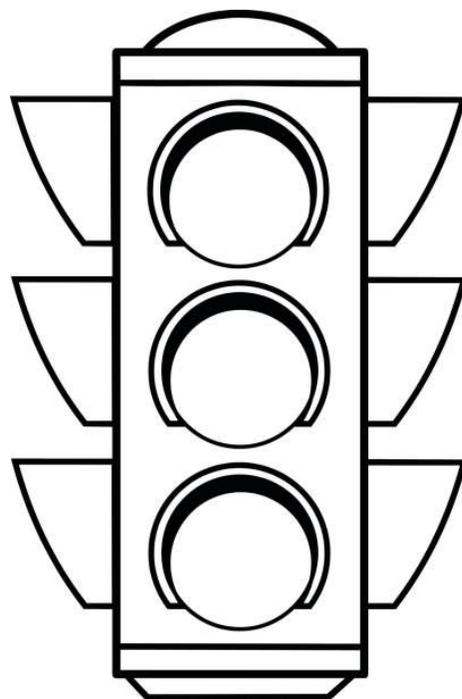


WARNER

uses the letter **Y** to be healthy by knowing street safety.

Remember: **yellow** lights or signs means "Go Slow!"

Color in the light that should be **yellow**.





Yy



WARNER
uses the letter **Y** to be healthy by **yelling** for help when he's in danger.

HELP! SOMEONE
PLEASE HELP ME!



Yelling for help makes people notice **you** when **you** are in danger. People will come and help **you** when they hear **yelling**.

Here are some things **you** can **yell** if **you're** in danger:

- Help me!
- I don't know this stranger, leave me alone!
- NO! Go away! I don't know **you**!

What else can **you yell if **you** need help?**

- _____

- _____

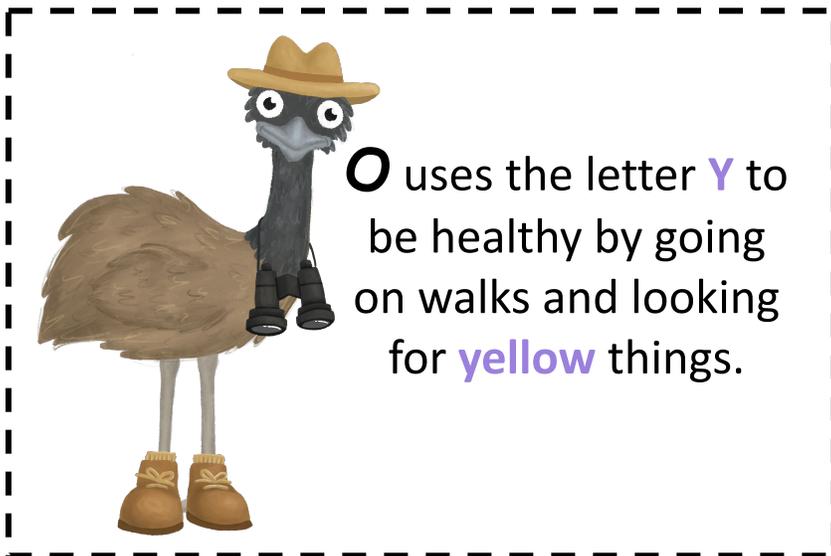
- _____



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Being Healthy from A to Z

Yy



O uses the letter **Y** to be healthy by going on walks and looking for **yellow** things.

Yellow is a happy color, and O likes to look for things that are **yellow** when he goes on walks!

Circle all the **yellow** things you can find on a walk.



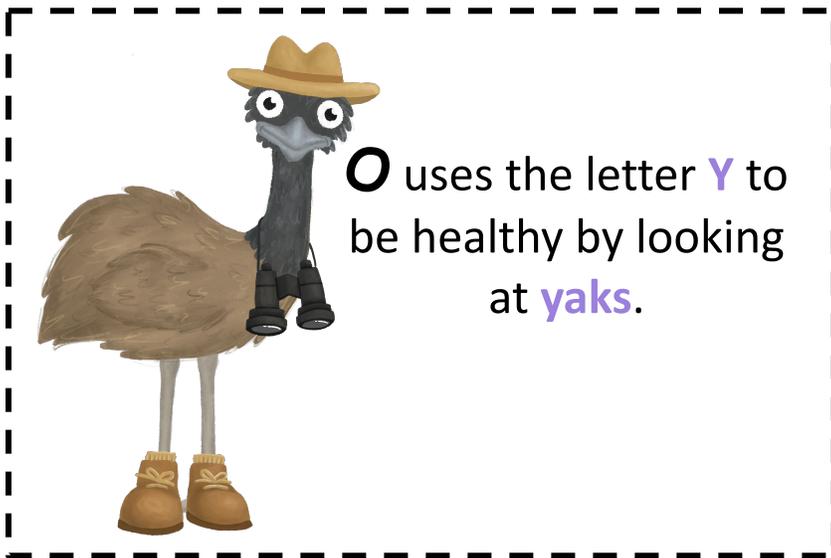
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



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Being Healthy from A to Z

Yy



O uses the letter **Y** to be healthy by looking at **yaks**.

