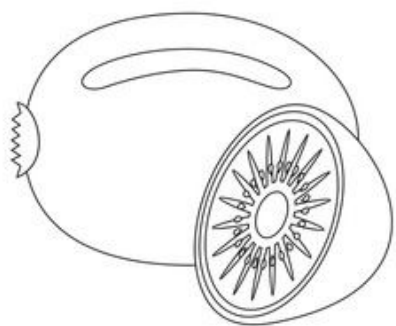
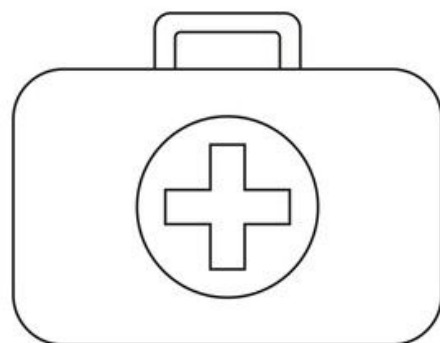




# Using the letter



**KIWI**

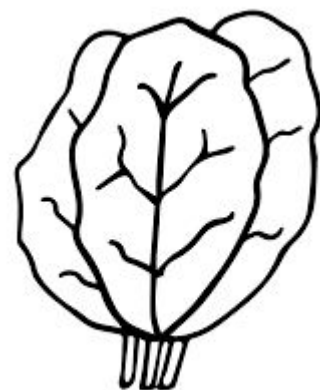


**FIRST AID KIT**



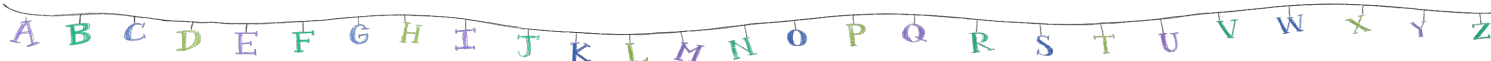
**KOALA**

# KK



**KALE**

# to be healthy





# Kk



SMED

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

Trace and write these words two times each.

Key Key

\_\_\_\_\_

\_\_\_\_\_

Keep Keep

\_\_\_\_\_

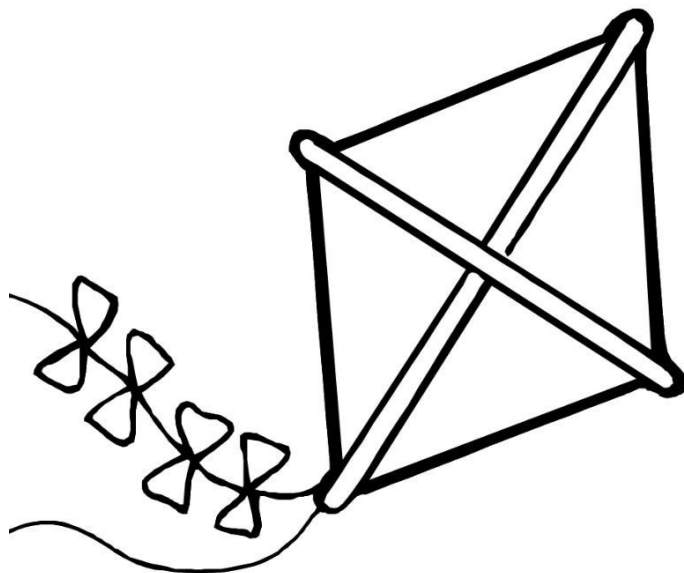
\_\_\_\_\_

Kind Kind

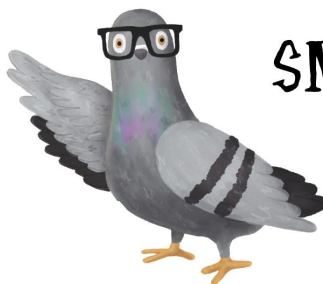
\_\_\_\_\_

\_\_\_\_\_

Can you color in the  
**kite**?



