



Dr. Patricia's
HEALTH CLUB

Being Healthy from A to Z

Using the letter

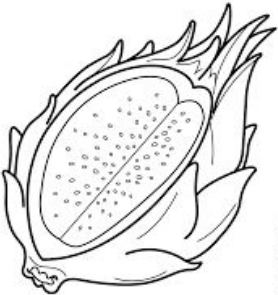


DOG



DATES

Dd



DRAGON FRUIT



DOCTOR

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

ILLUSTRATION CREDITS:
Designed by Freepik
www.freepik.co



Dd



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

Trace and write these words three times each.

Dog Dog

Dad Dad

Did Did

Color in this **dog**!





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

Dd



SMED

uses the letter **D**
to be healthy by
visiting trusted
adults that start
with the letter **D**.



DOCTORS

help your **body** be healthy.



DENTISTS

help your **teeth** be healthy.



DIETITIANS

help your **food** be healthy.

Color in the **doctor**!



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

Dd

Dates

Dates have lots of fiber, which is something your body needs!



Dragon fruit

Dragon fruit has lots of Vitamin C, which helps you not get sick!



BERRY

uses the letter **D** to be healthy by eating these fruits.

Draw these fruits!



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

ILLUSTRATION CREDITS:
Designed by Freepik www.freepik.co

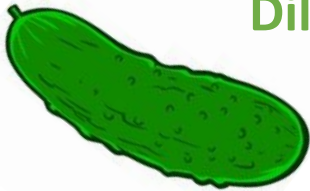


Dr. Patricia's
HEALTH CLUB

Being Healthy from A to Z

Dd

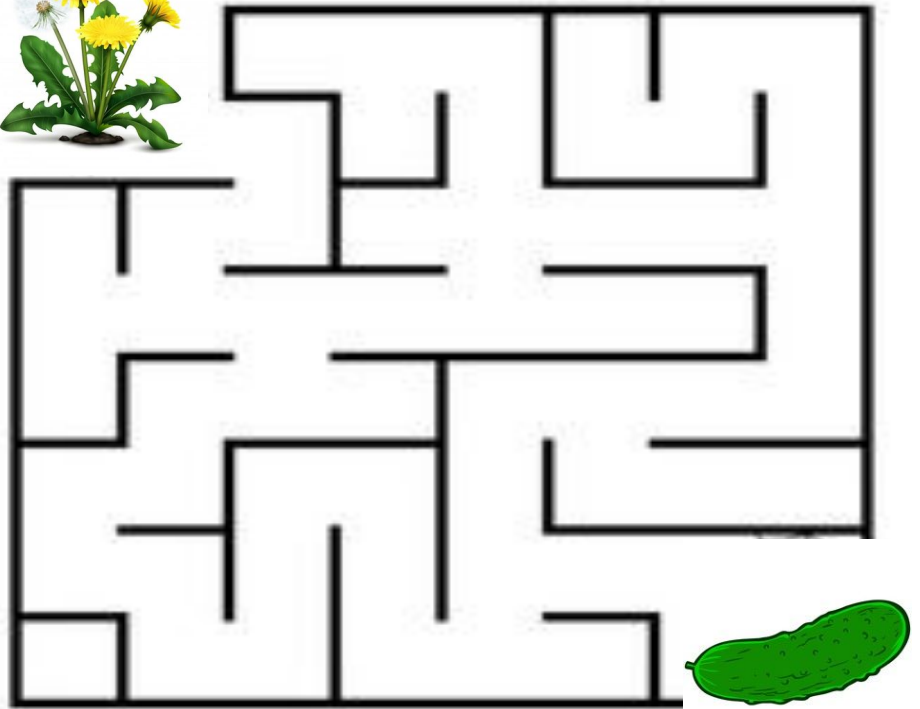
Dandelion greens (the leaves of a **dandelion**)
can be eaten!



Dill pickles are high in Vitamins
A and K!



Can you help
the **dandelion**
get to the **dill**
pickle?



