



Keeping Our Food Safe

Keeping our food safe is important. Here are some things to remember:

- Wash your hands before eating.
- Use clean dishes, pots, and cooking items.
- Foods like milk should be kept cold. Others should not be eaten unless they are cooked, like most meat.
- Fruits and vegetables from the garden or the store can be eaten after they are washed. They do not need to be cooked.

1. Look at each picture. Discuss how the actions keep food safe to eat.

2. Describe what is happening in each picture. Use the lines in each box.



1. _____



2. _____



3. _____



4. _____



Things We Do to Stay Healthy

Directions: Unscramble the words below to find healthy habits. Use the picture clues.

1. u b h r s e h t e t



2. r s e i x e c e



3. n d k i r r e a w t



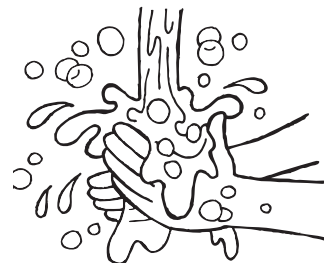
4. t a e s a f r t a b k e



5. e p l e s



6. s a w h s h a d n





Wash Your Hands

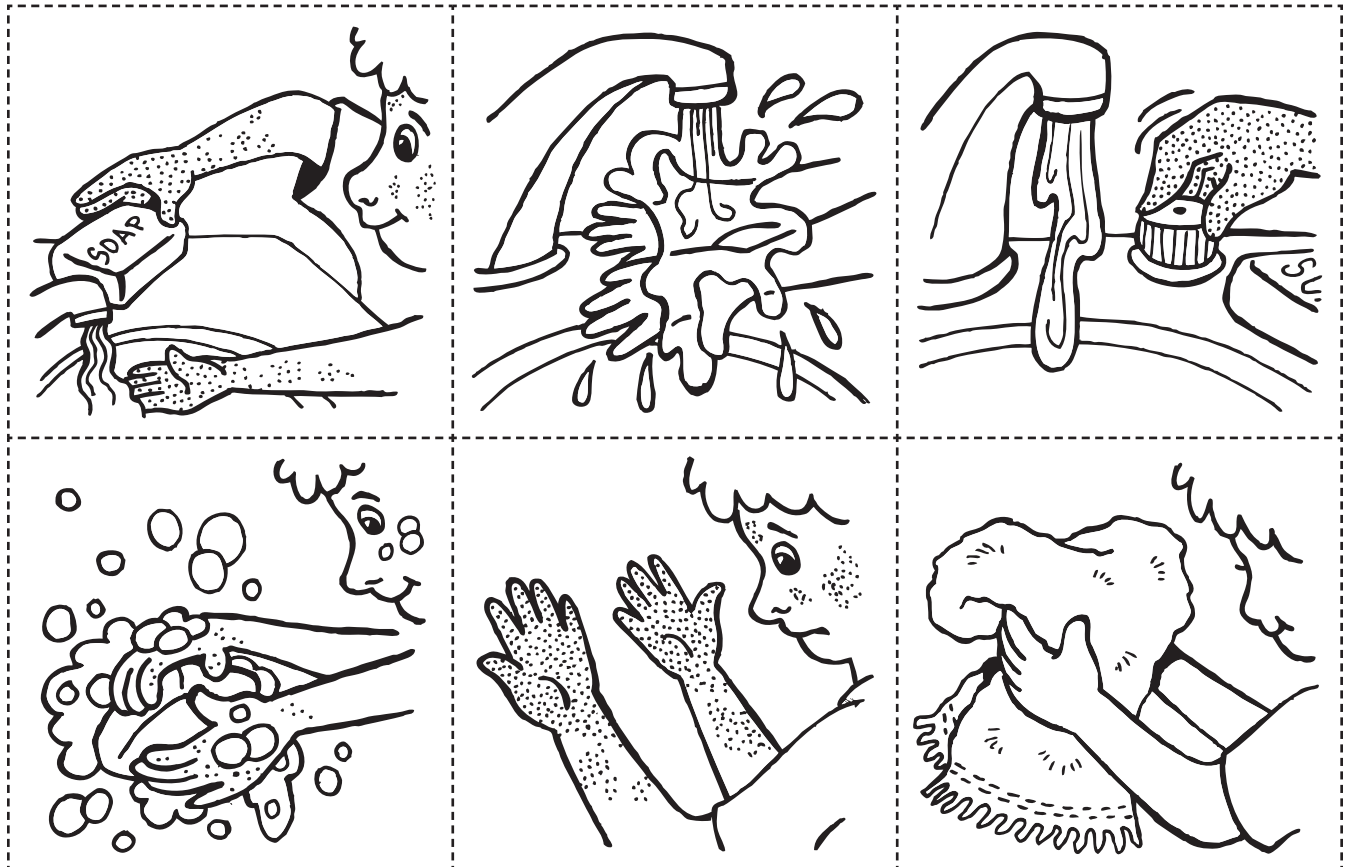
Washing your hands is an important healthy habit. Think about all the things you touch in a day that other people also touch. You can't **see** the germs on those things, but they are there. Sometimes germs can make you sick. You can keep the germs **AWAY** by washing your hands.

