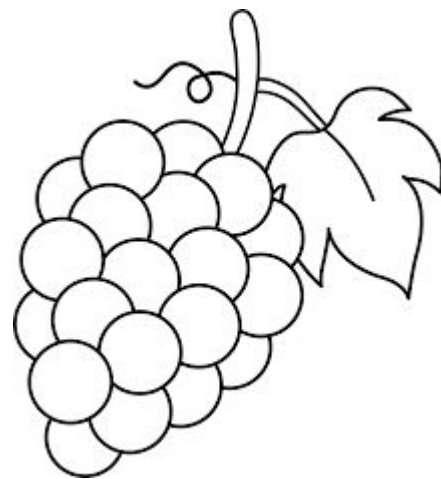




Using the letter



GRAPEFRUIT

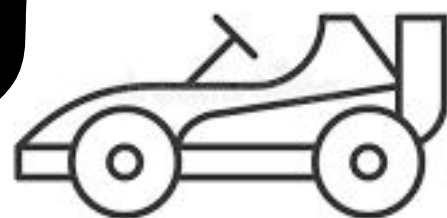


GRAPES

Gg



GOLF



GO KART

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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Gg



SMED uses the letter
G to make his
brain healthy.

Trace and write these words two times each.

Go

Go

Get

Get

Good

Good



Color in the phrase!

GOOD JOB!



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



Gg



\$MED uses the letter **G** to make his body healthy.

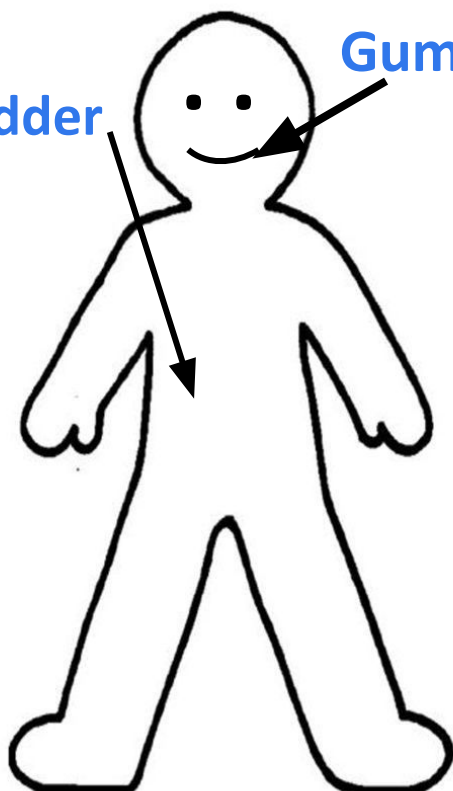
The letter **G** is the first letter to many parts of the body.

Gallbladder



Gallbladder:
Makes liquid
that helps digest
fat

Gums



Gums: Protect
your teeth from
getting infections

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



Gg



BERRY uses the
letter **G** to be
healthy by eating
these **great** fruits.

Grapefruit



Guava



Circle your favorite
fruit!

Grapes



DID YOU KNOW?

Grapes, Grapefruit, and Guava
are **great** sources of Vitamin C! If
you eat enough Vitamin C you
will have healthy **gums**.



Gg



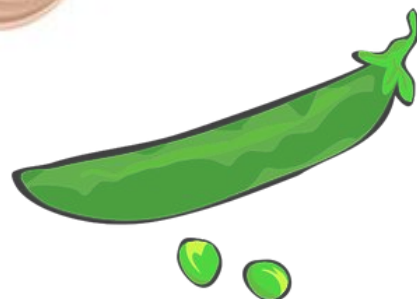
BROC uses the letter **G** to be healthy by eating these **great** veggies.

Can you match the vegetables with their picture?

Green Beans

Ginger

Garlic



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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Gg



BROCC and **BERRY**

use the letter **G**
to be healthy by
gathering
vegetables from
the **garden**.



Unscramble these vegetables that were picked from the **garden**!

1.



