



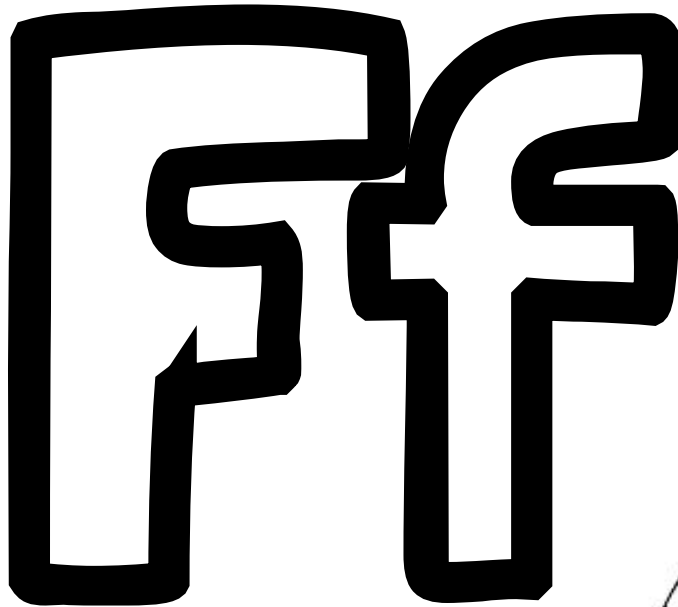
Using the letter



FROG



FIG

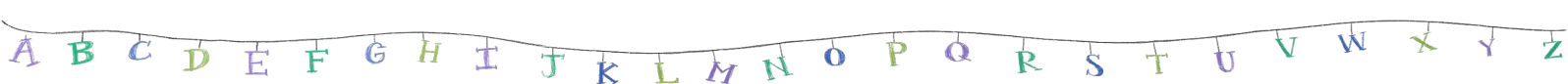



FACE MASK



FOOTBALL

to be more healthy



SMED uses the letter **F** to make his brain healthy by learning these words.

Ff

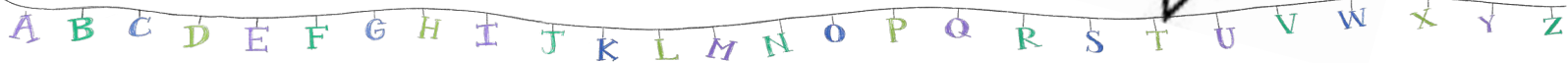
Trace and write these words 3 times.

For For

From From

Fall Fall

Color in the **first** place ribbon.

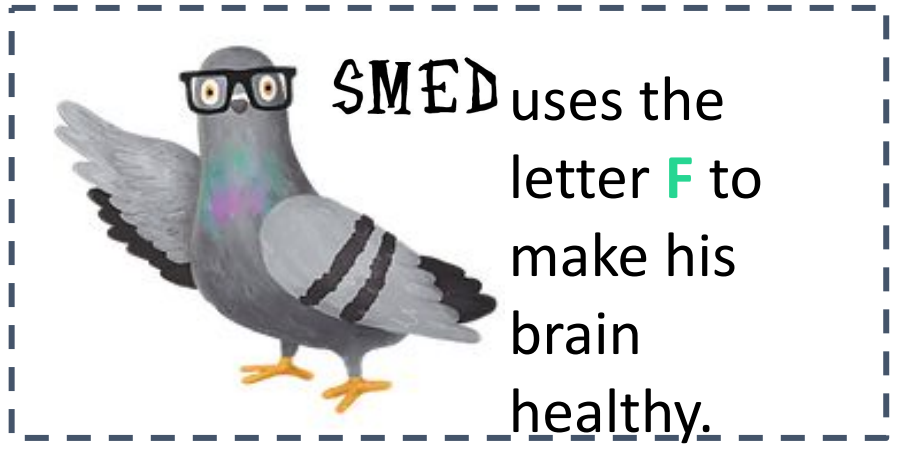




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HEALTH CLUB

Being Healthy from A to Z

Ff

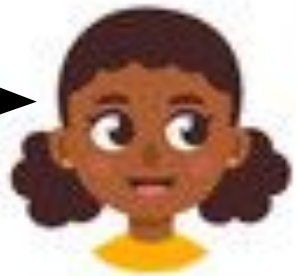


SMED uses the letter **F** to make his brain healthy.