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



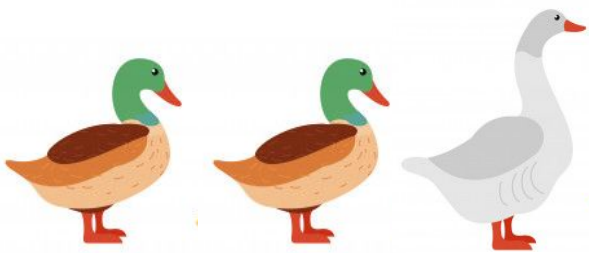
Dr. Patricia's
HEALTH CLUB

Being Healthy from A to Z

Dd



Sport uses the letter **D** to be healthy by **doing** activities that start with “**D**”!

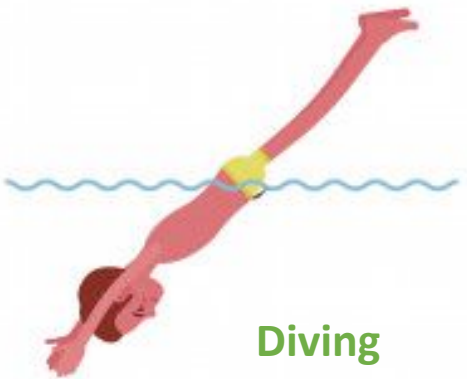


Duck, Duck, Goose



Dancing

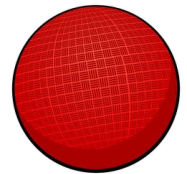
Circle your favorite
“**D**” activity!



