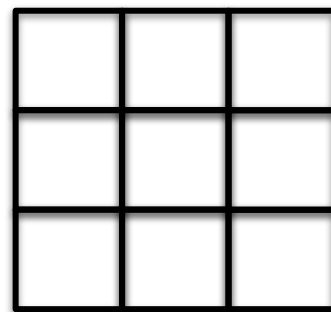




Using the letter



QUADS

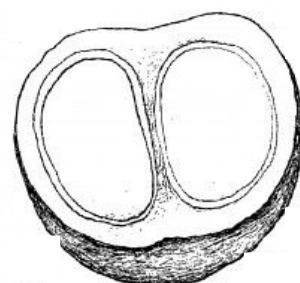


QUILT

Qq



QUINOA



QUENEPA

to be more healthy



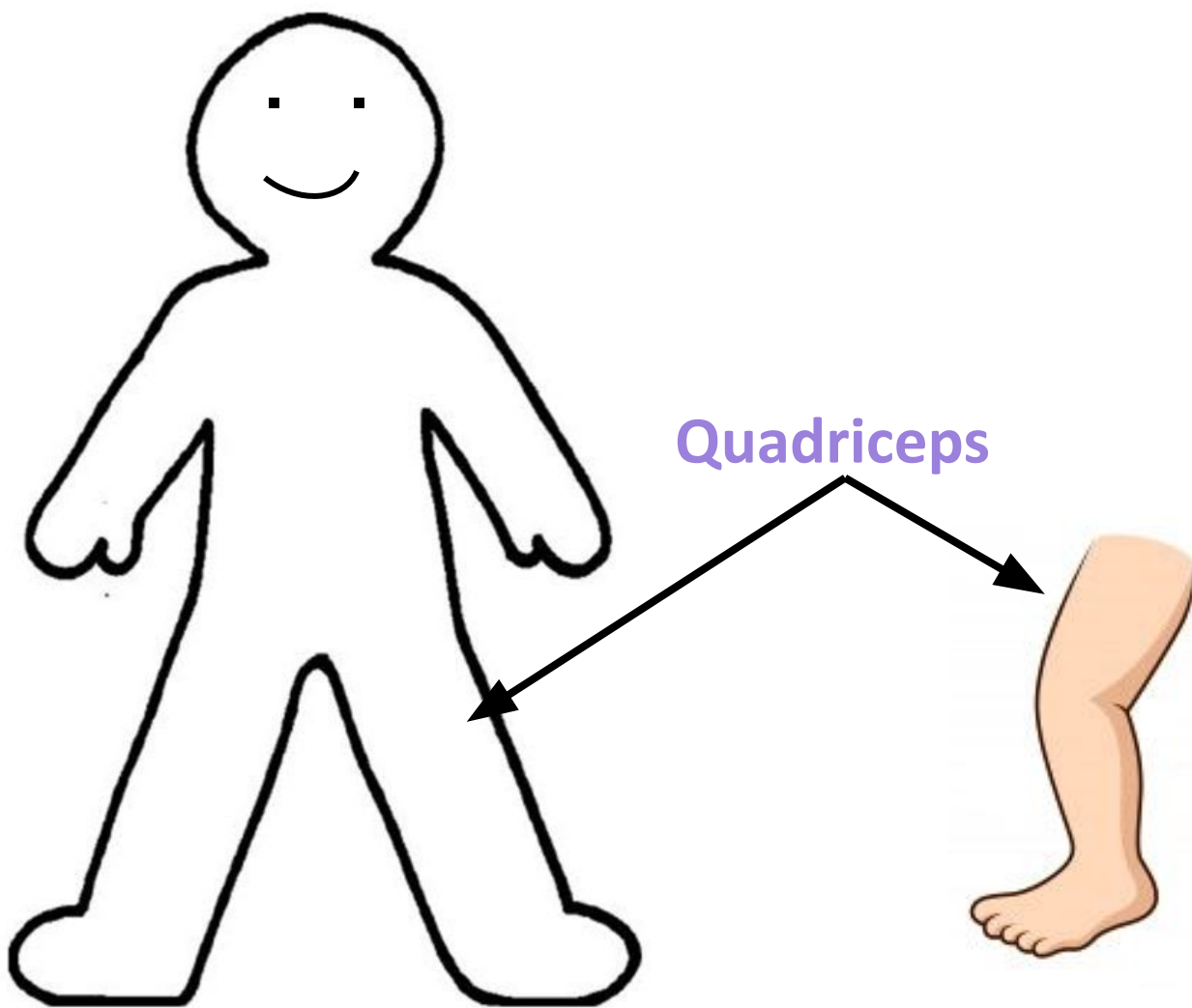
Dr. Patricia's
HEALTH CLUB
Being Healthy from A to Z



SMED'S Science Lesson:
Anatomy with the
Letter **Q**!

Qq

An important part of your body starts with the letter **Q**.



Try to find your **quads** in your legs!

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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Dr. Patricia's
HEALTH CLUB

Being Healthy from A to Z

Qq



uses the letter **Q**
to be healthy by
eating **quenepa**.