Yaks are a type of cow!

Color in the **yak**.



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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Yy



AGUA

uses the letter **Y** to be healthy by going **yachting** with his family!

Yachting is when **you** cruise on a **yacht** and enjoy time with **your** friends and family.



A **yacht** is a boat that **you** use that has rooms and supplies so **you** can spend the night on it.



Caw Caw*

Don't forget to wear a life jacket when **you** go in the water! Always have an adult watching **you** too.





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Being Healthy from A to Z

Yy



Sport

uses the letter **Y** to be healthy by doing these activities that start with "Y".

Playing with a **yo-yo** is fun! **You** can learn cool new tricks and make friends with this hobby.



Yoga helps **you** to be more flexible and is a good way for **you** to relax.



Circle the activity **you** would do!





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Yy



uses the letter **Y** to be healthy by doing **yoga** to center herself.

Yoga is a mindful activity.

You can do **yoga** to center **yourself** while **you** meditate!

Yoga can also lower stress!

Can **you** do one of these **yoga** poses and hold it for 10 seconds?

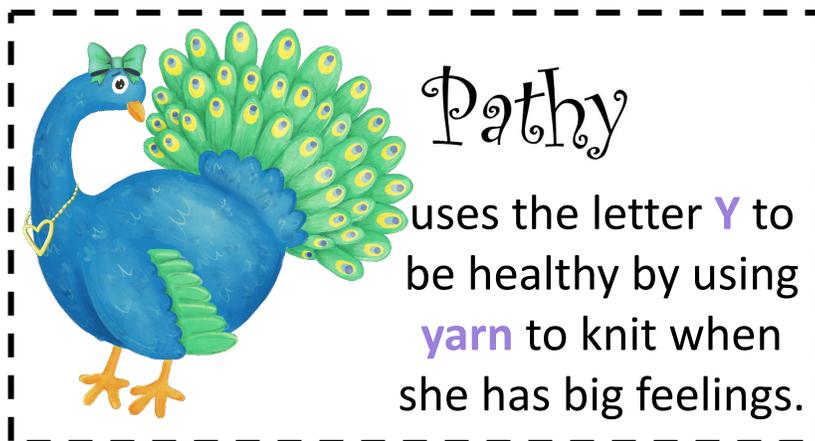


A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



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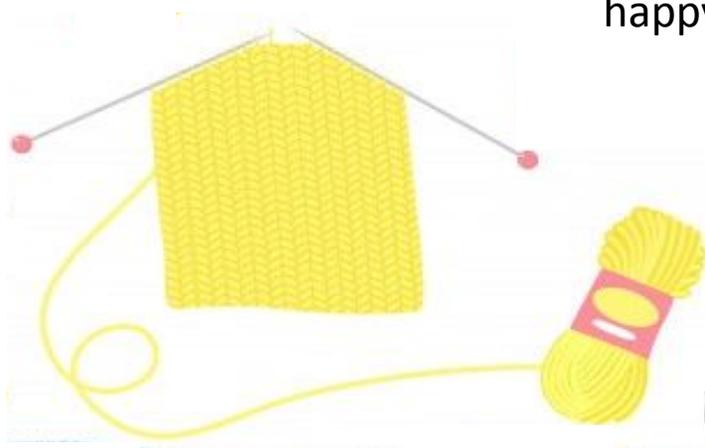


Pathy

uses the letter **Y** to be healthy by using **yarn** to knit when she has big feelings.

Yy

Pathy loves using the color **yellow** for her **yarn** because **yellow** is a happy color!



The act of using **yarn** and creating an object is called knitting. Knitting is thousands of **years** old!

DID YOU KNOW?

It is proven that knitting can lower heart rate and blood pressure!

You can knit lots of things with **yarn**, like socks, beanies, sweaters, blankets, and scarves!



Write what **you** would knit with **yarn**!



