



# Using the letter

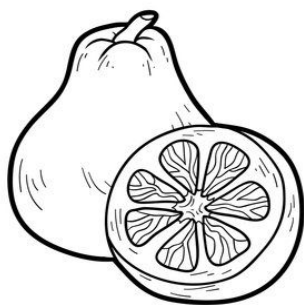


UKULELE

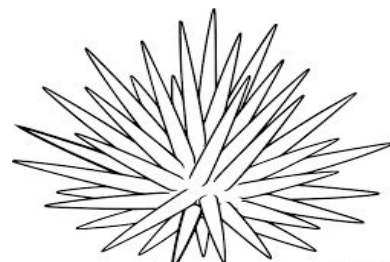


UMBRELLA

Uu



UGLI FRUIT



SEA URCHIN

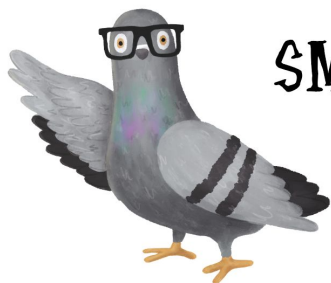
# to be more healthy





**Dr. Patricia's**  
**HEALTH CLUB**

Being Healthy from A to Z



SMED

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

Uu

Trace and write these words 3 times each.

Up Up

\_\_\_\_\_

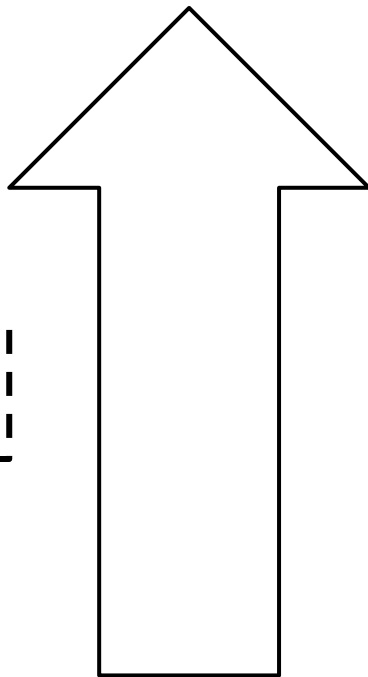
Use Use

\_\_\_\_\_

Us Us

\_\_\_\_\_

Color in the arrow pointing **up**.



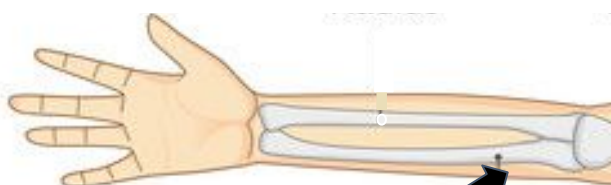
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



**SMED** **uses** the letter  
**U** to learn parts of  
the body.

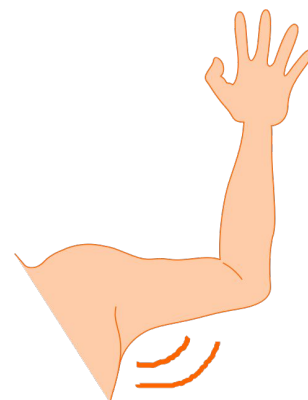
# Uu

The letter **U** is the first letter to some parts of your body.



**Ulna**

The **ulna** bone helps  
you rotate your  
wrists and arms.



**Underarm**

Your **underarms** are  
also called armpits!  
They help protect  
body parts **under**  
your skin.



Try to find your **ulna** in your arm!



# Uu



## BERRY

uses the letter **U** to be healthy by eating **ugli** fruit.



## Fun facts about **ugli** fruit!

It can also be called a tangelo!