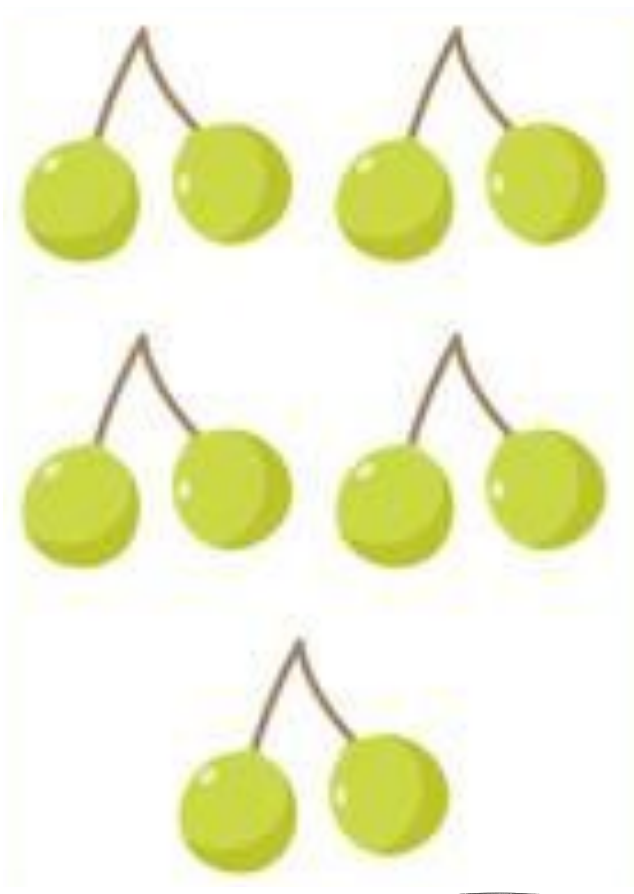
A **quenepa** fruit has lots of different names! It's also called limoncillo, Spanish lime, **quinep**, and more!

Quenepa

Can you count how many
quenepa there are?

Answer:

Answer: 5



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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Qq

Spoon uses the
letter **Q** to eat
quinoa and **quiche**!



Quiche



Quinoa

Quinoa is a grain that's super healthy for you!

A **quiche** is lots of healthy foods all cooked up with eggs to look like a pie!

Circle which food you want to eat!



Qq



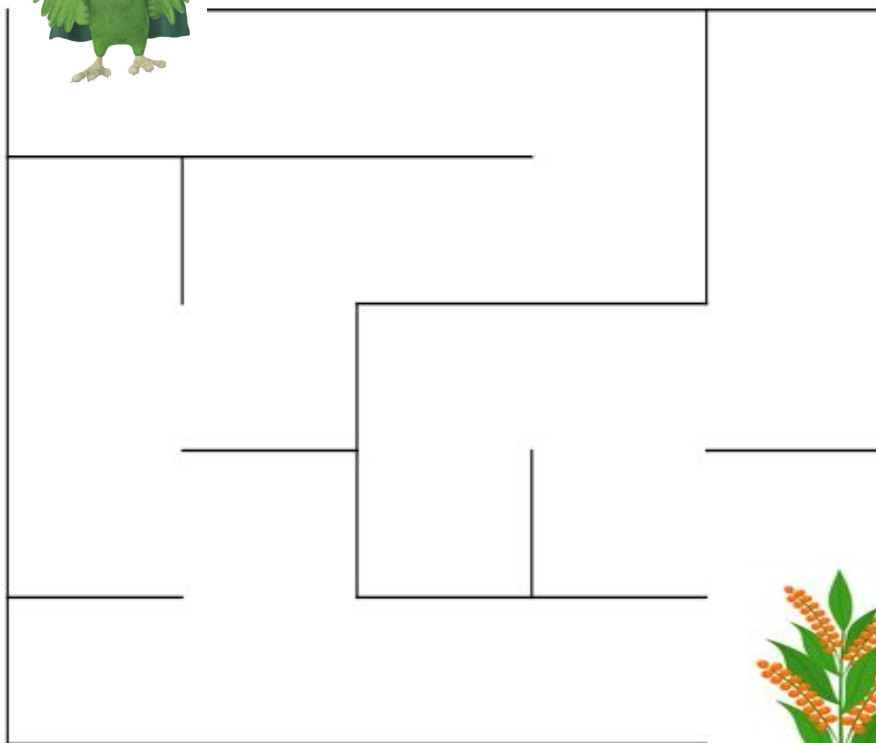
BROC

uses the letter **Q** to
be healthy by eating
quinoa leaves.



Quinoa leaves are super healthy!

They even taste like spinach!



Help Broc get
to the **quinoa**
plant!





Qq



Sport

uses the letter **Q** to be healthy by stretching her **quads**!

Quad stretches help your legs feel good! Try to do **quad** stretches after you've been sitting down.



Quad stretch

Stand up and do a **quad stretch!**



Qq



WARNER

uses the letter **Q** to be healthy by knowing when to not be **quiet**.

It is very important to know when you should stop being **quiet** and use your voice.

If you see someone being bullied, speak up and tell a trusted adult.

If a stranger wants you to go with them, stop being **quiet**, tell them to go away, then tell a trusted adult.

If someone tries to touch you without your permission, even just to give you a hug, then you tell them **NO**.

Color in the word "NO".

NO





Qq



Pathy
uses the letter **Q** to
be healthy by
knitting a **quilt**.

A **quilt** is a big, heavy blanket that keeps you warm.



Knitting can help you feel better if you feel stressed. You can cuddle under the **quilt** when it's cold!



Help Pathy color in
this **quilt**!





Qq



If you have **quiet** time before bed, then
it will be easier for you to fall asleep!

Use your **quiet** time to cuddle
up with a **quilt** or a book!



Draw what you will do in your quiet time.



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Being Healthy from A to Z

Qq

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

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
- 1.3.N Describe the benefits of being physically active
- 7.1.N Select nutritious snacks
- 1.5.G Name body parts and their functions
- 1.2.S Identify emergency situations
- 1.5.S Explain that everyone has the right to tell others not to touch his or her body.
- 1.10.S Identify people who are strangers and how to avoid contact with strangers.
- 5.1.S Identify situations when it is necessary to seek adult help or call 9-1-1.
- 7.1.S Follow rules for safe play and safety routines
- 7.1.M Express emotions appropriately.