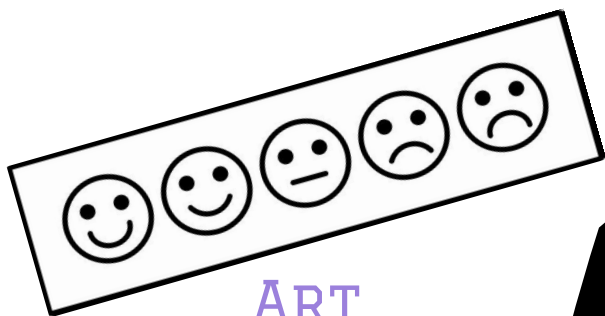
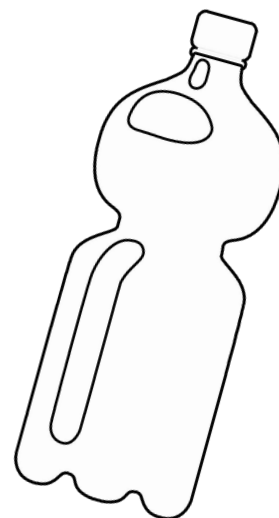




Using the letter



ART



AGUA

Aa



APPLE



ARTICHOKE

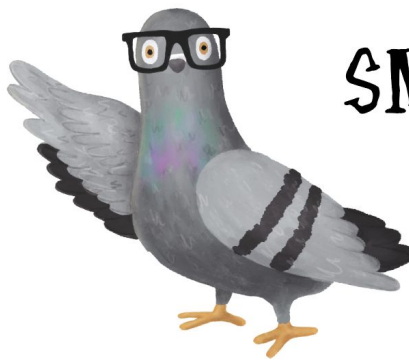
to be more healthy





Dr. Patricia's
HEALTH CLUB
Being Healthy from A to Z

Aa



SMED

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

Trace **and** write these words three times each.

A A

Are Are

And And

Can you color in
this **avocado**?



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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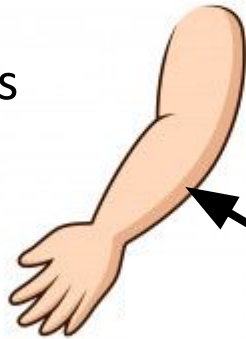
Aa



SMED uses the letter **A** to make his brain healthy by learning parts of the body that start with **A**.

The letter **A** is the first letter of many parts of your body.

Arms: allows us to extend and reach for items



Try pointing to these body parts!

Abdomen: also called your tummy

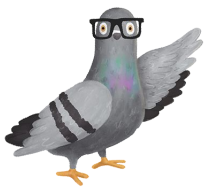


Ankle: allows us rotate our foot



1

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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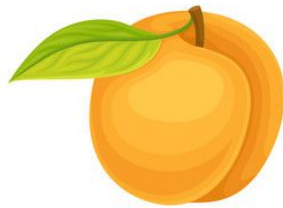


BERRY uses the letter
A to be healthy
by eating
fruits.

Aa

Can you draw these fruits?

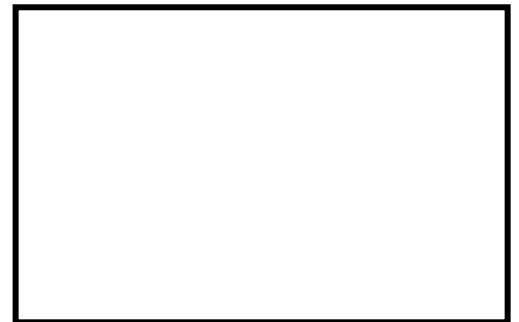
Apricot



Apple



Acai Berries



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



uses the letter **A** to be
healthy by eating **apples**.

Aa

Apples can come in many colors!



Red

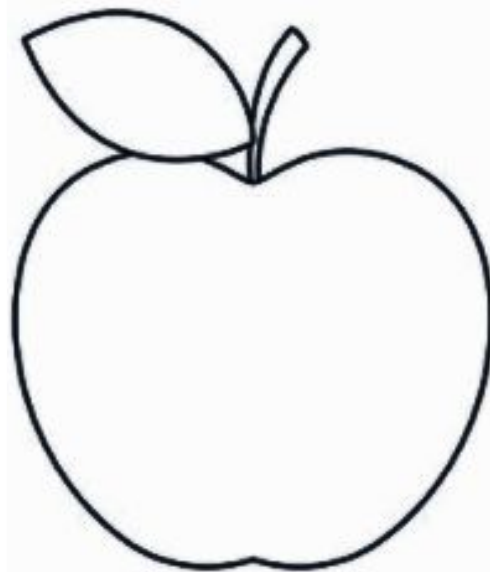


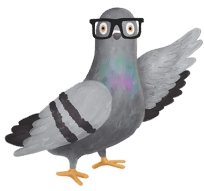
Green



Yellow

What color will your
apple be?