**Ugli** fruit mostly grows in Jamaica!

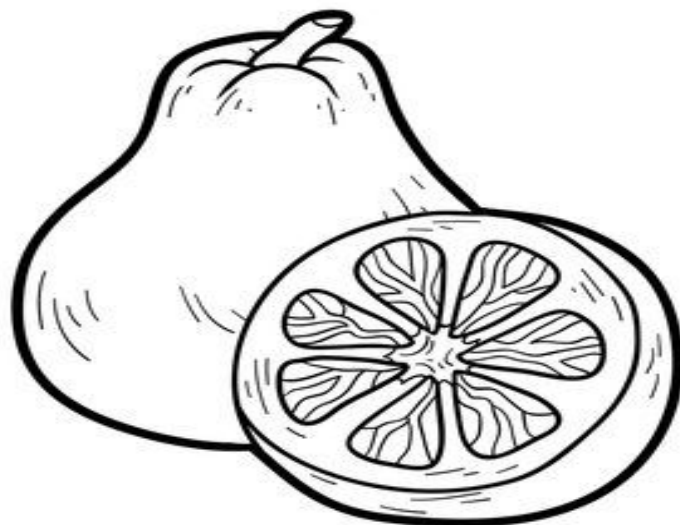


It is a cross between grapefruit, orange, and tangerine!

It got its name when someone said "Give me more of that **ugly** fruit!"

This fruit tastes very sweet, but is very healthy for you!

Color in the **ugli** fruit!





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# Uu

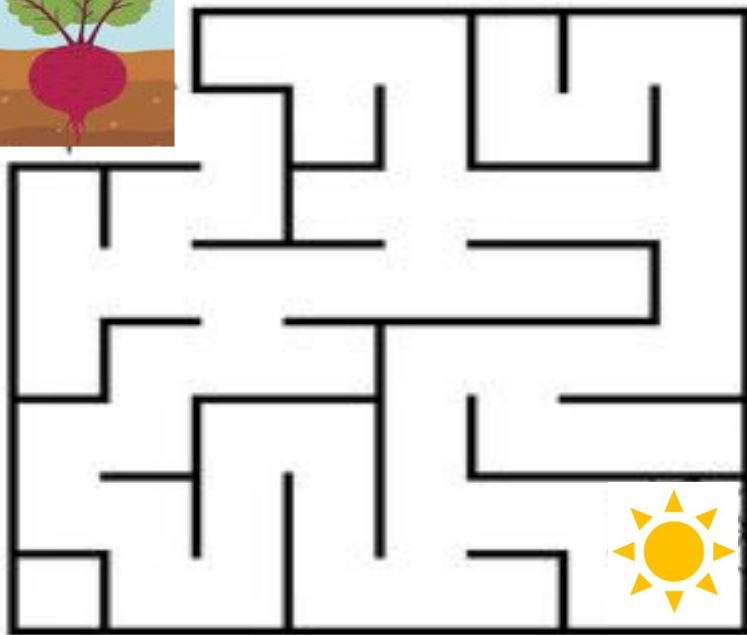


**BROC** uses the letter  
**U** to be healthy  
by eating  
vegetables that  
grow  
**underground**.

Carrots, beets, turnips, and radishes are all vegetables  
that grow **underground**.



Help the radish  
grow **up** and reach  
the sun!



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](http://www.drphc.org)

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**Sport** uses the letter  
**U** to be healthy  
by jumping **up**!

# Up

Jumping **up** and down is a good way to make your leg muscles stronger!



Color in the number of times you can jump **up**.

1	2	3
4	5	6
7	8	9
10		



Uu



**AGUA** uses the letter  
**U** to be healthy by  
swimming  
**underwater**.

Swimming is a great way to exercise!

www.shutterstock.com



**Caw Caw\***  
Don't forget to  
have an adult  
or lifeguard  
nearby before  
you go in the  
pool!

How many kids are swimming **underwater** in  
the picture?

\_\_\_\_\_

Answer: 4



## Spoon

has some delicious recipes  
that start with the letter **U**.



