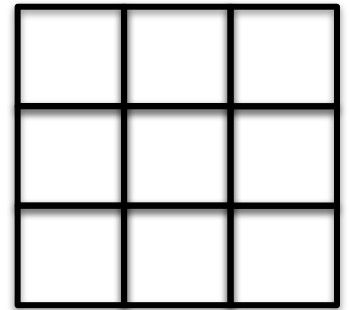


# Using the letter

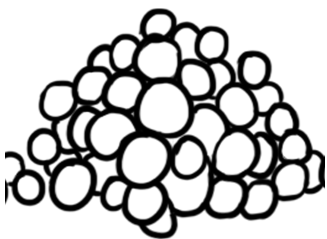


QUADS

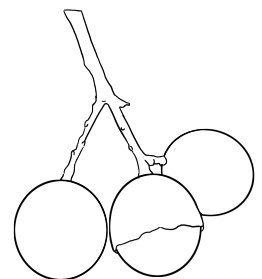


QUILT

# Qq



QUINOA



QUENEPA

# to be more healthy

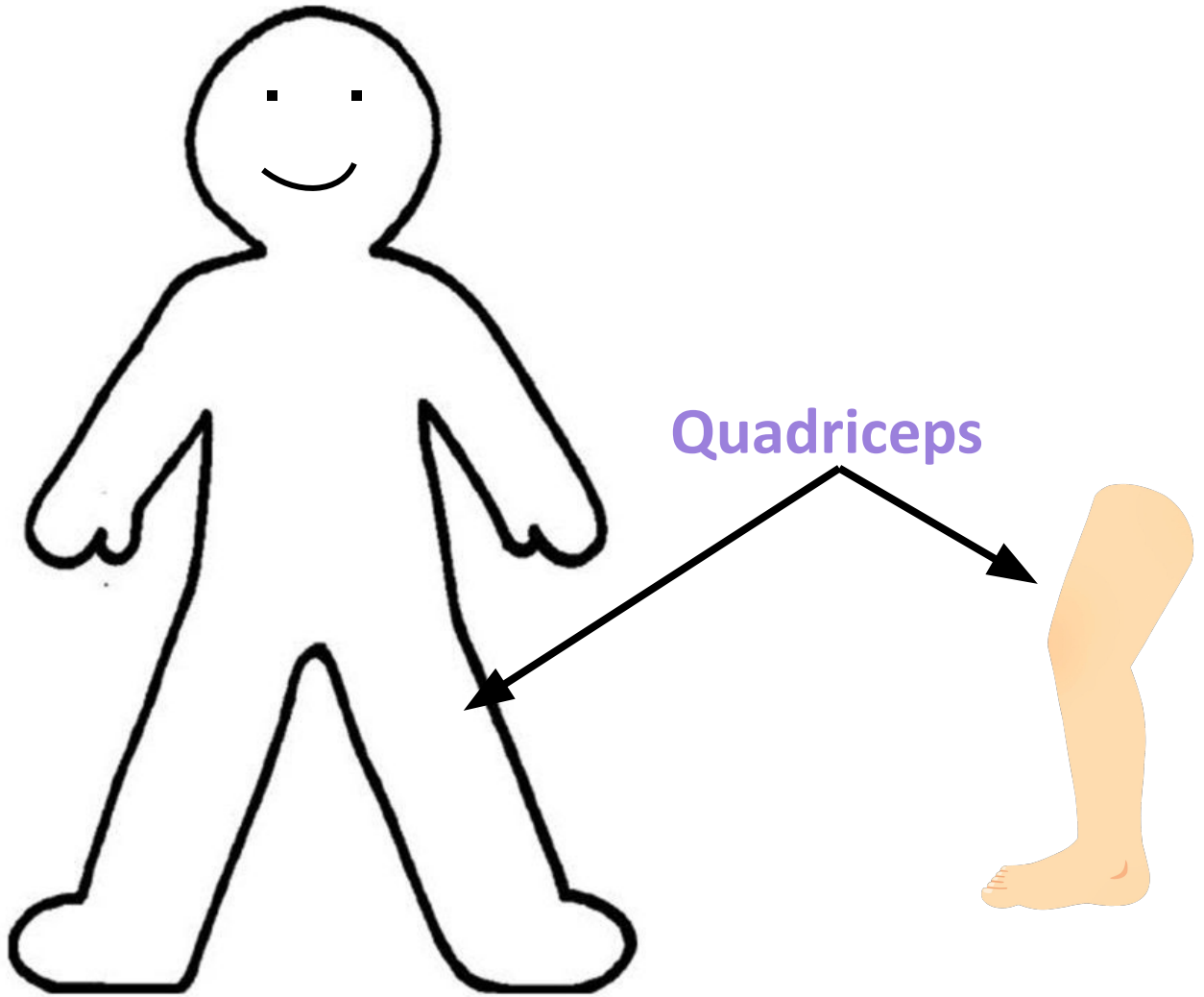




SMED'S Science Lesson:  
Anatomy with the  
Letter Q!

