



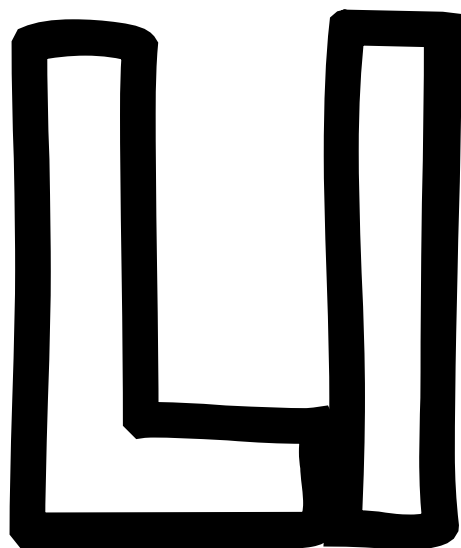
Using the letter



LIFEJACKET



LEMON



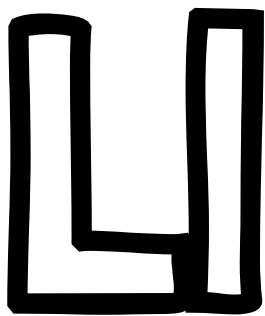
LEGUMES



LUNCHBOX

to be more healthy





SMED

uses the **letter L** to
be healthy by
learning words that
start with **L**.

Trace and write these words two times each.

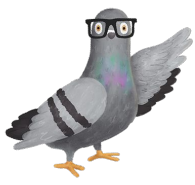
Lamp Lamp

Left Left

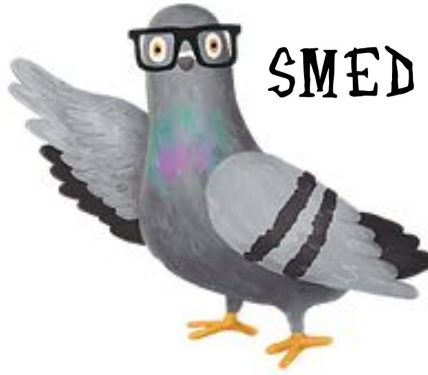
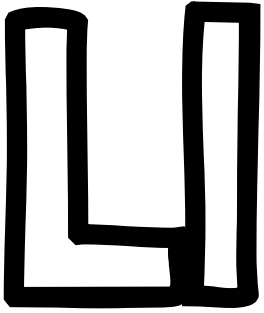
Like Like

Color in this **lamp**!





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



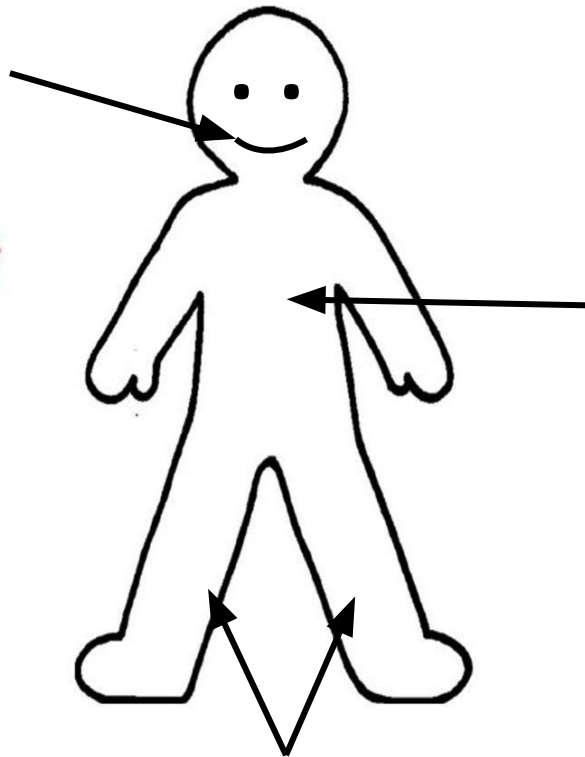
also uses the **letter L**
to be healthy by
learning parts of the
body.