Diving



Throwing a
discus



Playing
dodgeball

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

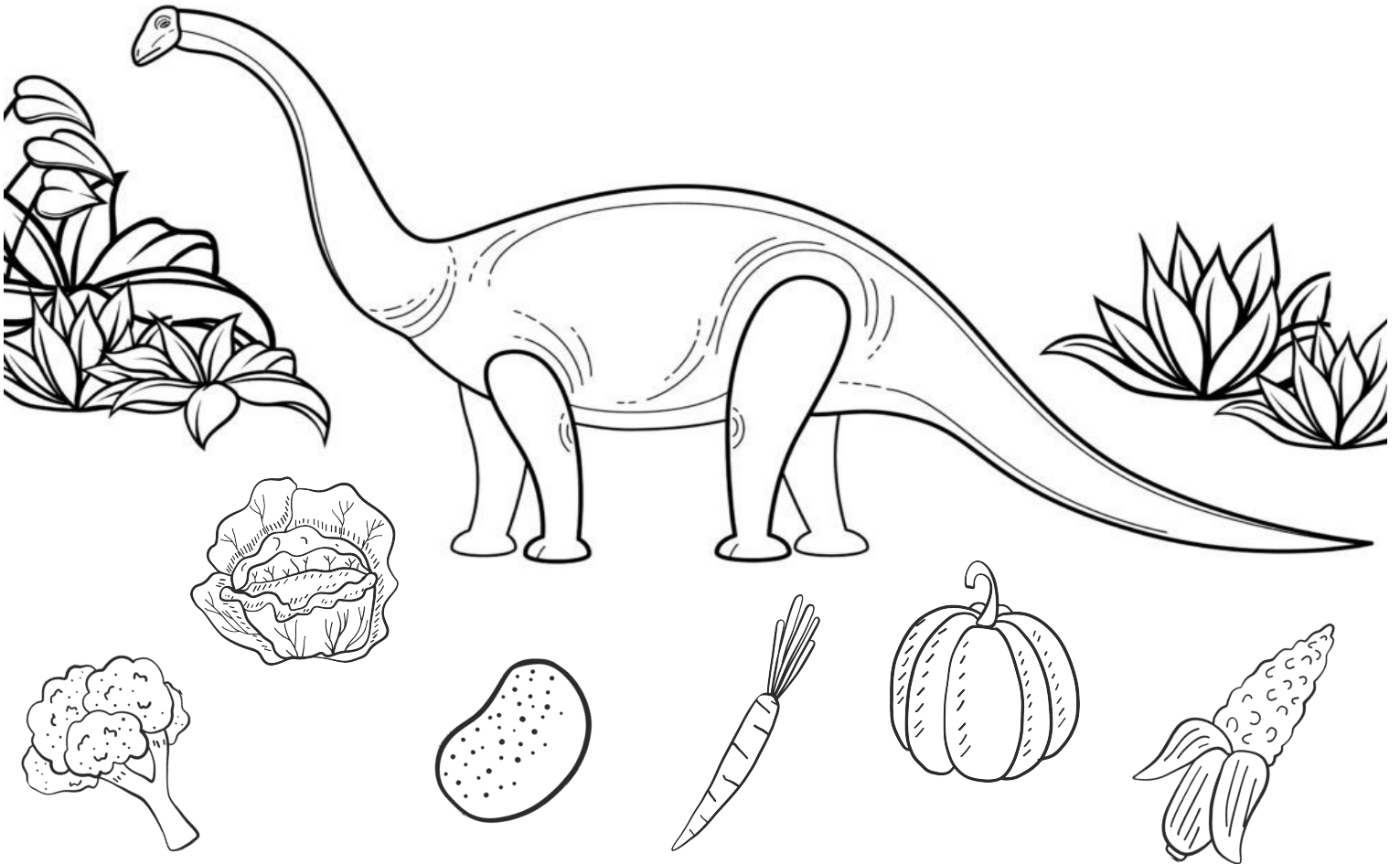
Being Healthy from A to Z

Dd



O uses the letter **D**
to be healthy by
eating natural foods
like **dinosaurs did!**

Color and name your dinosaur!



Name _____

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

ILLUSTRATION CREDITS:
Designed by Freepik www.freepik.co



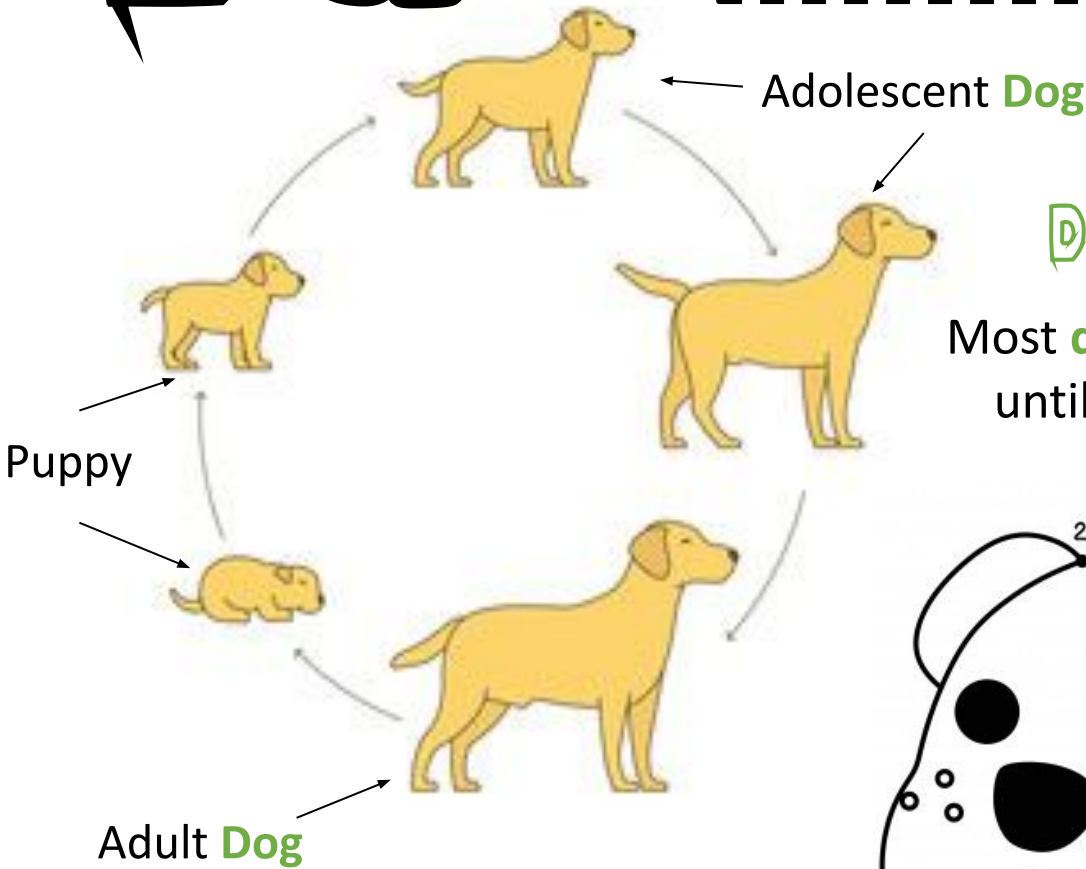
Dr. Patricia's HEALTH CLUB

Being Healthy from A to Z

Dd



O uses the letter
D to be healthy by
discovering how
dogs grow!