Qq

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



Try to find your quads in your legs!

# Qq



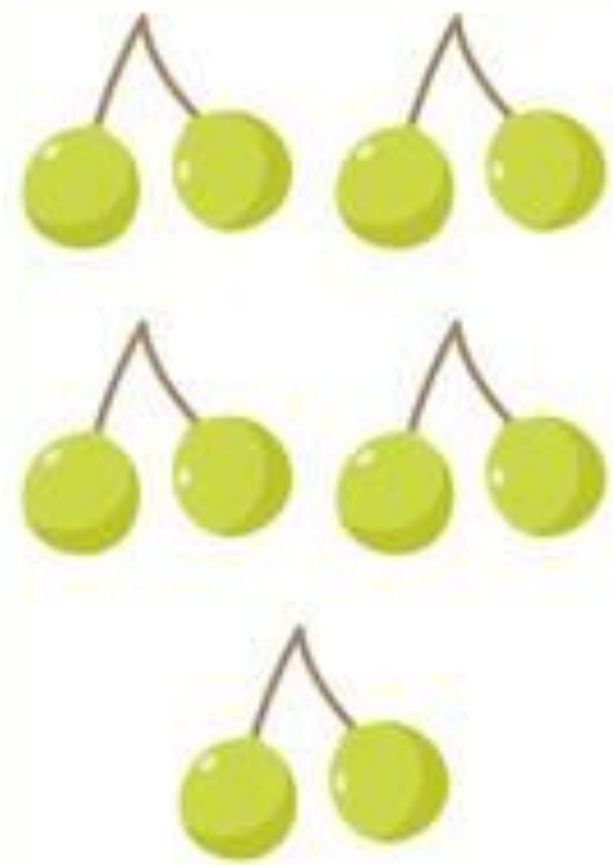
Quenepa

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

Can you count how many pairs of **quenepa** there are?

Answer:

Answer: 5



Qq

**BROC**

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

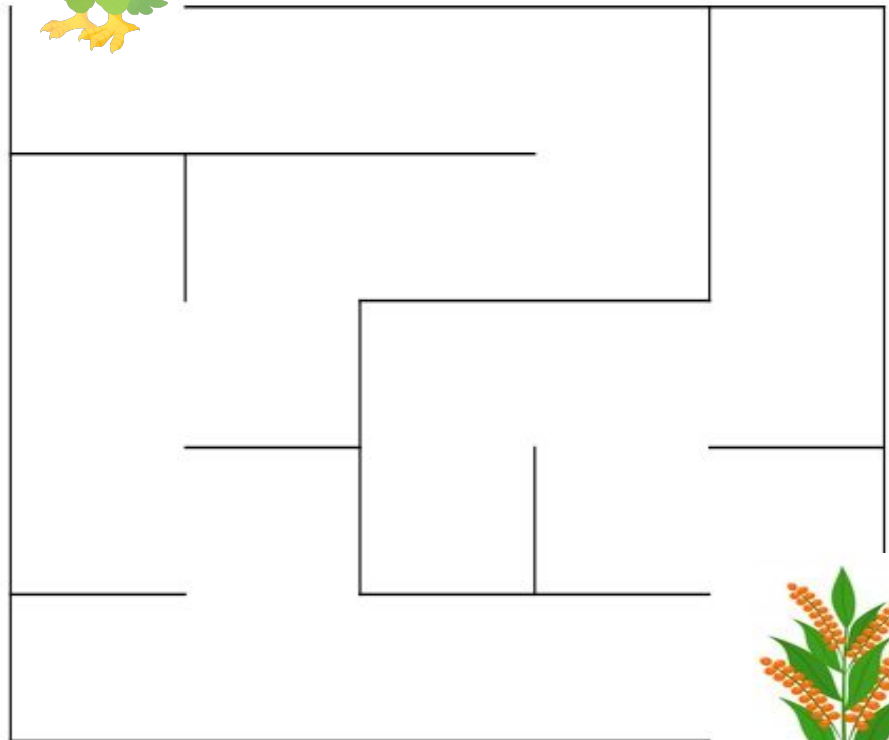


**Quinoa** leaves are super healthy!

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  
making a **quilt**.