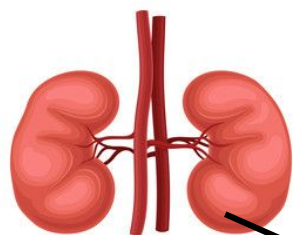
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



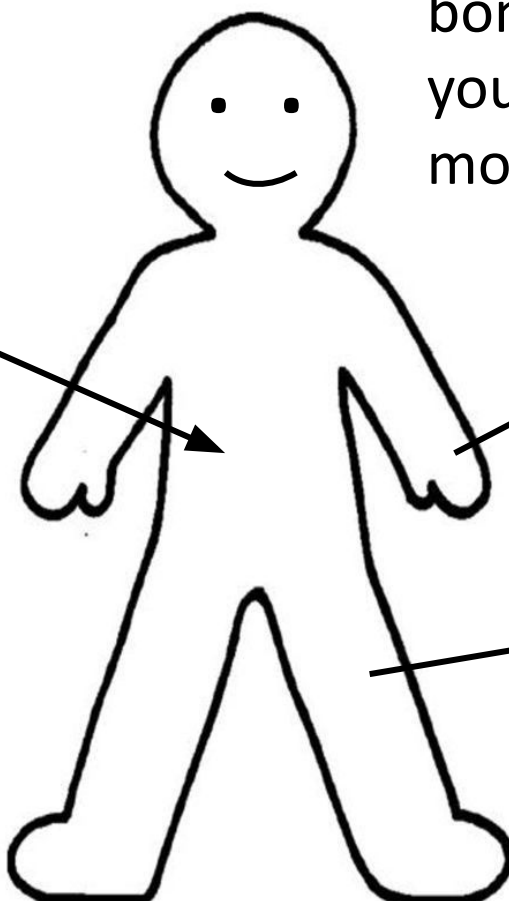
**SMED** uses the letter **K**  
to be healthy by  
learning parts of  
the body.

# Kk

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



**Kidney:** takes out  
waste and cleans  
your body



**Knuckles:** strong  
bones that help  
your fingers  
move



**Knee:** helps your leg  
bend and straighten

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

# Kk

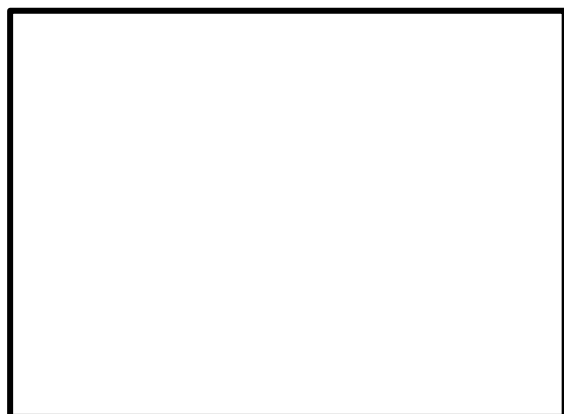


**BERRY** uses the  
letter **K** to be healthy  
by eating **kiwis** and  
**kumquats**.

Can you draw these fruits?

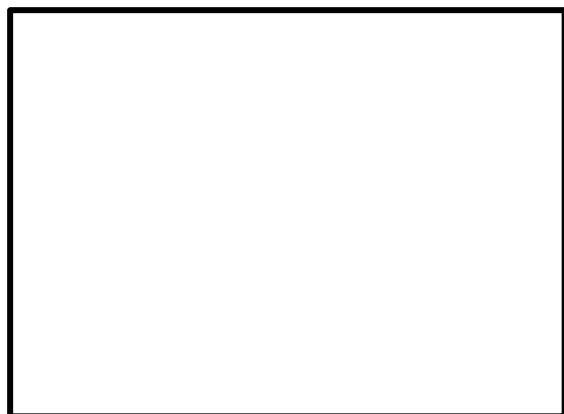
## Kiwi

**Kiwis** boost your  
immune system!



## Kumquat

**Kumquats** have Vitamin  
A and C, which boost  
your immune system  
and eyesight!



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

# Kk



**BROC** eats healthy veggies  
that start with **K**.

Can you find and circle the **kale**  
and **kurrat**?



**Kale**



**Kurrat**



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 **K**!