It is good to wash your hands:

- before meals
- after using the bathroom
- after playing outside
- after playing with a pet
- after you sneeze or cough



1. Cut out the pictures below. Put them in order to show the correct way to wash your hands. Glue the pictures to a piece of paper.
2. Write a sentence or two on the new page telling about when you wash your hands.





Take Care of Yourself

When we get sick it is important to take care of ourselves. This helps us to get well again. It also keeps other people from getting sick. It is important to try not to spread germs.

1. Circle two things that will help you get better when you get sick.



Getting rest.



Drinking water.



Exercise.

2. Talk about the pairs of pictures below. Cross out the picture in each row that shows a child spreading germs. Circle the picture that shows the child who is not spreading germs.

Row 1



Sharing a drink.



Drinking your own drink.

Row 2



Washing eyes with a clean cloth.



Rubbing eyes.

Row 3



Coughing into hands.



Coughing into elbow.



Healthy Teeth

Teeth are important. They let us smile. Our teeth help us chew our food. Teeth help us talk. We want to keep our teeth clean to keep them healthy. We don't want to get **cavities**.

When we are born we do not have teeth. We can't chew foods. Our first teeth are called baby teeth. Baby teeth fall out when we are about 7 years old. This leaves room for new teeth to grow. We call the new teeth **permanent teeth**. They are bigger and have to last a long time.

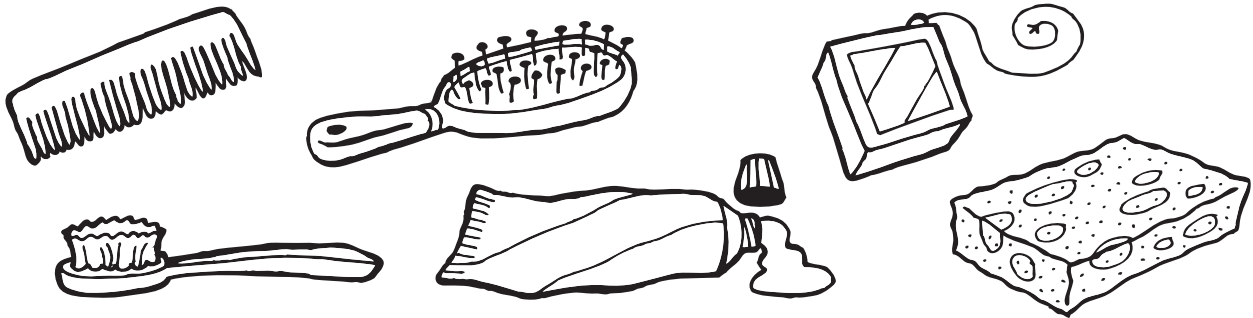
1. Draw your smile.

Are you missing any teeth?

Yes No

If so, how many?