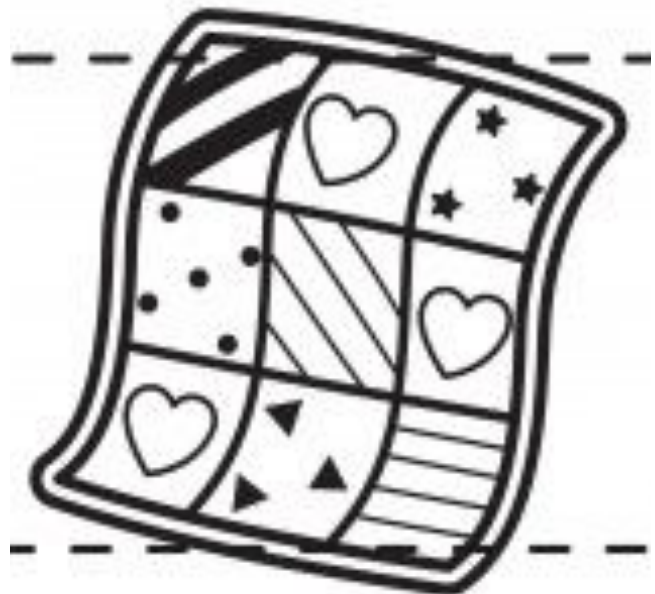
A **quilt** is a big, heavy blanket that keeps you warm.



**Quilting** 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 read a  
book!

Draw what you will do in your quiet time.

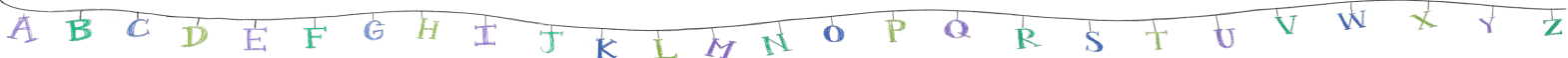
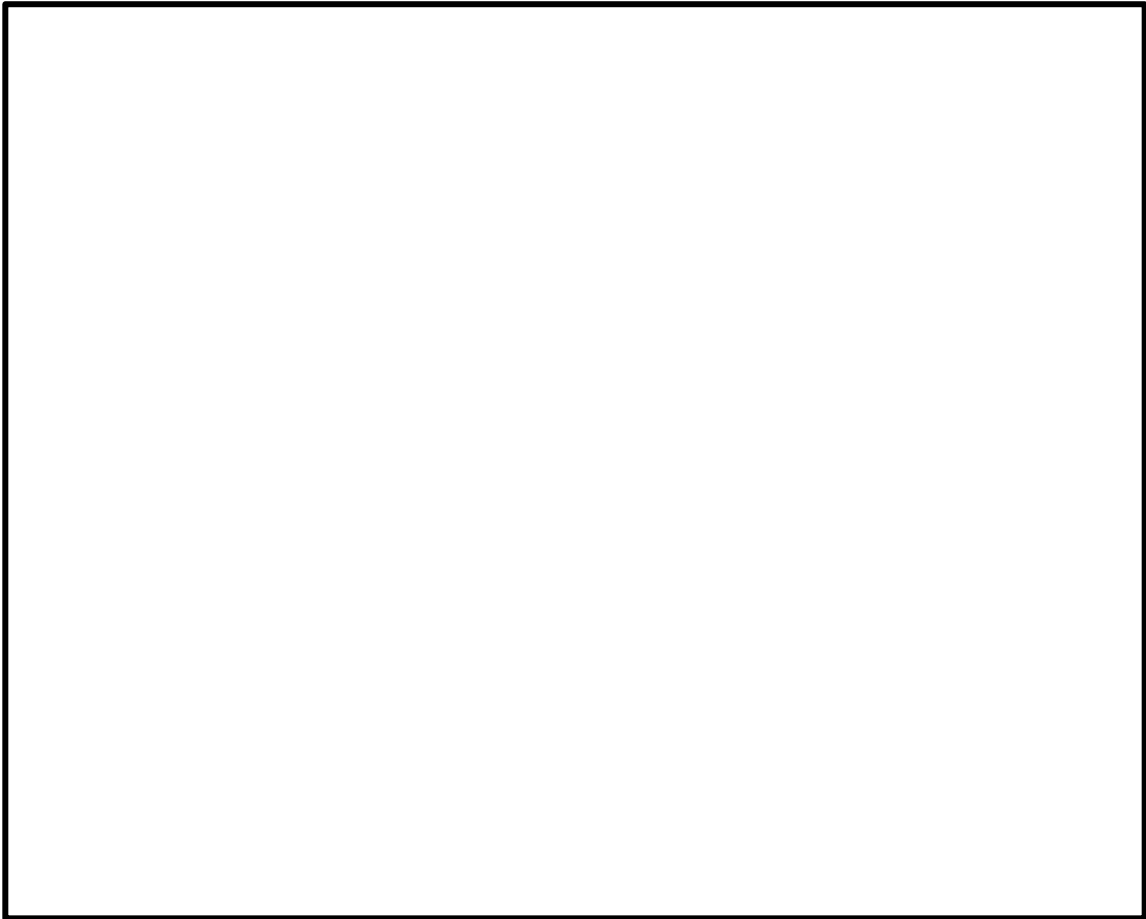
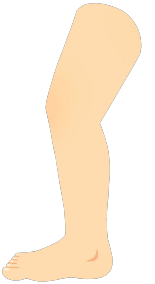






# Qq

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



# 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.