DID YOU KNOW:

Most **dogs** aren't fully grown
until they're 2 years old!



Connect the **dots** to make a **dog**!

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

ILLUSTRATION CREDITS:
Designed by Freepik www.freepik.co



Dd

Ingredients:

- 2 Tbsp Almond Butter



- 2 Dates

- 1 Tsp Cinnamon



Spoon has some
delicious recipes
that start with the
letter **D**!!



Sweet **Date** Recipe

Instructions:

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



2. Slice dates in ½ and fill with a spoonful of peanut or almond butter



3. Add dash of cinnamon on top



4. Enjoy!



Dr. Patricia's
HEALTH CLUB

Being Healthy from A to Z

Dd

BROC



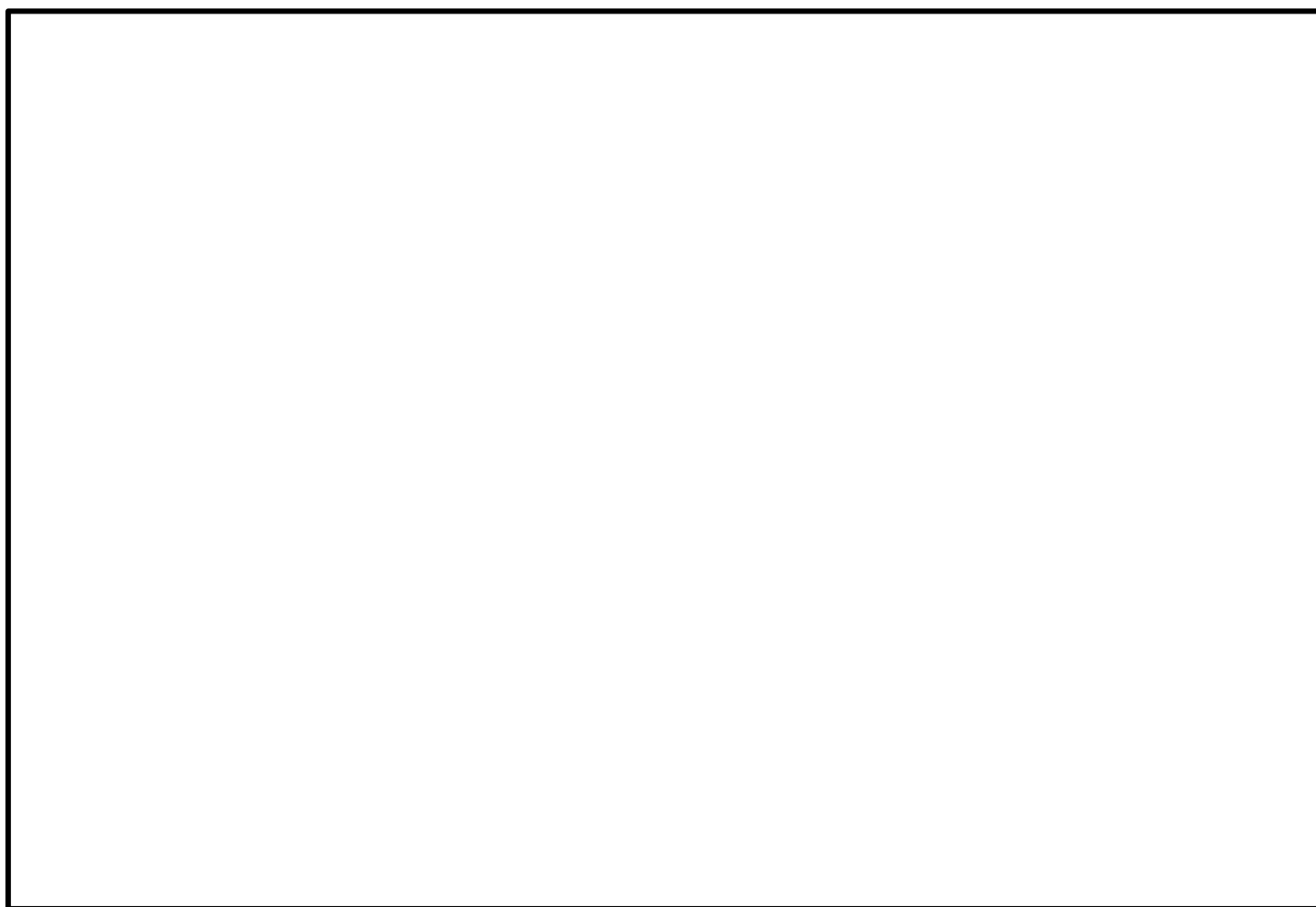