2. Circle the things you can use to keep your teeth clean.

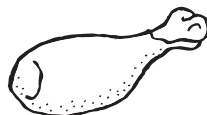


3. List four healthy foods you can eat because you can chew.

4. Color the foods below. These foods help your teeth stay healthy.
Circle the one you like the best.



cheese



chicken



nuts



milk



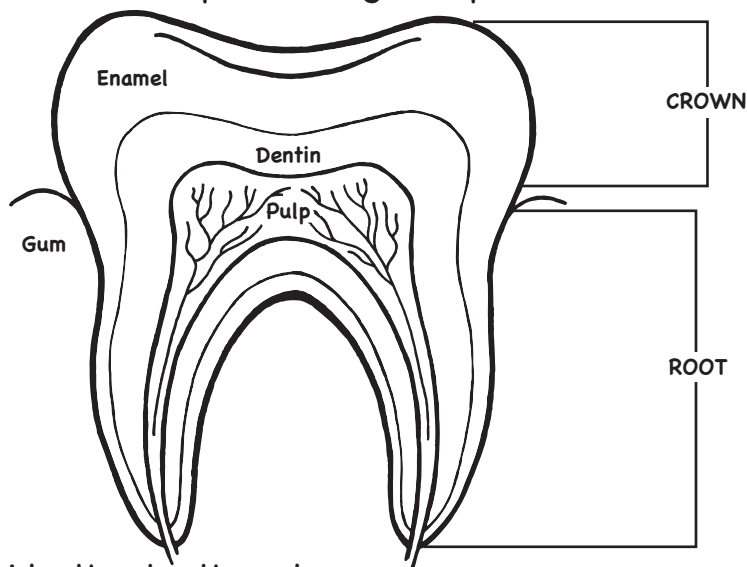
Inside a Tooth

Every tooth is made up of different parts. The **crown** is the part of your tooth that you can see.

The **root** is the part of your tooth that is in your gum. It holds your tooth in your mouth.

There are different parts inside your tooth. Look at the diagram below.

- The inside part of a tooth is called the **pulp**. It has blood vessels so the tooth can receive nutrients. It also has nerves so that you can feel your tooth.
- The **dentin** is a yellow, bone-like material. It contains nerves. The nerves hurt if there is a problem with your tooth.
- The **enamel** is the hard white covering of a tooth. We brush the enamel of our teeth to keep it strong. It protects the inside of the tooth.



1. Color the **pulp** inside the tooth red.
2. Color the **dentin** around the pulp yellow.
3. Color the **gums** around the **root** pink. Pink gums are healthy gums.
4. Which part of the tooth do you see when someone smiles?

5. Which two parts of the tooth have nerves so that you can feel when something is wrong?



Sleep Is Good for Us

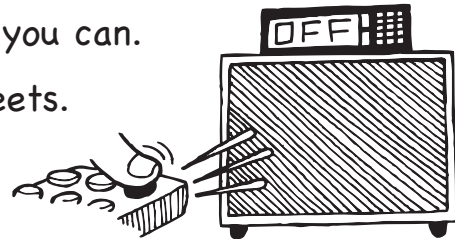
We need rest each day to stay healthy. A good night's sleep gives our bodies time to rest.

- Sleep gives us energy when we play.
- Sleep helps us do better in school.
- Sleep keeps us from getting sick.
- Sleep helps us feel rested and make good choices.



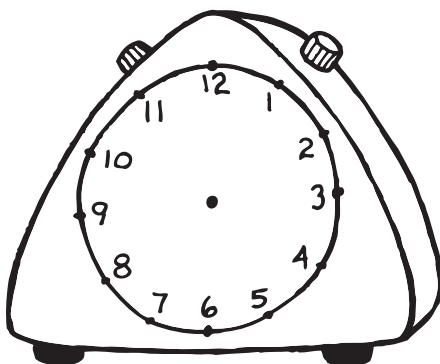
How much sleep do we need? Children need about 10 hours of sleep each day. Here are some suggestions for healthy sleep:

- Do something active every day, outside if you can.
- Eat healthy foods. Don't eat a lot of sweets.
- Read or listen to a story before bedtime.
- Turn off the TV or computer.
- Go to bed at the same time every night.