# U



### Vegan Ube Ice Cream



[www.dreamstime.com](http://www.dreamstime.com)  
[www.vectorstock.com](http://www.vectorstock.com)

### Ingredients:

- 1 1/2 cups coconut milk, full-fat



- 1 tbsp tapioca powder or cornstarch



- 1/4 cup maple syrup



- 1/2 cup purple sweet potato puree or 3/4 cup chopped, boiled purple sweet potatoes

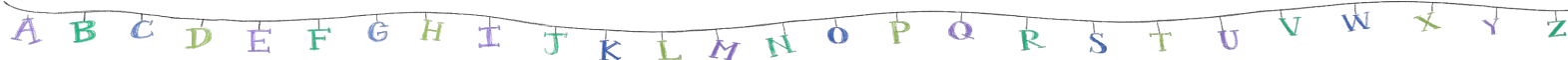


- 2 tsp vanilla extract



### Instructions:

1. Mix all the ingredients, together in a blender and mix **until** smooth.
2. Pour into a saucepan and bring to a boil. Once boiling, remove from the heat and whisk **until** smooth and thickened.
3. Stir in the vanilla.
4. Pour into a container and chill overnight.
5. After chill, enjoy and eat!





# Uu



## WARNER

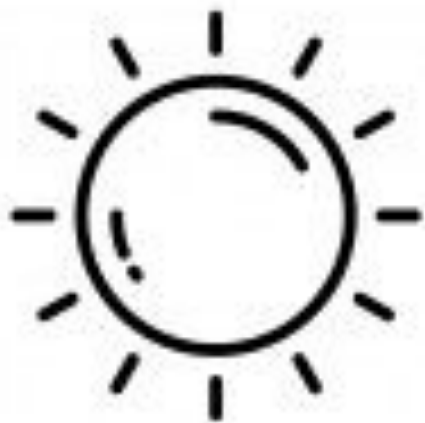
**uses** the letter **U** to be healthy by **using** an **umbrella** to protect himself from the sun and rain.

**Umbrellas** keep you safe and dry when it's raining.



**Umbrellas** also protect your skin from being sunburned when you're in the sun.

Color in the sun, the cloud, and the **umbrella**.





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# Uu



**O** uses the letter **U**  
to be healthy  
learning about  
animals that start  
with the letter **U**.



Can you match these animals  
with their names?

Unicorn fish

Umbrella bird

Sea urchin

Unicorn

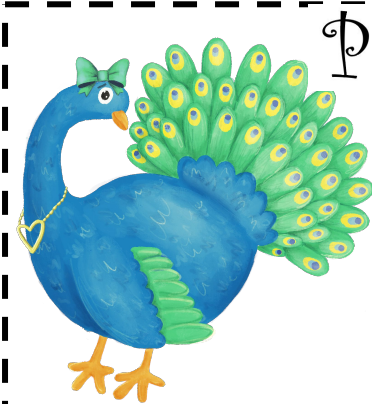
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

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# Uu



Pathy **uses** the letter **U** to  
be healthy by doing  
her best to  
**understand** the  
people around her.

You can **understand** the people around you by listening  
to them and by making friends with them.



Listen to others



Be a friend to others

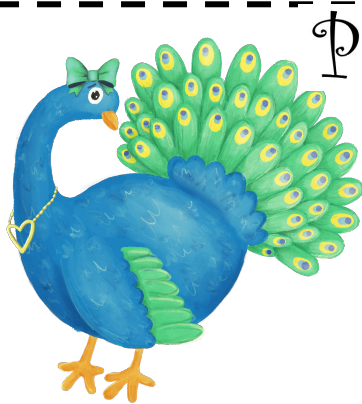
**Write how you can help the people  
around you to feel **understood**.**