BERRY



and
use the letter **D** to
be healthy by
eating healthy
dinners.

A healthy **dinner** includes a fruit and a vegetable!

Draw a fruit and vegetable to eat with **dinner**.



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

Dd



WARNER

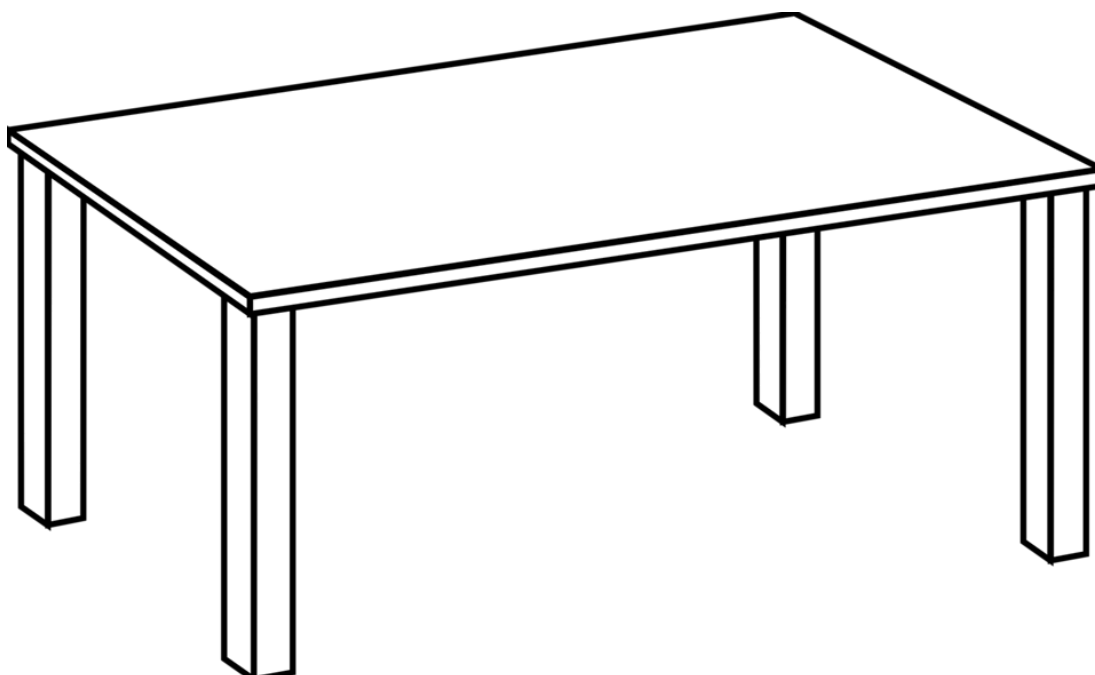
uses the letter
D to be healthy
at **dinner** by
talking about
his **day**.



Always turn off
devices when
you eat.



Can you **draw** your
family at **dinner**?



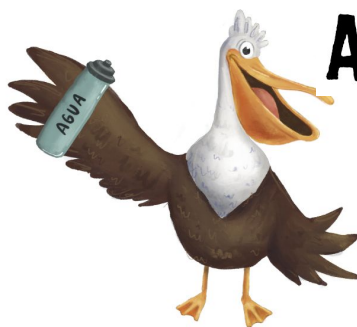
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



Dr. Patricia's HEALTH CLUB

Being Healthy from A to Z

Dd



AGUA uses the letter **D** to be healthy by **drinking** water.