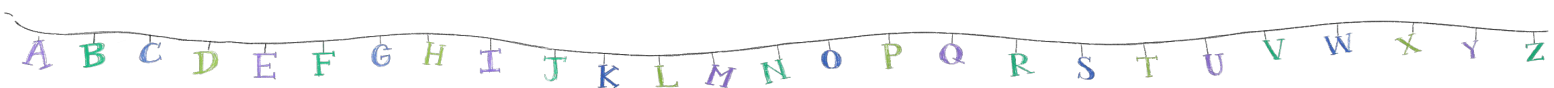
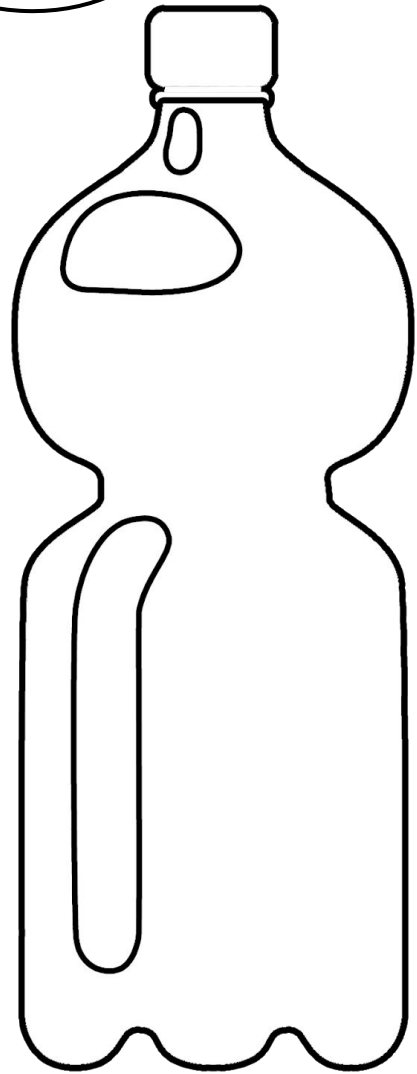
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Aa

Color Agua's
water bottle!





Aa



BROC uses the letter
A to be healthy
by eating
vegetables.



Asparagus



Avocado



Artichoke



Acorn Squash

Draw **an A** vegetable below.





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Aa

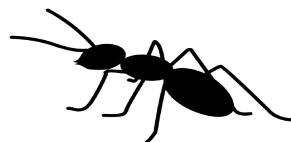
O sees **ants** on the trail.



O uses the letter **A** to be healthy by going outside for fresh **air**.



Count the **ants** he sees.



How many **ants**? _____

Answer: 10

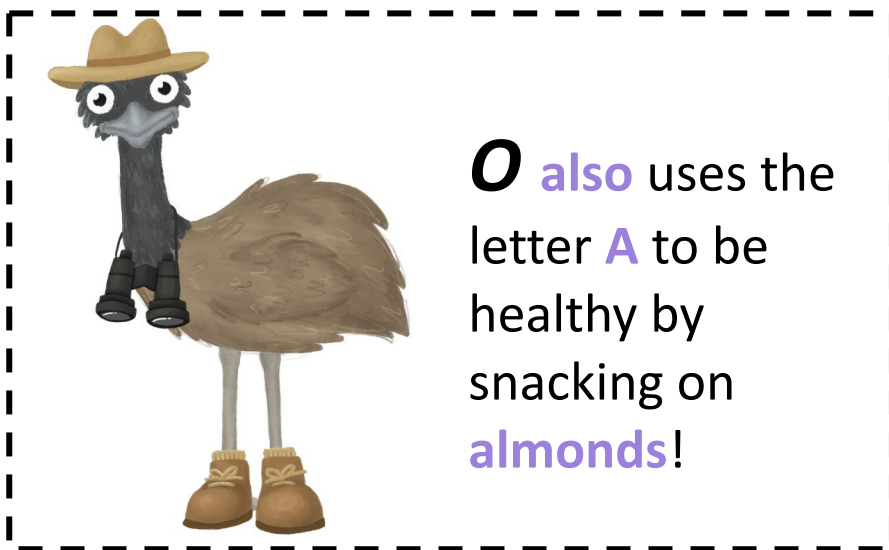
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

ILLUSTRATION CREDITS:
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For more activities, visit www.drphc.org



Aa



O also uses the letter **A** to be healthy by snacking on **almonds**!

Here **are** different ways you can enjoy **almonds**:



→ Spreading **almond** butter on **an apple**!