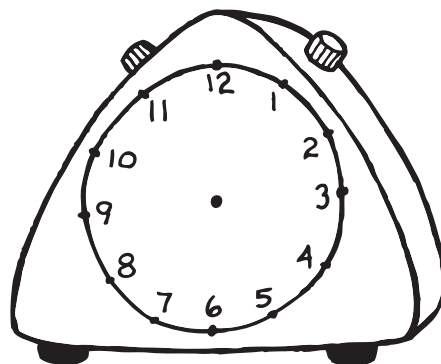


1. Write two things you do to get a good night's sleep each night.

2. What time do you get up in the morning? Draw hands on the clock to show the time.



3. Count backwards ten hours from the time you get up. Draw hands on the clock to show a healthy bedtime.



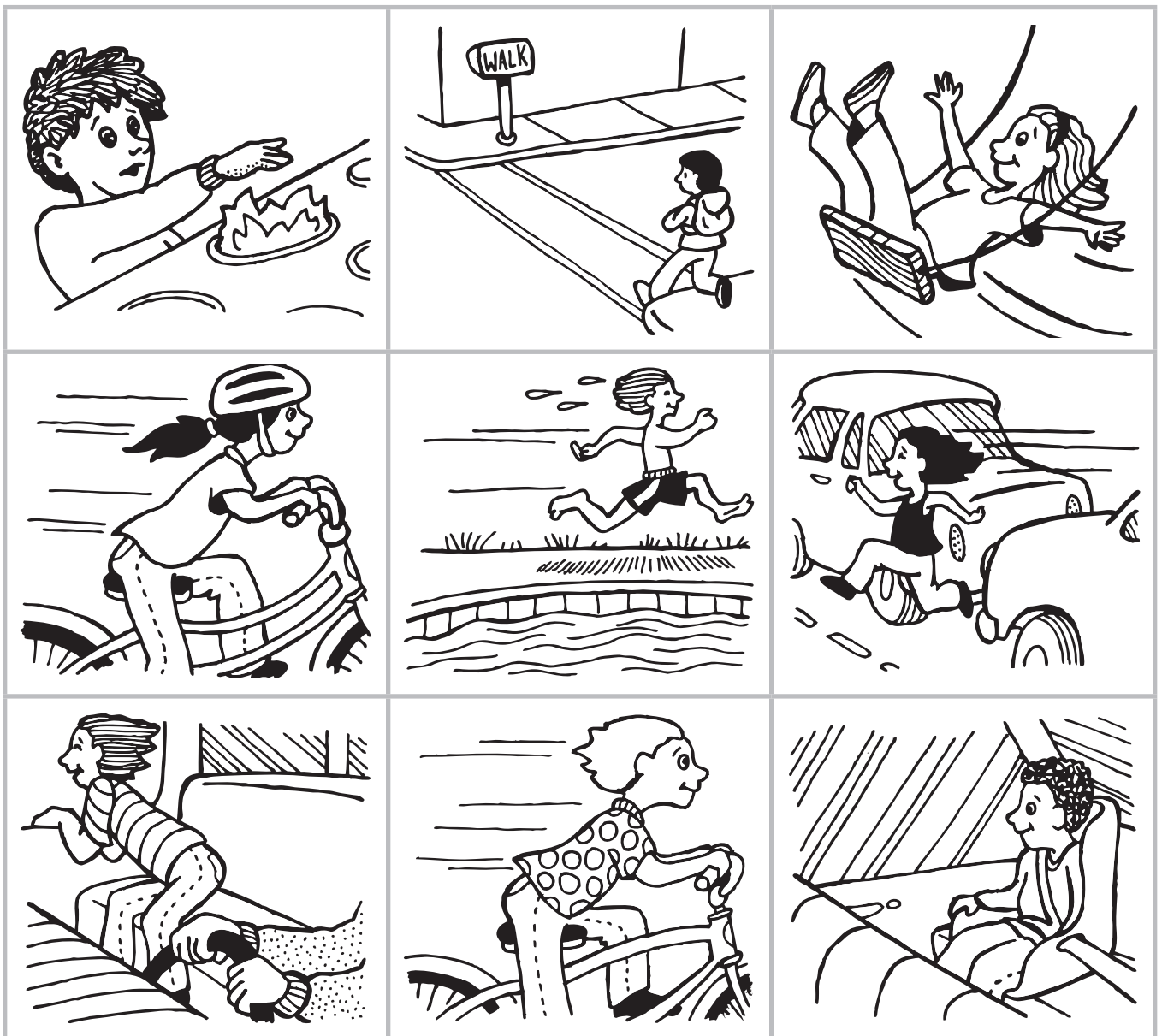


Stay Safe

There are many ways to stay safe. Here are some important rules:

- Look both ways before going into the street. Cross at a crosswalk.
- Wear a helmet to ride a bike, a scooter, or a skateboard.
- Look to see if something is safe to touch before touching it.
- Follow safety rules on the playground and at the swimming pool.

1. Look at the pictures. Discuss which pictures show ways to stay safe.
2. Cross out the pictures that are not safe ideas.



Answer Key (cont.)



page 57 (Things We Do to Stay Healthy)

1. brush teeth
2. exercise
3. drink water
4. eat breakfast
5. sleep
6. wash hands

page 58 (Wash Your Hands)

1. Correct sequence:
child looking at dirty hands
child turning on water
child soaping hands
child washing hands
child rinsing hands
child drying hands
2. Answers will vary.

page 59 (Take Care of Yourself)

1. getting rest and drinking water
2. Cross out these pictures of children spreading germs:
children sharing a drink (left)
child rubbing eyes (right)
child coughing into hands (left)

page 60 (Healthy Teeth)

1. Answers will vary.
2. toothbrush, toothpaste, and floss should be circled.
3. Answers will vary. Check for understanding.
4. Answers will vary.

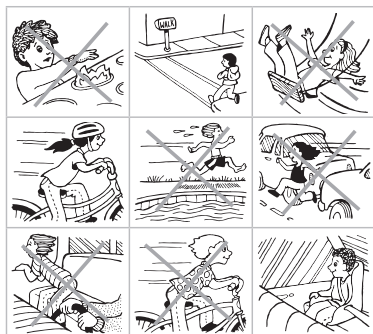
page 61 (Inside a Tooth)

- 1–3. Check colors.