The healthiest **drink** is water!



1 bottle of water =
0 sugar cubes



The best **drinks** have no
sugars!

Can you count the number of sugar cubes in these **drinks**?



chocolate
milk



_____ sugar cubes



soda



_____ sugar cubes



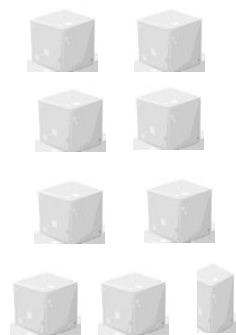
juice



_____ sugar cubes



20 oz
sport
drink



_____ sugar cubes

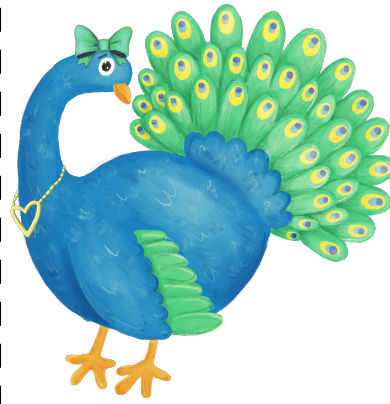
A B C D E F G H I J K L M N O P Q R S T U V W X Y



Dr. Patricia's
HEALTH CLUB

Being Healthy from A to Z

Dd



Pathy

uses the letter **D**
to be healthy by
doing these
activities when
she feels **down**!



Dig in the **dirt**



Play with your **dog**



Drawing



Take **deep** breaths

Circle your favorite!

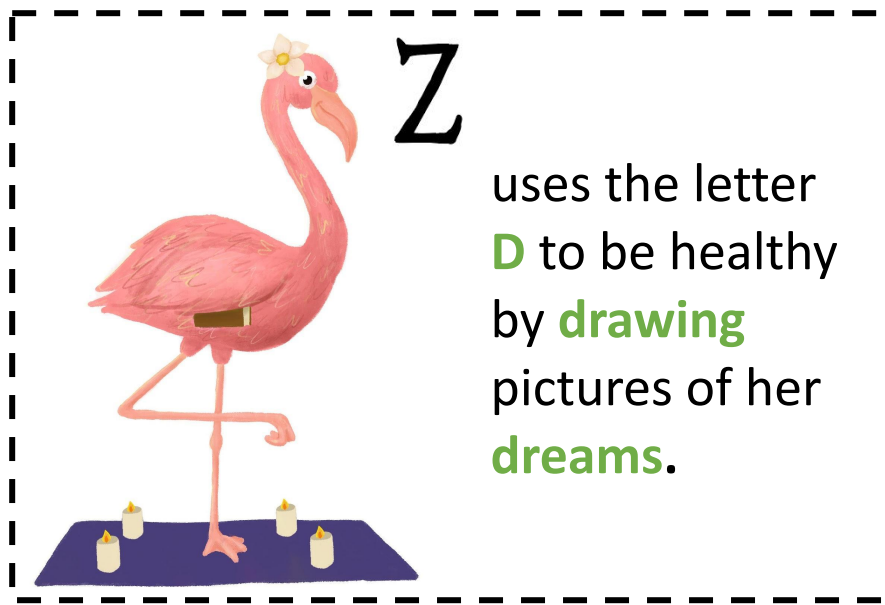
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



