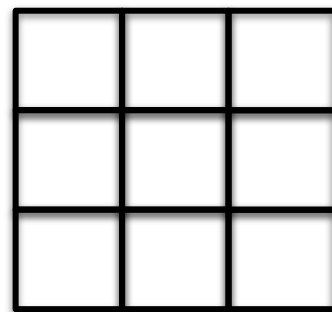




# Using the letter



QUART



QUILT

# Qq

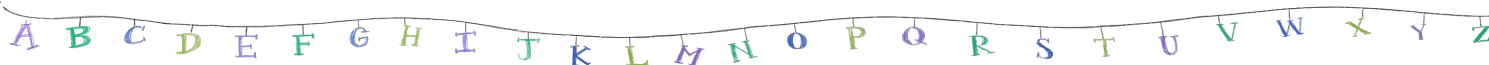


QUAIL



QUARTER

# to be more healthy

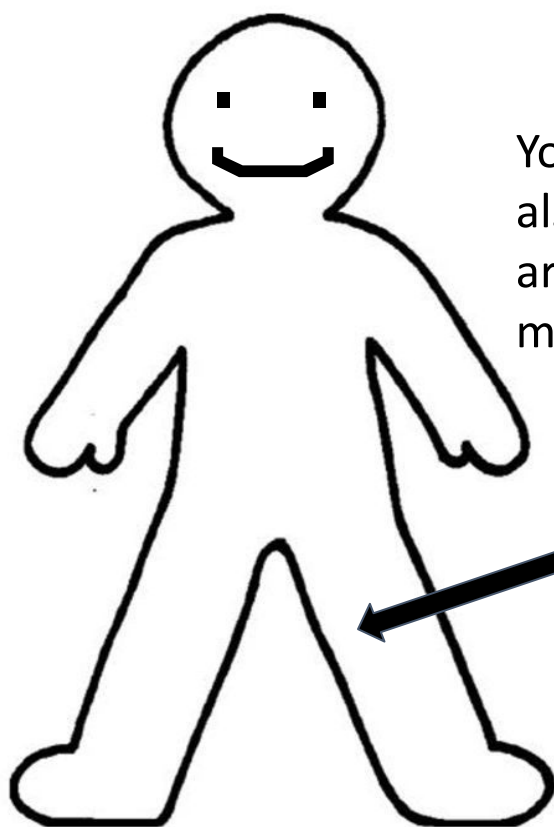




**S**MED uses the letter  
**Q** to learn parts  
of the body.

# Qq

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



Your **quadriceps** are also called **quads**! They are the strongest muscle in your legs.



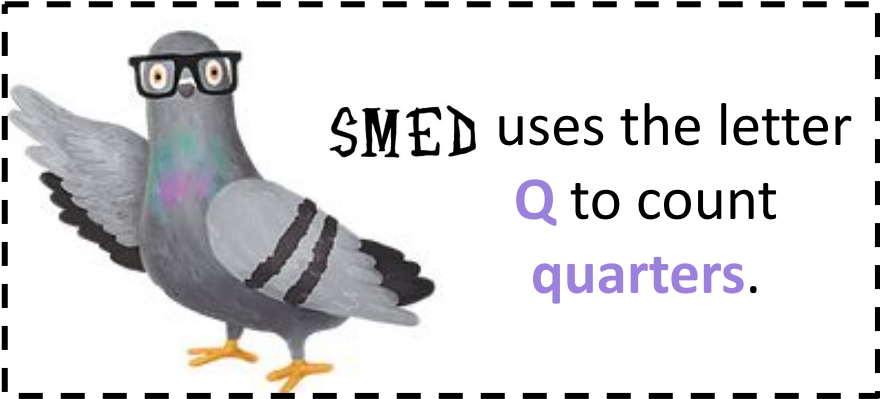
**Quadriceps**

Your **quads** are on the front of your leg. If you put your hands on your legs when you're sitting, you're touching your **quads**!

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



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



SMED uses the letter  
**Q** to count  
**quarters**.

# Qq

One **quarter** is worth 25 cents!



Four **quarters** makes 1 dollar!



If SMED has 8 **quarters**, how many dollars  
does he have?

---

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



# Qq



**Quenepa**

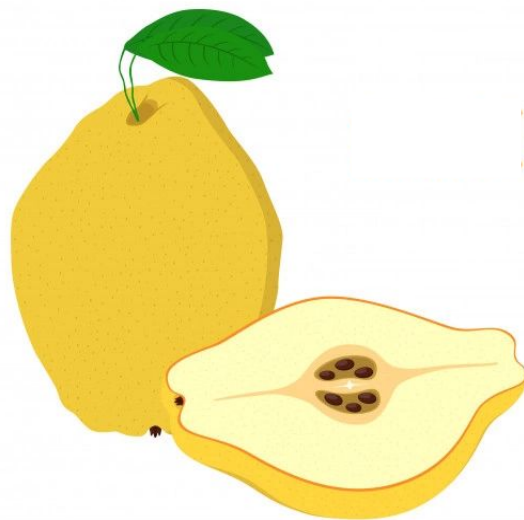
A **quenepa** fruit has lots of different names! It's also called limoncillo, Spanish lime, **quinep**, and more!