Some important parts of your body start with the
letter L.

Lips



Your **lips** allow
you to chew your
food with your
mouth closed!

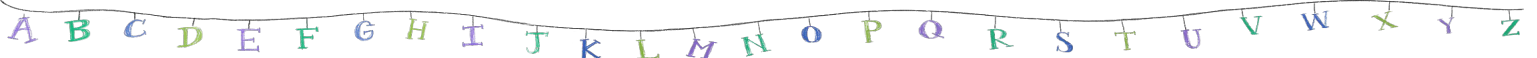


Lungs

Air goes into your
lungs when you
breathe!

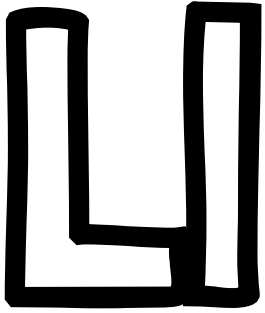
Legs

Your **legs** are the strongest
part of your body!



For more activities, visit www.drphc.org

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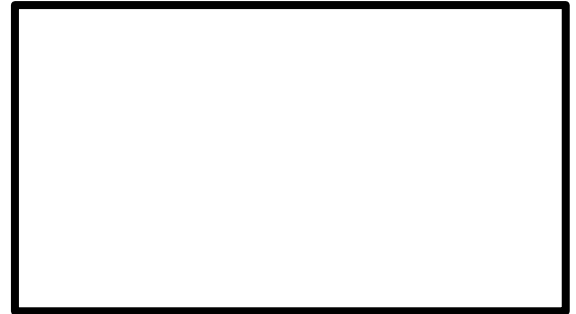


BERRY

uses the **letter L** to
be healthy by
eating **lemons**,
limes, and **lychees**.

Can you draw these fruits?

Lemon



Lime



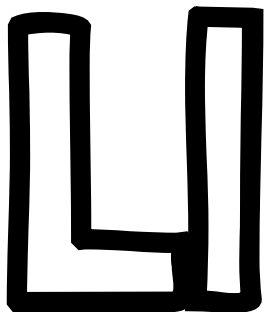
Lychee





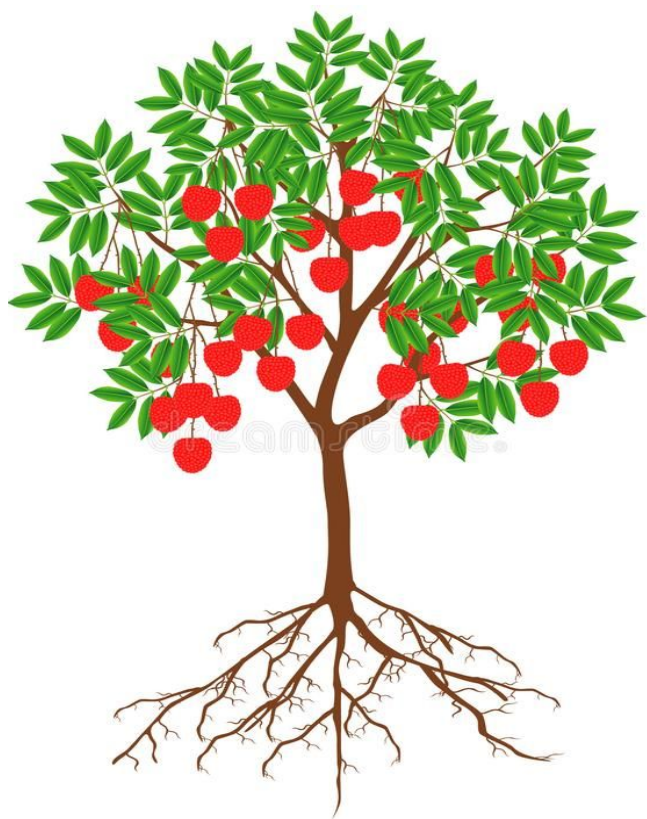
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BERRY

would **like** you to **learn**
about **lychees**.



Lychees are often called the
“Chinese strawberry” because
they come from China and
look like strawberries.