Dr. Patricia's
HEALTH CLUB

Being Healthy from A to Z

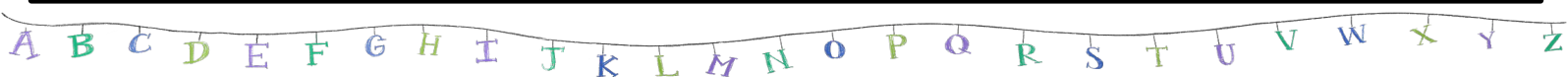
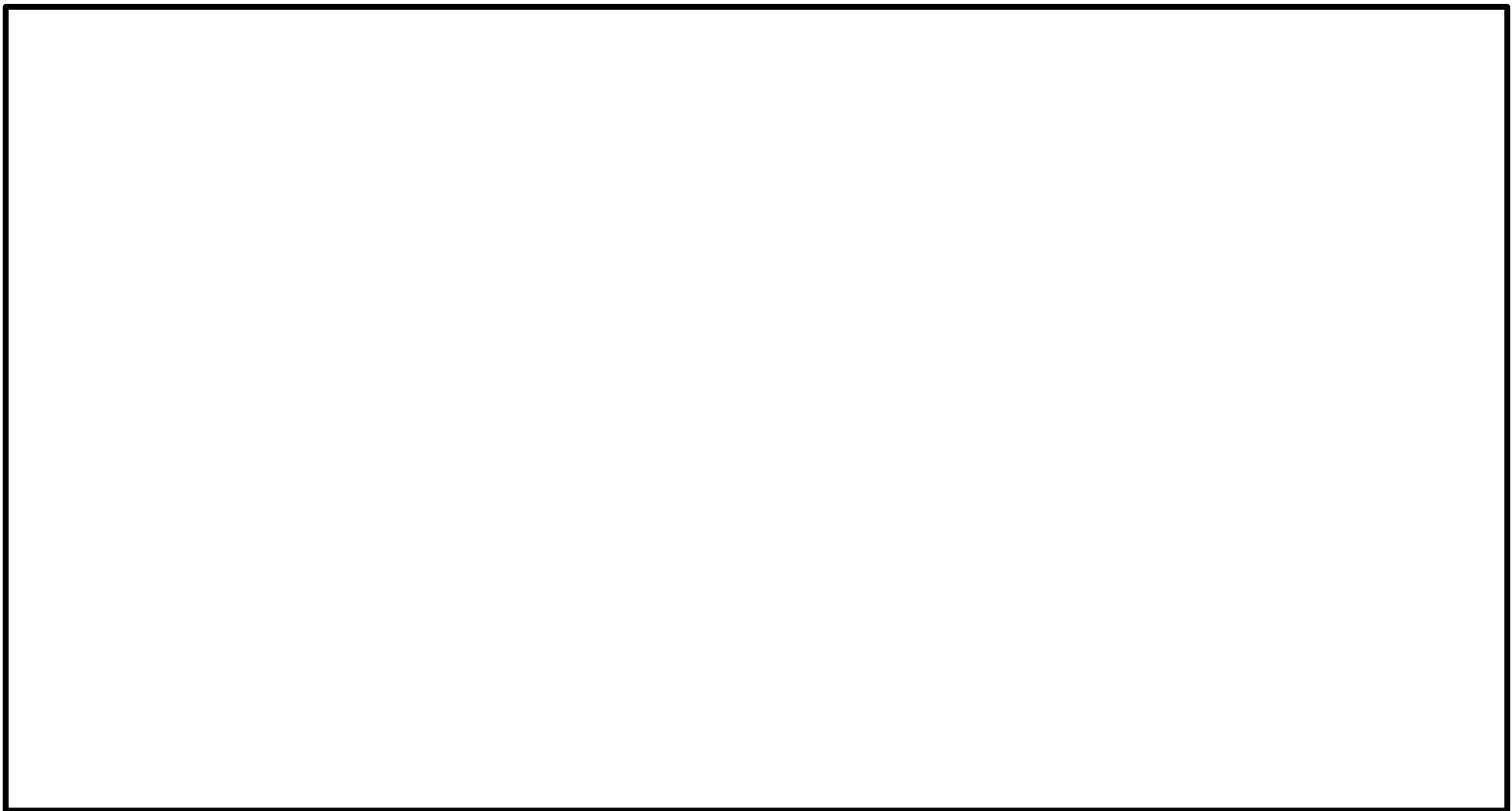
Dd

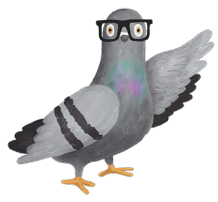


Z

uses the letter
D to be healthy
by **drawing**
pictures of her
dreams.