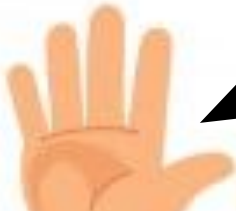
The letter **F** is the **first** letter of many parts of your body.



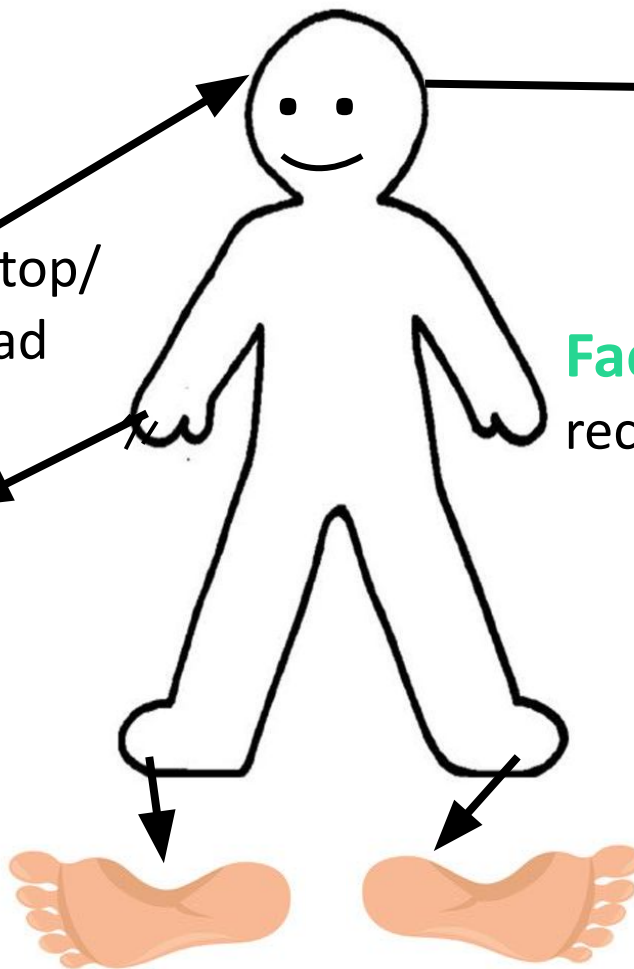
Forehead: the top/
front of your head



Face: how people recognize you

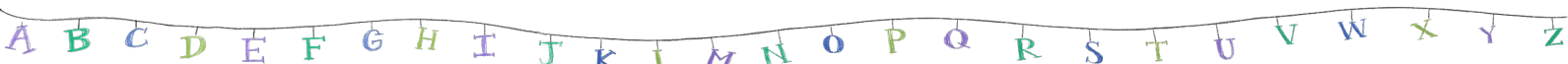


Fingers: help us grab items



Feet: help us stand and balance

Circle the body part you think is most important.





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BERRY uses the letter **F** to be healthy by eating **fruits**.