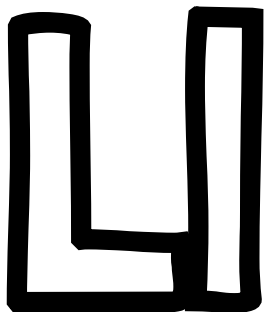
DID YOU KNOW:

Lychee trees can grow up
to 40 - 50 feet tall!

Can you color in these
lychees?



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



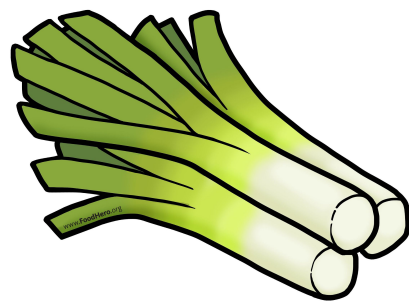
BROC uses the **letter L** to be healthy by eating **lettuce**, **lima** beans, and **leeks**.



Lettuce

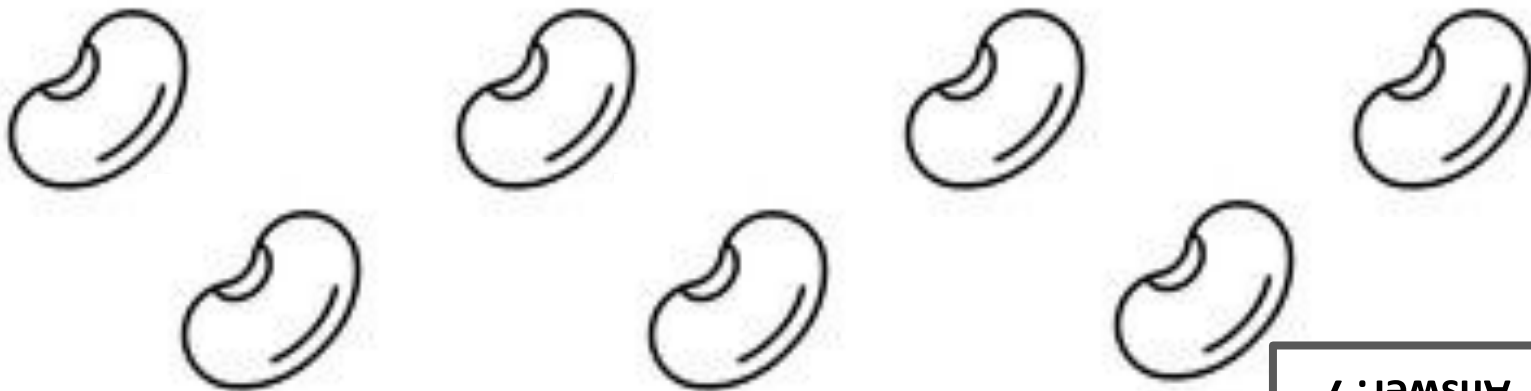


Lima Beans



Leeks

Can you color and count how many **lima** beans there are?

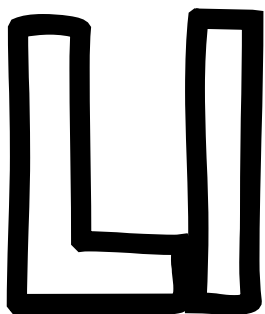


Answer: 7



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Spoon would **like**
to use the **letter**
L to teach you
about **legumes**!



Legumes are pods that grow with seeds inside,
and those seeds can **look** bean-shaped.

Legumes are good
for you because they
are rich in protein!

Legumes help
your digestive
system!

Legumes have a
high amount of
Vitamin B!

Can you circle the **legume** that you would **like** to try?



Black beans

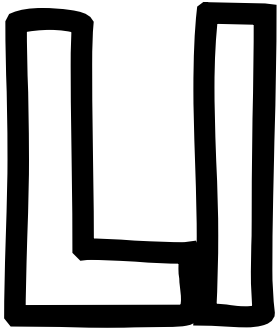


Green peas



Lentils





Spoon has a delicious recipe that starts with the letter **L**!