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



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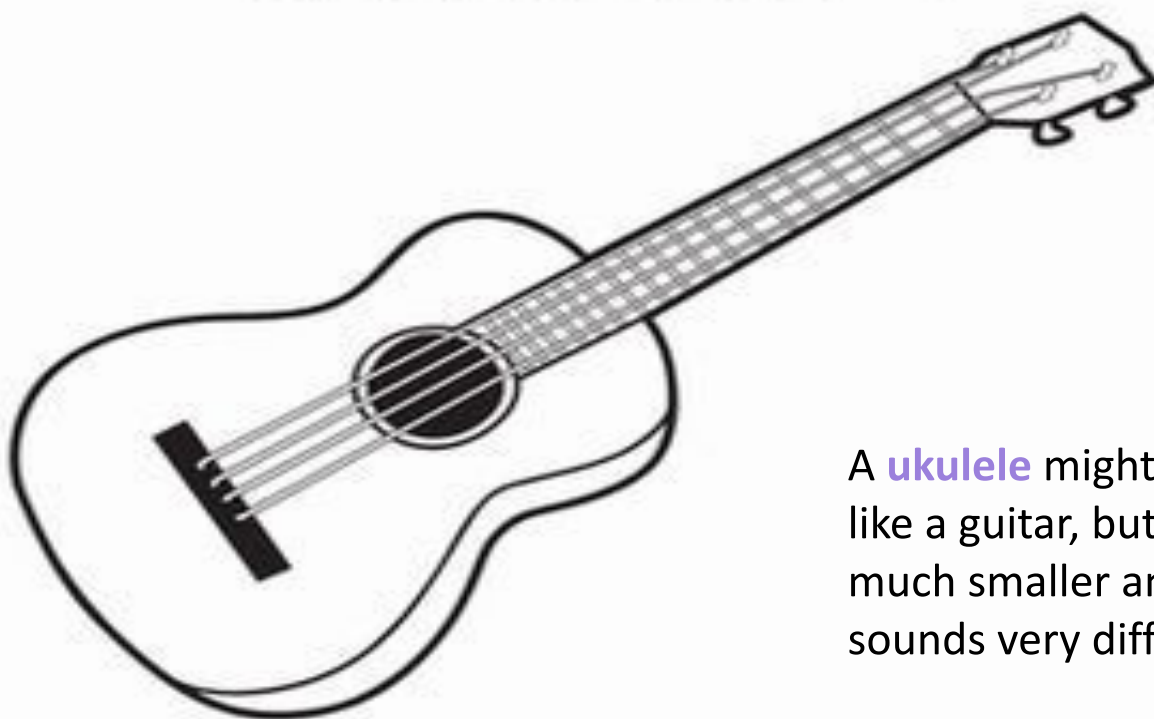
# Uu



Pathy **uses** the letter **U**  
to be healthy by  
playing the  
**ukulele** when she  
is **upset**.

Playing an instrument or making music can help you feel  
better when you're feeling **upset**.

Color in this **ukulele**.



A **ukulele** might look  
like a guitar, but it's  
much smaller and  
sounds very different.

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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# Uu



She **unplugs** from the computer and TV at a certain time so that she can spend quality time with her friends, family, and by herself.

Write some ways that you can **unplug**.