4. crown
5. pulp, dentin

page 62 (Sleep Is Good for Us)

1. Answers will vary.
2. Answers will vary. Check the clock for accuracy.
3. Answers will vary. Check the clock for accuracy.

page 63 (Stay Safe)



page 64 (Stranger Danger)

All questions and answers should be discussed to clarify answers and situations.

1. smiley face (yes)
2. no smiley face (no)
3. smiley face (yes)
4. smiley face (yes)
5. no smiley face (no)

page 65 (Bones Need Calcium)

1–3. Answers will vary but check for understanding.

page 66 (Being Active)

1. Possible answers are suggested but consider others as well:
run, stomp, walk, swing, jump, slide, hop, skip, climb, kick a ball, catch a ball, throw a ball
2. Check for reasonable art.

page 67 (Did You Stretch Today?)

Monitor students to make certain they are stretching correctly and not bouncing.

page 68 (Daily Movements)

1. making a bed—bend, stretch, pull
2. sweeping the floor—pull, walk, sway, push
3. taking out the trash—lift, walk, carry
4. picking up toys—bend, carry, lift, reach
5. watering plants—walk, carry, balance
6. clearing the table—walk, carry, balance, stretch

page 69 (Playing with Movement)

1–5. Observe and discuss each group's presentation.

page 70 (Animal Moves)

Accept realistic alternative responses.

1. crawl; slither
2. swim
3. dig
4. run; leap
5. slither
6. hop; run
7. climb; swing
8. reach
9. flap
10. leap

pages 71–79

No answer key necessary.

page 80 (Swimming)

1. Accept reasonable answers such as: We use our arms and legs to swim.

page 81 (Staying Active)

Answers will vary.

page 82 (Fitness Challenge)

Check the student charts at the end of the week.