Lemon Leeks and Sprouts

Ingredients:

- Trimmed leeks (12 oz.)



- Light vegetable stock



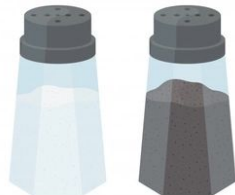
- Trimmed brussel sprouts (8 oz.)



- Fresh lemon juice (2 tbsp)



- Salt and pepper



Instructions:

Parental Supervision Required

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



2. Place the leeks in a pan and add the stock

3.  simmer for 5 minutes

4.  Stir, cover and simmer for another 4-5 minutes

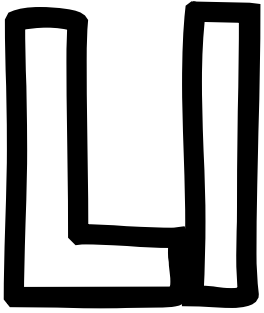
5.  Drain and then add salt and pepper.

6. Enjoy 





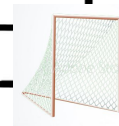
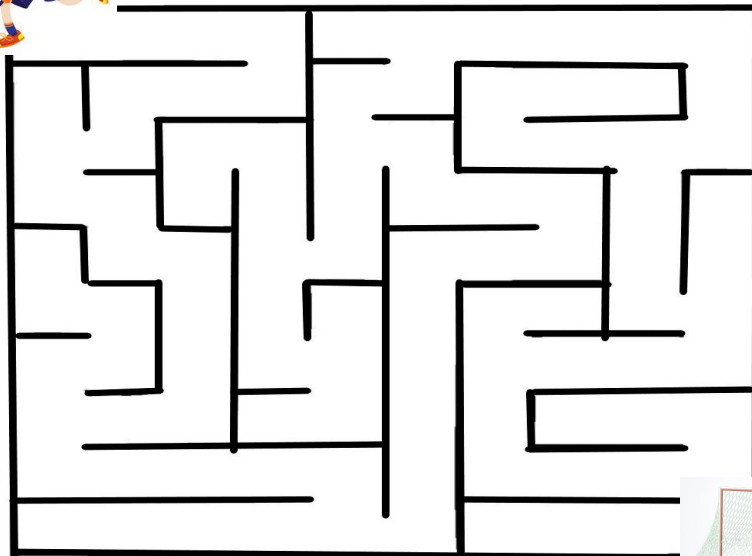
Sport uses the **letter L**
to be healthy by
playing **lacrosse**.

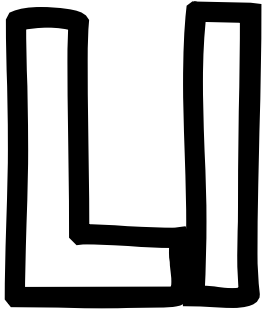


Lacrosse is a game **like** soccer, where teams try to score a goal in the other team's net. Unlike soccer, with **lacrosse** the teams pass the ball to each other using a **lacrosse** stick.



Can you help the **lacrosse** player get to the goal?





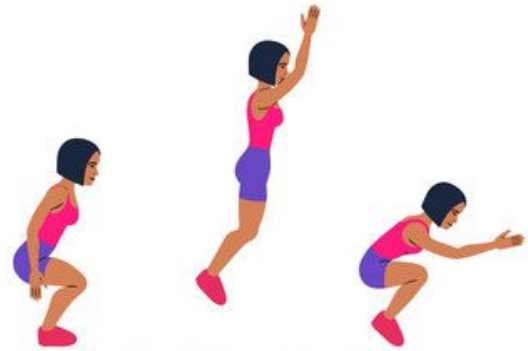
Sport also uses the **letter L** to be healthy by doing these activities that start with **L**.

Match these activities to their pictures.