**Quenepa** has lots of Vitamin A and C!



## BERRY

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



**Quince**

A **quince** fruit might look yummy, but it's pretty sour!

**Quince** fruits are very good for you! They have lots of Vitamin C, fiber, and calcium.

**Circle which fruit you want to try!**





# Qq

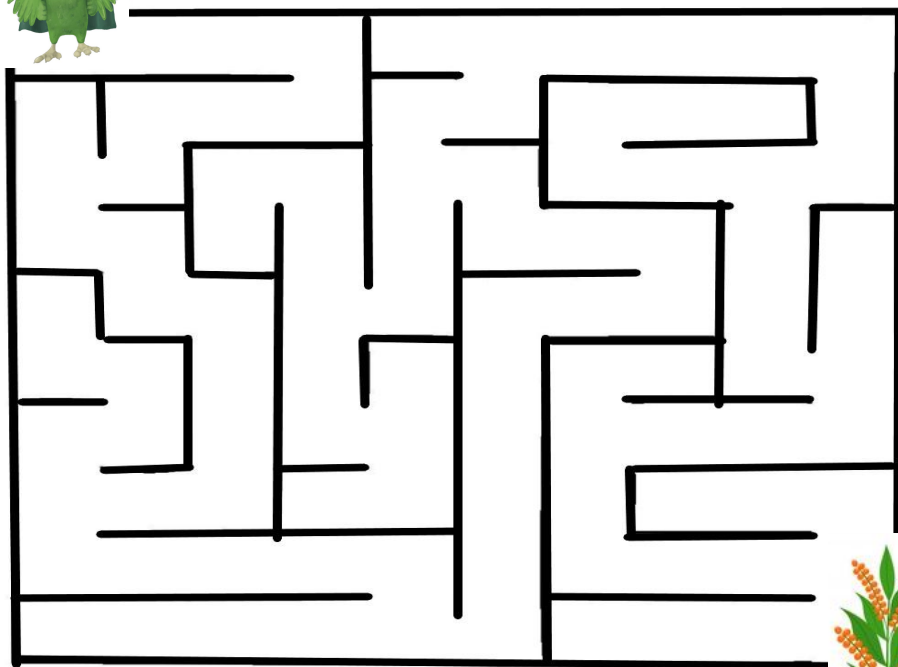


**BROC** uses the letter  
**Q** to be healthy  
by eating  
**quinoa** leaves.



**Quinoa** leaves are super healthy for you! If you don't have spinach, then **quinoa** leaves are a great substitute.

**Quinoa** leaves even taste a bit like spinach!



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



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Being Healthy from A to Z

# Qq



Quiche

A **quiche** is lots of healthy foods like eggs, spinach, tomatoes, and other veggies all cooked up to look like a pie!

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



Quinoa

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

It has a lot of protein and fiber in it. **Quinoa** is also gluten-free!

Would you rather eat **quinoa** or a **quiche**?

---



# Qq

## Spoon

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



## Vegetarian Quinoa

### Ingredients:

- Half a cup quinoa



- A cup water



- 2 cups green vegetables  
(broccoli, bell pepper,  
etc\



- One carrot



- One -Two tablespoon of  
olive oil (or any  
vegetable oil)



### Directions:

- Wash your hands and vegetables



- Boil water and add quinoa for about  
8-12 minutes



- Peel and cut the carrot



- Cut the vegetables no larger than an  
inch



- Add them to saucepan with two  
tablespoon of olive oil



- Enjoy!



# Dr. Patricia's HEALTH CLUB

Being Healthy from A to Z

# Qq



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

Can you match these animals with their names?



Quokka

Quail

Quetzal

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



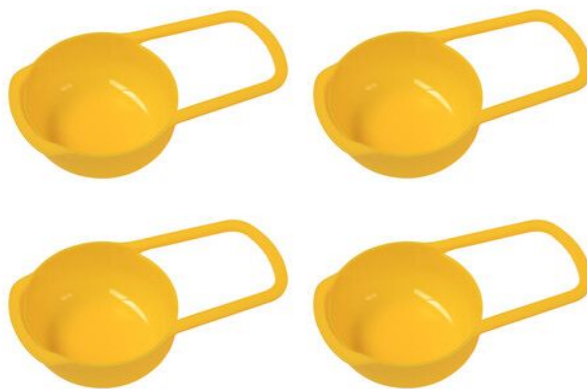
# Qq



**AGUA** uses the letter **Q** to be healthy by keeping **quarts** of water.

Agua keeps **quarts** of water at his house so he can refill his water bottle!

One **quart** is equal to four cups!



Color in this **quart** with something you like to drink!