## Kiwi Sorbet

### Ingredients:

- 8 peeled **kiwis**



- 4 tbsp honey



- 1 tbsp lemon juice



- 4 tbsp coconut milk



### Instructions:

### Parental Supervision required

- Wash your hands and  
use soap



- Peel, Slice, and Freeze  
kiwis



- In a blender, put in  
the frozen **kiwis** with  
honey, lemon juice,  
and coconut milk



- Pour into bowl or put  
in container and  
freeze for later



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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# Kk

**Sport** uses the letter

**K** to be active by  
doing **karate**,  
**kicking** a soccer  
ball, and flying a  
**kite**!



Circle your favorite  
activity.



**Karate**



**Flying a Kite**



**Kicking a soccer ball**

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



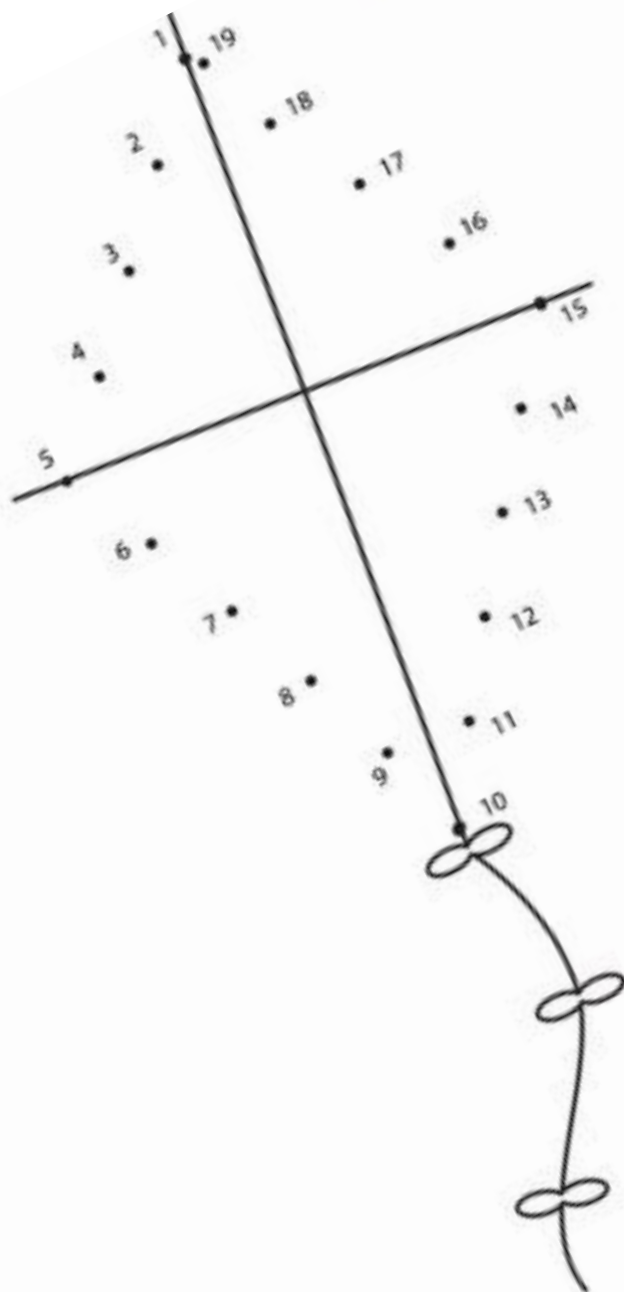
# Dr. Patricia's HEALTH CLUB

Being Healthy from A to Z

# Kk



**Sport** uses the  
letter **K** to be  
active by flying  
her **kite**!



Connect the dots to  
create the **kite**!

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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# Kk



**AGUA** uses the letter **K**  
to be healthy by  
having fun **kayaking**,  
**kiteboarding**, and  
**kneeboarding**.

Match these activities to their pictures.

Kayaking

Kitesurfing

Kneeboarding



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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# Kk



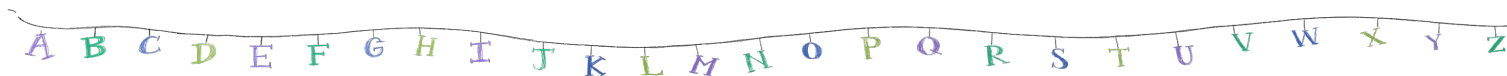
**WARNER** uses the letter **K** to be healthy by always having a first aid **kit**.