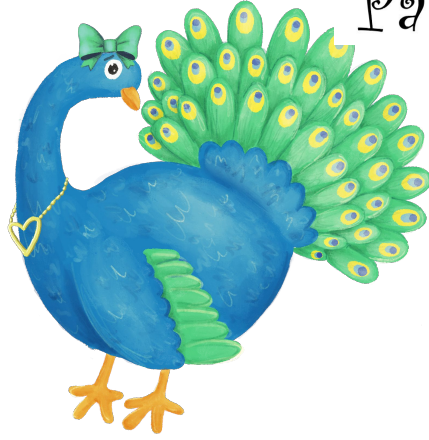
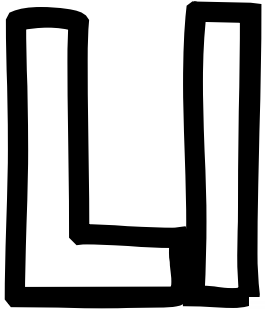
Lunges

Long jumps

Leg lifts



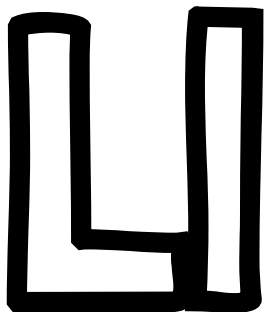
Can you try doing some
lunges or **leg lifts**?



Pathy uses the **letter L** to be healthy by writing **letters** to the people she **loves**.



Write a **letter** to someone you love.



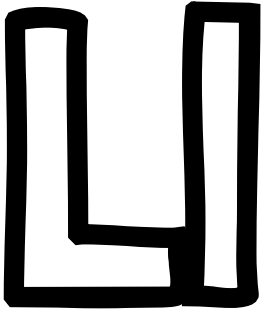
Pathy and Z

use the **letter L** to be healthy by drawing people in their **life** that they **love**.



Draw a picture of someone you **love**.



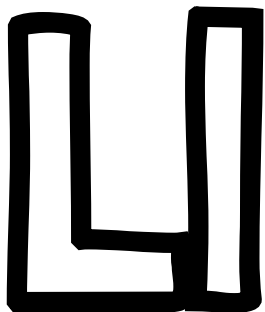


Z uses the **letter L** to be healthy by **listening** to her body.

Turn off your devices when eating so you can **listen** to your body and know when you're full.



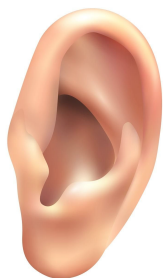
What are some other ways you can **listen** to your body?



AGUA uses the **letter L**
to be healthy by
listening to the
ocean.

Listening is one
of the **5 senses**:

1. Seeing
2. **Listening**
3. Touching
4. Smelling
5. Tasting



What do you like to **listen** to?



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L



AGUA uses the **letter L** to be healthy by wearing a **lifejacket** when he goes on a boat.

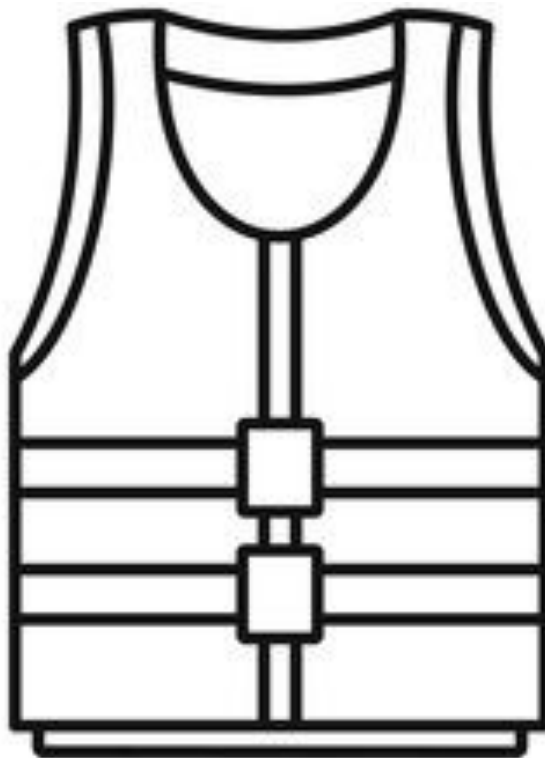


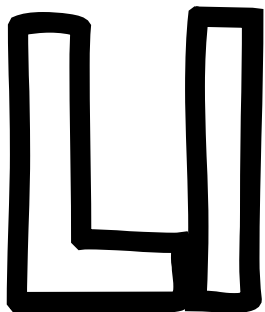
Life jackets keep you safe by helping you float in water.