RENIGG

— — — — —

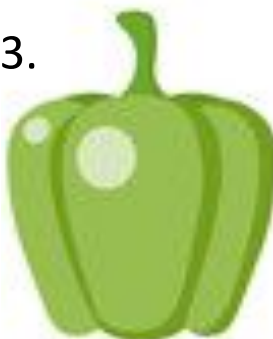
2.



CILRAG

— — — — —

3.



EENRG

PPPSRE

— — — — —

Answers:
1. Ginger
2. Garlic
3. Green Pepper

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



Gg

Grape Popsicles

Ingredients:

- 2 ½ cups of seedless grapes



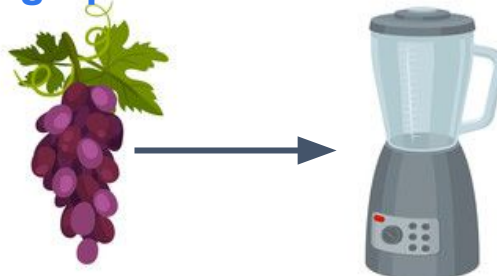
Spoon has some delicious recipes that start with the letter **G**!

Instructions: **Parental Supervision required**

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



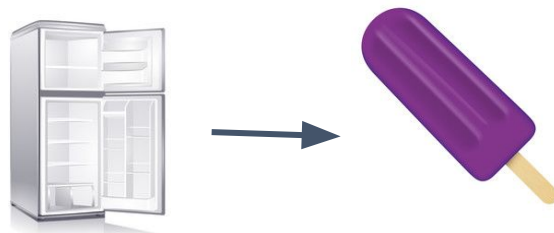
2. Put **grapes** into a blender and blend



3. Pour into popsicle mold.



4. Put in freezer until solid and then enjoy!





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Gg

Sport uses the letter **G** to be healthy by playing **golf**, **going** **go**-kart racing and practicing **gymnastics**.



Golf



Go-Kart Racing



Gymnastics

**Circle your
favorite activity.**

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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Gg



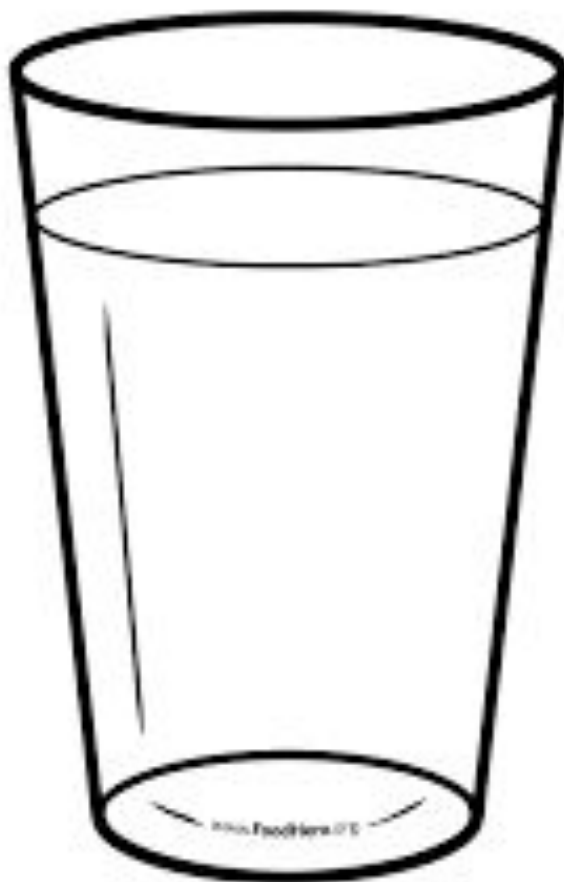
AGUA

uses the
letter **G** to be
healthy by
adding
grapefruit to
his water.

Grapefruit is very hydrating and helps boost your
immune system.



Can you add **grapefruit** to this
glass of water?



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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Gg

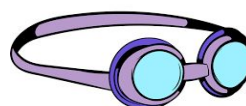
AGUA & WARNER





use the letter **G** to
be healthy by being
safe around water.



Wear **goggles** to protect your eyes
from the chlorine in pools.



Get adult supervision and always
 swim with a buddy. 