**Draw one of your
dreams!**

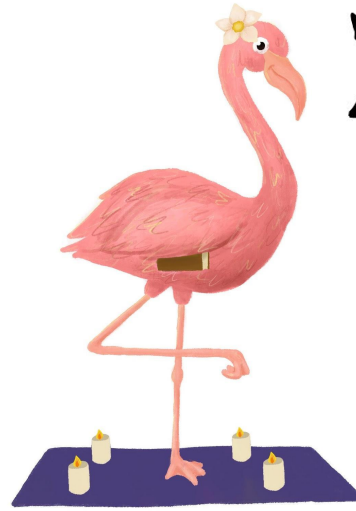




Dr. Patricia's
HEALTH CLUB

Being Healthy from A to Z

Dd



Z

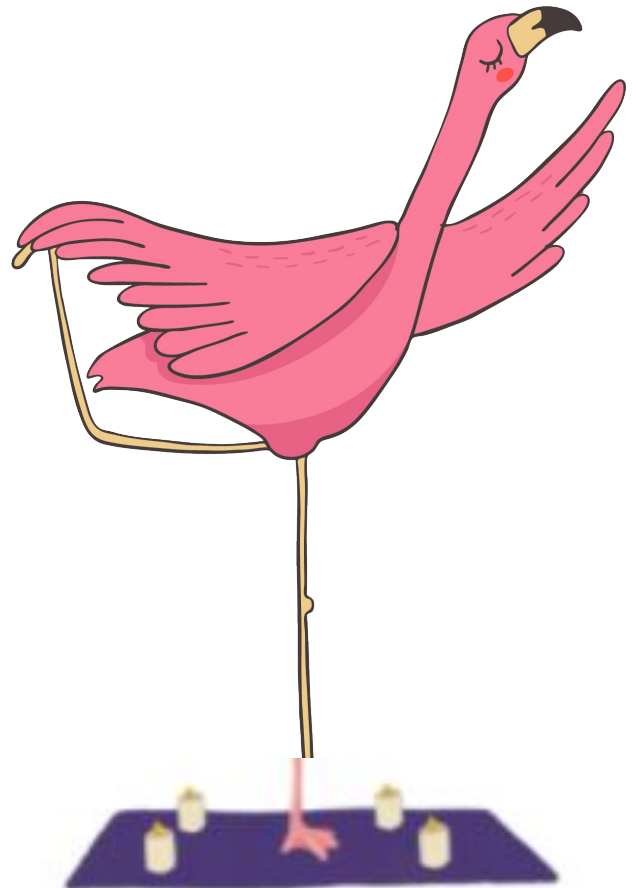
uses the letter
D to be healthy
by **doing** the
dancer pose in
yoga.

Let's **do** a **dancer**
pose together!

Step 1: Let's bend our
right leg and grab our
inner foot with right hand

Step 2: Now let's lift our
right leg up and balance
on the left leg

Step 3: Always remember
to breathe



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

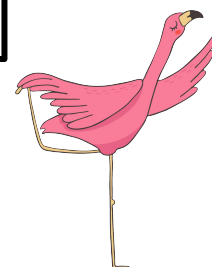
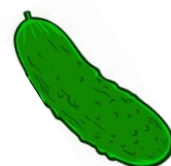
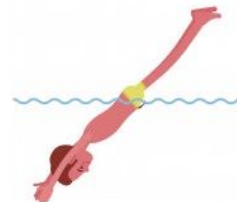


Dr. Patricia's HEALTH CLUB

Being Healthy from A to Z

Dd

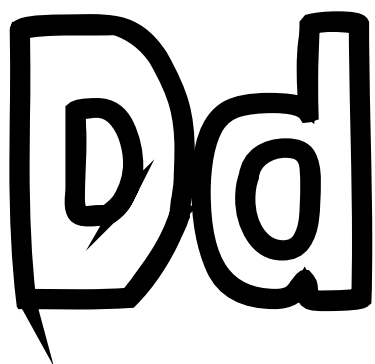
Can you **draw** a picture
of how you can use the
letter **D** to be more
healthy?



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

ILLUSTRATION CREDITS:
Designed by Freepik www.freepik.co



Health Standards

- 3.1.P Identify health care workers who can help promote healthy practices.
- 1.2N Identify a variety of healthy snacks
- 1.4.G Identify trusted adults who promote healthy growth and development (e.g., physicians, nurses, dentists, and optometrists).
- 1.1.N Name a variety of healthy foods and explain why they are necessary for good health.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 1.1.G Explain that living things grow and mature.
- 7.3.N Choose healthy foods in a variety of settings.
- 7.1.M Express emotions appropriately.