**FIRST AID KIT**

Can you guess all of the items Warner has inside his first aid **kit**?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

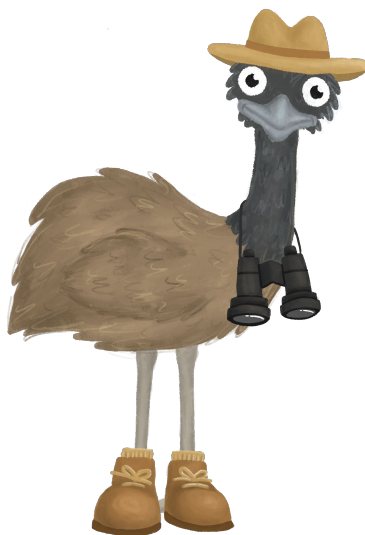




# Dr. Patricia's HEALTH CLUB

Being Healthy from A to Z

# Kk



O uses the letter **K** to be healthy when he goes outside by looking for animals!

On one of his hiking trips, O spotted many animals whose name starts with **K**.

Can you match each animal to their name?



Koala

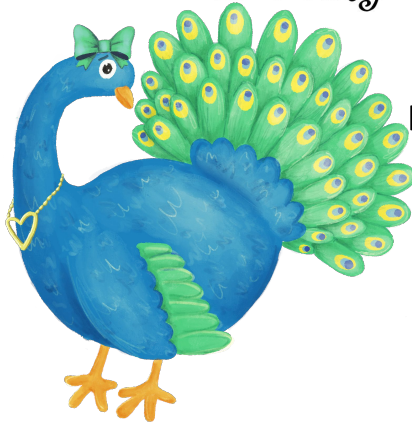
Kangaroo

Kiwi

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



# Kk



Pathy uses the letter **K** to be emotionally and mentally healthy by being **kind** to others.



**Keep** your ears open to listen to others.

Invite a classmate to be your friend.



**Never** forget to smile.



**Don't** forget to say please and thank you.

How will you be **kind** to others?

---

---



# Dr. Patricia's HEALTH CLUB

Being Healthy from A to Z

# Kk



**Z** uses the letter **K** to be healthy by **keeping** herself calm and centered.

Z loves to do some **knitting** and practice some different **kneeling** poses in yoga. This helps her **keep** calm and stress free.



**Knitting**



**Kneeling** yoga poses

Help Z color in the beanie she **knit**!



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



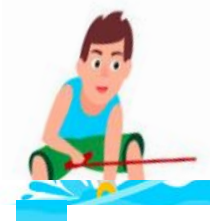
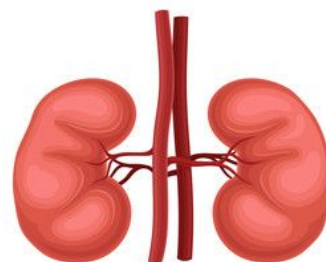
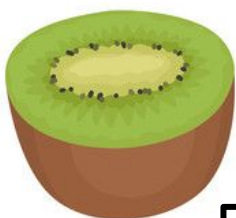


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Being Healthy from A to Z

# Kk

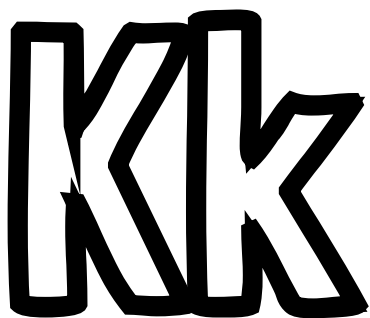
Draw a picture of how  
you're going to use the  
letter **K** to be more healthy.



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

- 1.1N Name a variety of healthy foods and explain why they are necessary for good health.
- 1.2.N Identify a variety of healthy snacks.
- 1.3N Describe the benefits of being physically active.
- 1.5.G Name body parts and their functions.
- 5.1N Describe ways to participate regularly in active play and enjoyable physical activities.
- 7.1N Select nutritious snacks
- 1.5.M Describe and practice situations when it is appropriate to use "Please," "Thank you," "Excuse me," and "I'm sorry."
- 7.2.M Describe positive ways to show care, consideration, and concern for others.