Wear **sunglasses** to protect your
eyes from the sun.



Color in these
goggles!



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

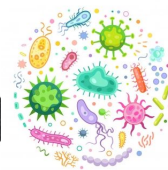


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Gg



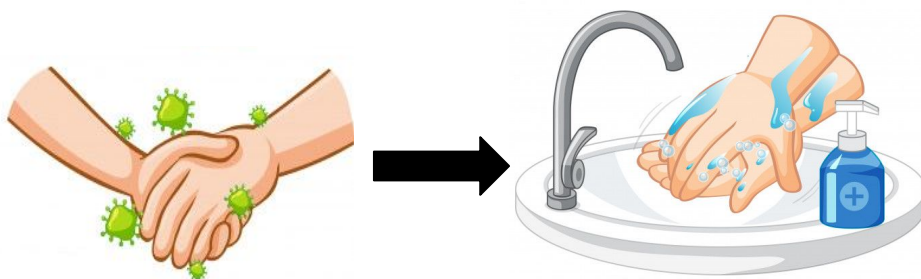
WARNER



uses the letter **G** to be healthy by staying away from **germs**.

Germs are bad bacteria that can **get** you or your family sick.

The majority of illnesses are caused by **germs** being passed by your hands to things other people touch!

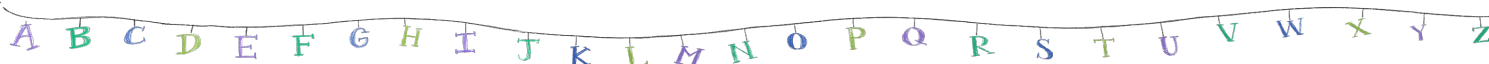


It is always **good** to clean all surfaces like tables, devices, and bathroom to keep away **germs**.

How long should you scrub your hands to **get** rid of **germs**?

Hint: seconds

Answer: 20





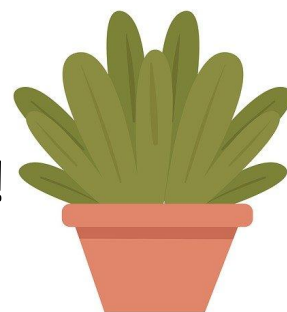
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Gg



Going outside and **gardening** is a **great** way to be connected to nature!



O uses the letter
G to be healthy
by **gardening**.

What plants will you **grow** in your **garden**? Draw them!

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



Gg



Pathy

uses the letter
G to be healthy
by **greeting**
others.

To **give** someone a proper **greeting**:
Grin and look them in the eye. Then say

Good morning,
Good afternoon, or
Good evening!



Who did you **greet**? Write what you said!



Gg



Getting enough sleep is important, because it helps your memory and helps your body rest!



How much sleep do you need each night?

- 1-3 year olds need 12 to 14 hours
- 3-5 year olds need 11 to 13 hours
- 5-10 year olds need 10-11 hours

Answer:

Hours

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

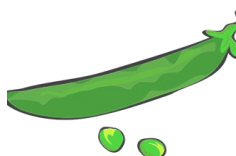


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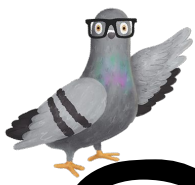
Being Healthy from A to Z

Gg

Draw a picture of how
you can use the letter **G**
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



Gg

Health Standards

- 1.1.N Name a variety of healthy foods and explain why they are necessary for good health.
- 1.5.G Name body parts and their functions.
- 1.2.N Identify a variety of healthy snacks
- 7.1.N Select nutritious snacks
- 1.5.G Name body parts and their functions.
- 7.2.M Describe positive ways to show care, consideration, and concern for others.
- 8.1.M Encourage others when they engage in safe and healthy behaviors.
- 1.5.P Identify practices that are good for the environment, such as turning off lights and water, recycling, and picking up trash.
- 1.1.P Identify effective dental and personal hygiene practices.
- 1.3.P Define “germs.”
- 1.4.P Explain why the transmission of germs may be harmful to health.
- 7.2.P Demonstrate ways to prevent the transmission of germs (e.g., washing hands, using tissues).