**Sport** uses the letter **Q** to be healthy by doing **quad** stretches and playing **quidditch**.

# Qq



**Quad** stretch

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

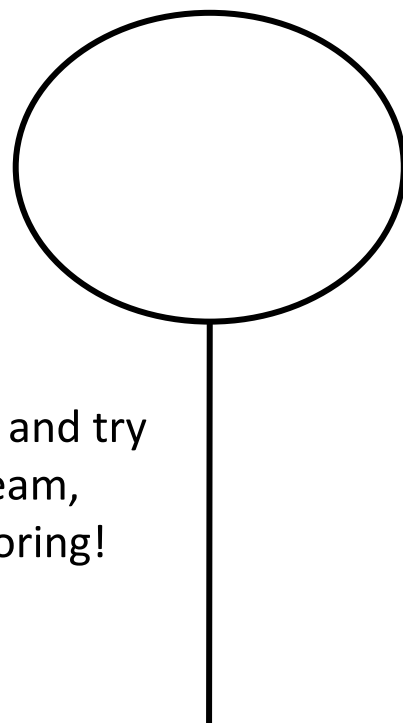
**Stand up and do a **quad** stretch!**

**Quidditch** is a made-up game from a book. You can play **quidditch** in real life though!



**Quidditch**

To play **quidditch**, you ride on a broom and try to shoot balls into 3 hoops with your team, and try to stop the other team from scoring!







# Qq



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

It is important to be **quiet** when it isn't your turn to talk. If your teacher is talking, then you should be **quiet**.

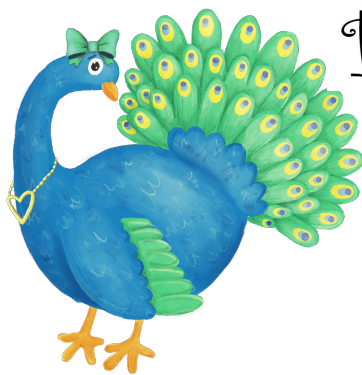
**It is even more important to know when you should stop being **quiet** and use your voice.**

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

If a stranger wants you to go somewhere with them, you stop being **quiet** and tell them to go away, then find and 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.





Pathy

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

# Qq

Knitting a **quilt** is a good way to be mentally healthy.  
If you are feeling stressed, knitting can help you feel  
better. You can cuddle under the **quilt** when it's cold!



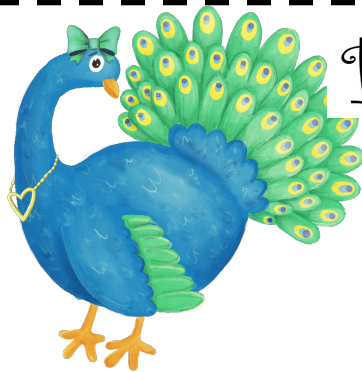
Help Pathy color in this **quilt**!

Hint: color the capital  
“**Q**”s one color, and color  
the lowercase “**q**”s a  
different color!

QQQ	qqq	QQQ
qqq	QQQ	qqq
QQQ	qqq	QQQ



# Qq



Pathy

Uses the letter **Q**  
to be healthy by  
preparing for  
**quizzes**.

Studying helps you remember  
information for a **quiz**.



**Quizzes** are shorter  
than tests and are a  
review of what you  
have learned in class,  
homework, and  
classwork.



What are some ways to prepare for a **quiz**?

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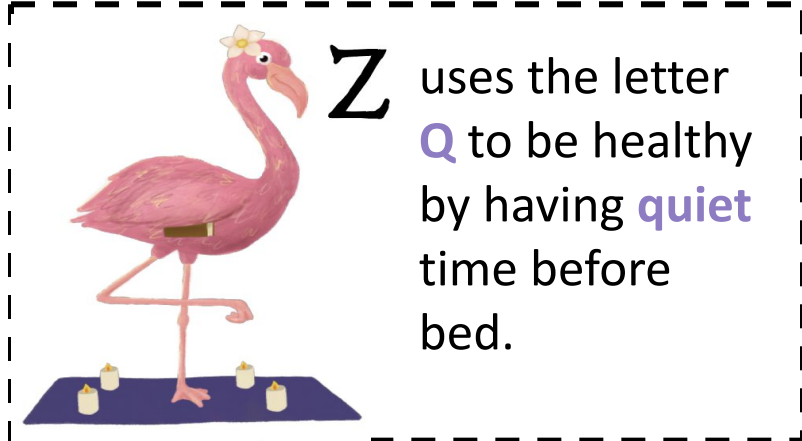
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# Qq



**Z** uses the letter **Q** to be healthy by having **quiet** time before bed.

You should set aside **quiet** time without your devices before you go to bed!

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!

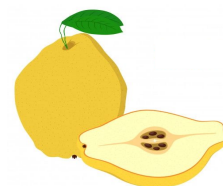


**Draw what you will do in your **quiet** time.**



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

Qq





# 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.