Caw Caw*
Don't forget to wear a **life** jacket when you go in the water if you can't swim.

Design your
own **life** jacket!





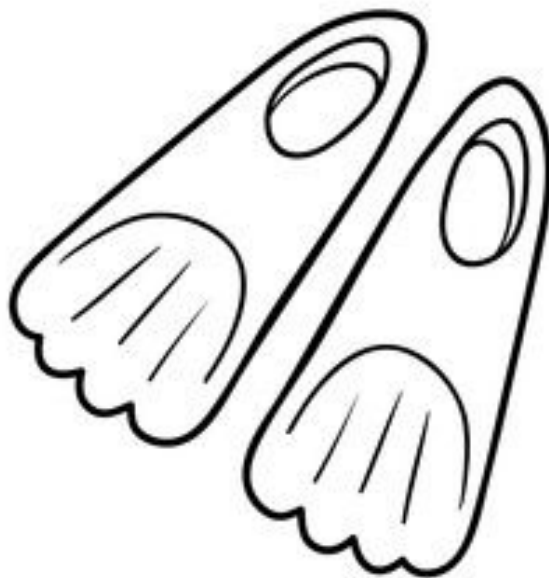
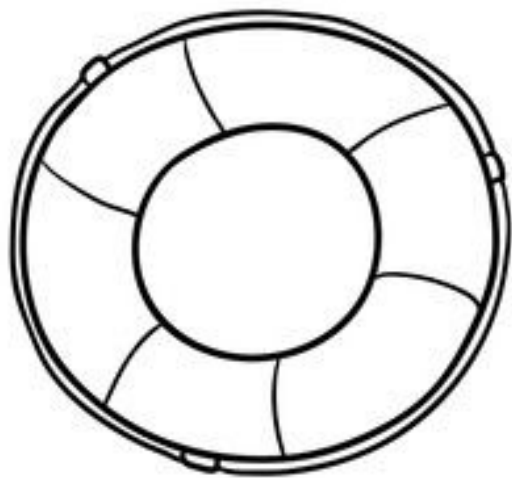
WARNER

uses the **letter L** to be healthy by making sure a **lifeguard** is present when he goes swimming.



A **lifeguard** is someone who makes sure that everyone is safe in the water. He or she has **life**-saving equipment to use in case of an emergency.

Can you color in the **lifeguard's** equipment?





L



O uses the **letter L**
to be healthy by
raking up **leaves**
outside.



In fall, **leaves**
turn **lots** of
different colors!

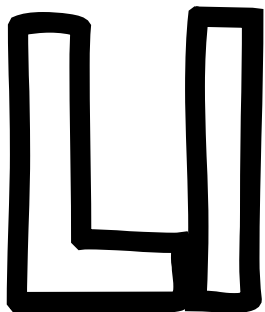
Can you color in these **leaves**?



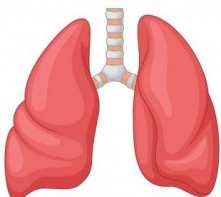


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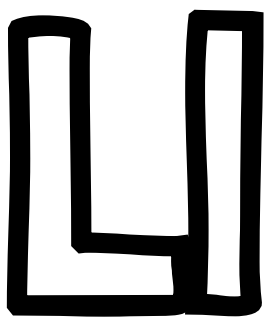
Draw a picture of how
you're going to use the **letter**
L to be more healthy!



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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Health Standards

- 1.5.G Name body parts and their functions.
- 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.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 1.6.G Name and describe the five senses.
- 7.1.S Follow rules for safe play and safety routines.
- 7.2.M Describe positive ways to show care, consideration, and concern for others.
- 3.1.S Identify trusted adults who can help in emergency situations.