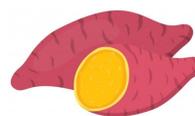
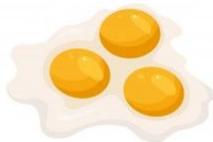
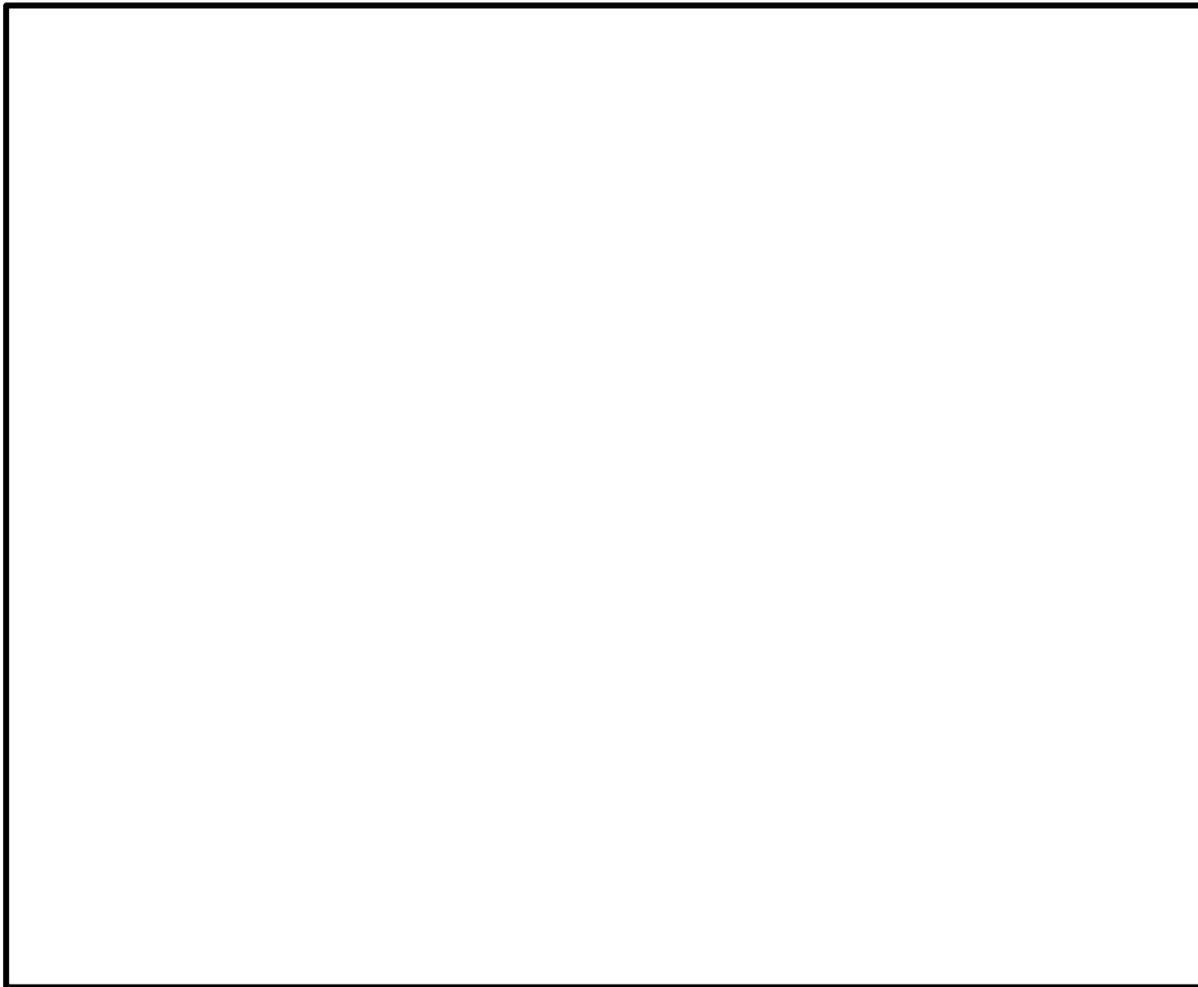
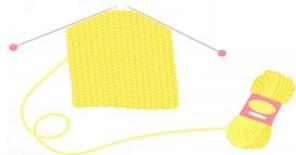


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Yy

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



Health Standards

- 1.1N Name a variety of healthy foods and explain why they are necessary for good health
- 1.2N Identify a variety of healthy snacks
- 1.3N Describe the benefits of being physically active.
- 7.1N Select nutritious snacks
- 1.1S Identify safety rules for the home, the school, and the community
- 1.2S Identify emergency situations.
- 1.8S Identify ways to stay safe when crossing streets, riding a bicycle, or playing.