Drinking **almond** milk!



→ Snacking on raw, unsalted **almonds**!

Can you circle which
way you want to have
almonds?

Aa

Spoon

has **a** delicious recipe that starts with the letter **A**.



Ants on a log

INGREDIENTS:

- 2 Stalks celery
- Almond or peanut butter
- Raisins



INSTRUCTIONS:

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



2. Cut and clean 1 piece of celery. Make sure an adult is there to cut celery.



3. Spread enough peanut butter or almond butter into the groove of the celery.



4. Place the raisins on top so they look like ants (on a log)



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

Aa

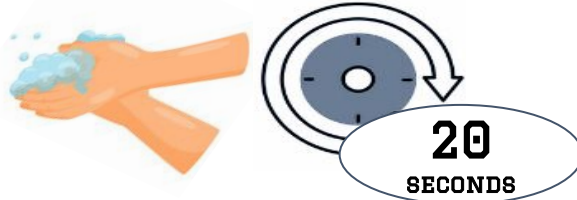
Avocado toast

INGREDIENTS:

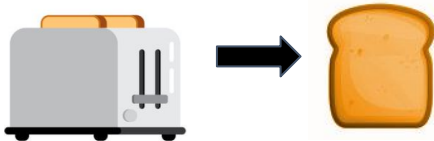
- 1 slice of 100% whole wheat, toasted
- ½ of an avocado
- salt and pepper, to taste

INSTRUCTIONS:

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



2. Take 100% whole wheat bread and toast it



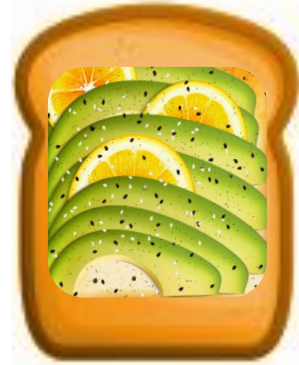
3. Ask your parent to cut an avocado in half and scoop out the pit



4. Use a spoon to scoop out avocado and put it on the toast



5. Spread avocado with back of the spoon or a plastic knife



6. Sprinkle salt and pepper to taste

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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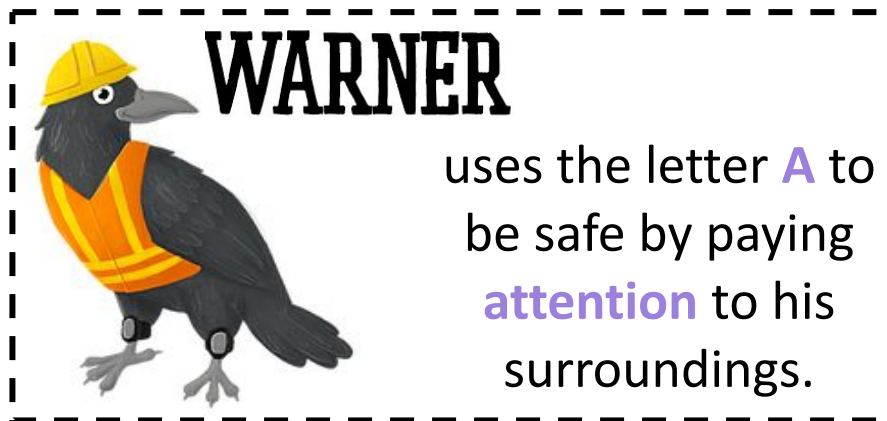
Spoon

has a delicious recipe that starts with the letter A.





Aa



WARNER

uses the letter **A** to
be safe by paying
attention to his
surroundings.

Paying **attention** will help
you be safe!

You need to be **aware** of what is
around you so you don't get hurt.



What **are** some things that you can do to pay
attention to what's **around** you?

- _____
- _____
- _____



Aa



Sport uses the
letter **A** to
be **active**!

Can you circle which **activity** you would like to try?



Air guitar



American football



Archery



Air hockey



Aa



Can you find the **alarm** clock **and** color it in?



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

ILLUSTRATION CREDITS:

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Aa



Pathy

uses **art** to show
her feelings. **All**
feelings **are** okay.



Can you use **art** to draw your feelings?



Aa

Can you draw **a** picture of how
you're going to use the letter **A** 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



Aa

Health Standards

- 1.1.N Name a variety of healthy foods and explain why they are necessary for good health.
- 1.2.N Identify a variety of healthy snacks
- 7.1.N Select nutritious snacks
- 1.5.G Name body parts and their functions.
- 7.2.M Describe positive ways to show care, consideration, and concern for others.
- 8.1.M Encourage others when they engage in safe and healthy behaviors.
- 1.5.P Identify practices that are good for the environment, such as turning off lights and water, recycling, and picking up trash.