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

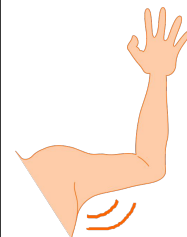
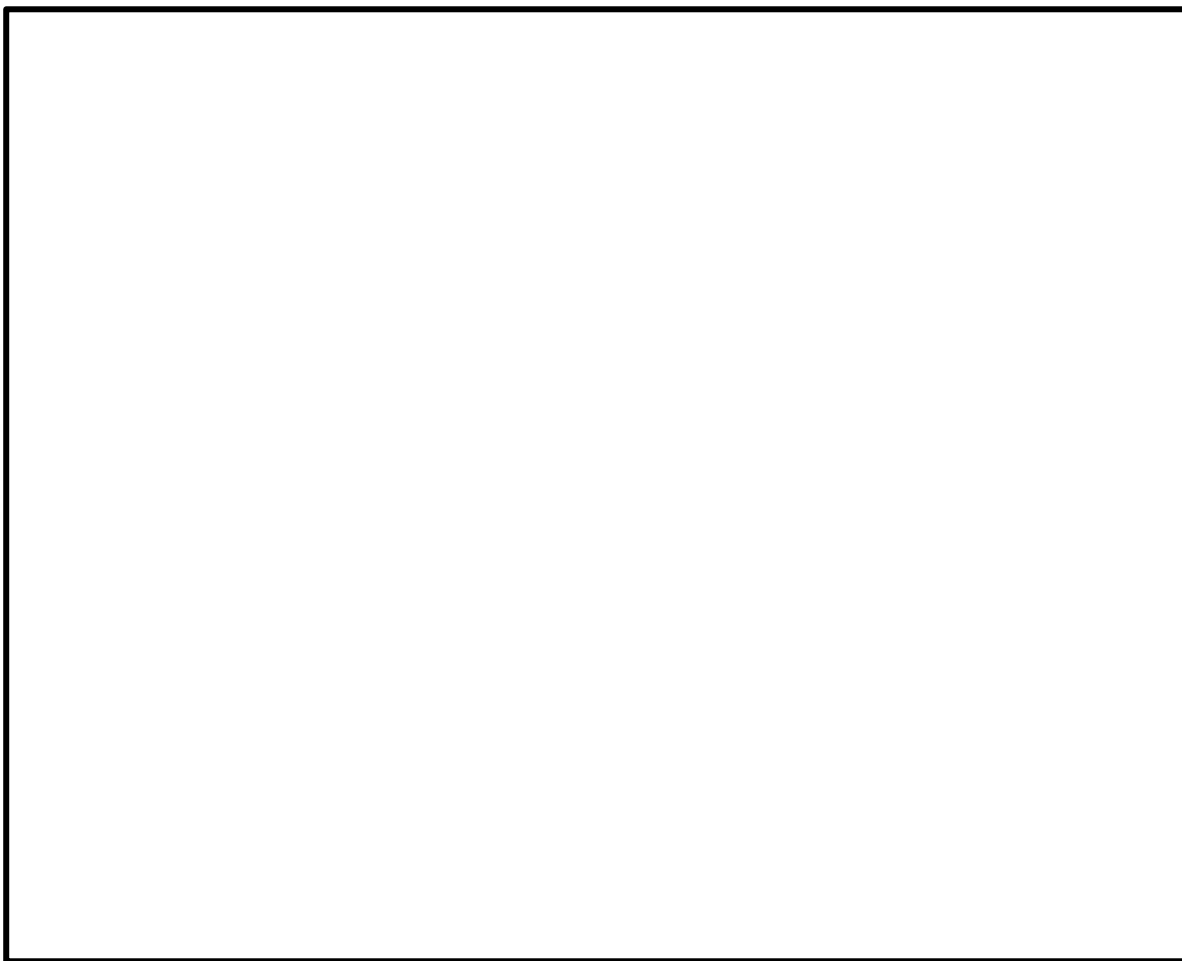
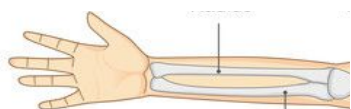


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# Uu

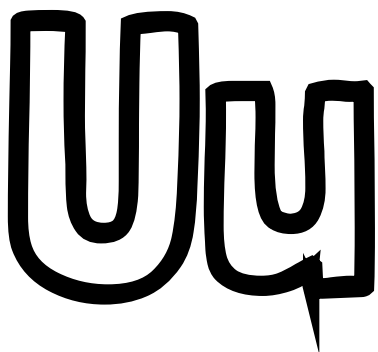
Can you draw a picture of how you can **use** the letter **U** to be more healthy?



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

- 1.1.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.
- 1.8.S Identify ways to stay safe when crossing streets, riding a bicycle, or playing.
- 7.1.S Follow rules for safe play and safety routines.
- 1.2.P Describe sun-safety practices.
- 4.2.M Cooperate and share with others.
- 7.2.M Describe positive ways to show care, consideration, and concern for others.