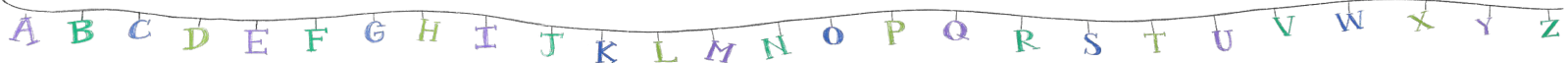
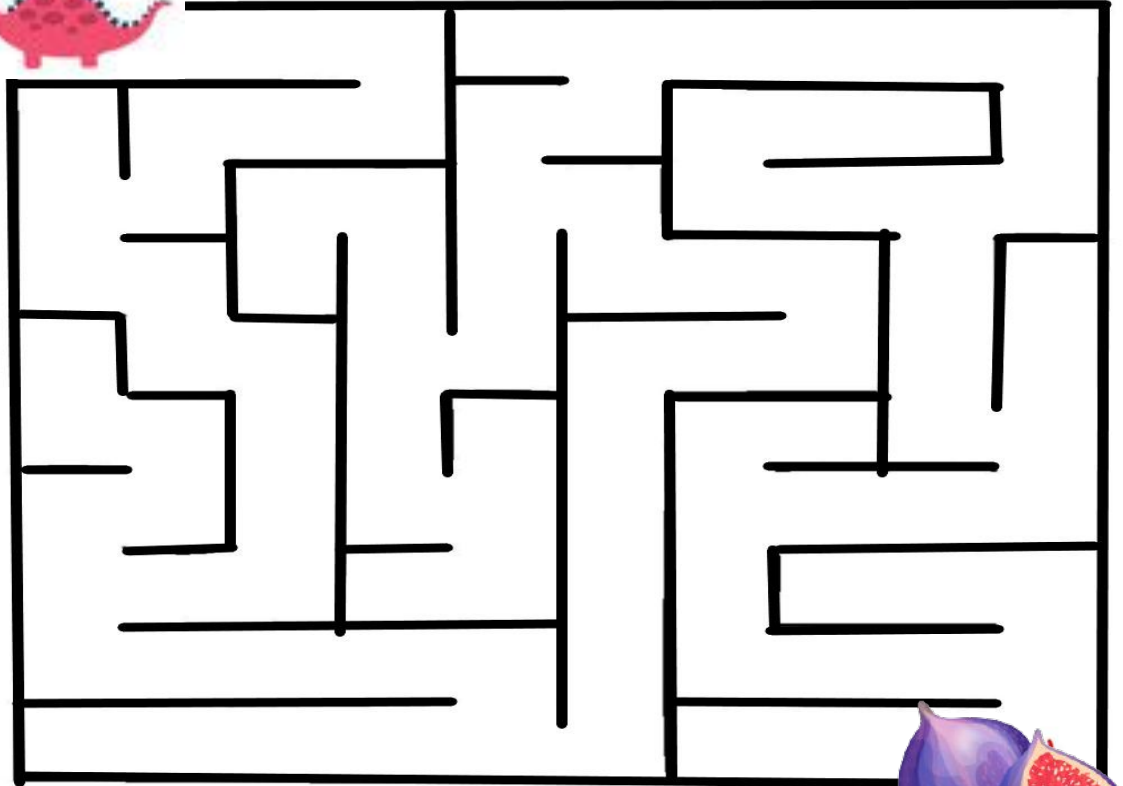
Did you know? **Fig** trees grew when dinosaurs were alive.



Figs



Help the dino **find** the **fig**.





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Fava beans help your brain grow.



BROC

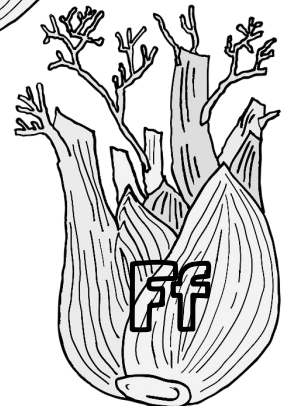
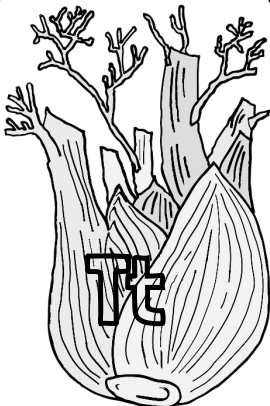
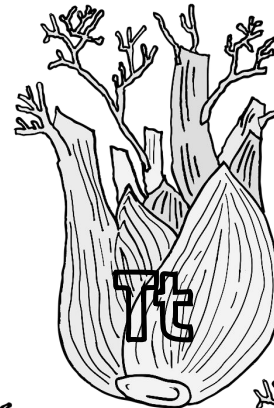
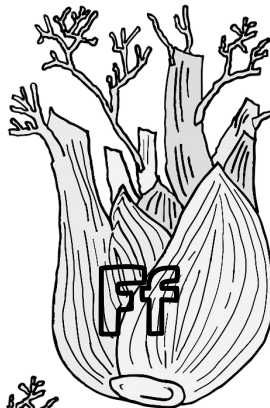
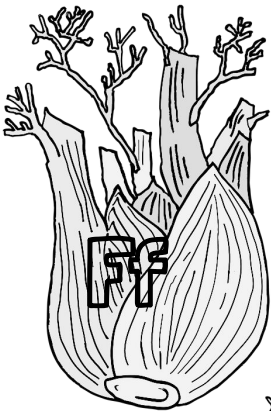
uses the letter **F** to be healthy by filling up on healthy veggies like **fennel** and **fava** beans.

Fennel

is healthy **for** your heart.



Color the **fennel** with the letter **Ff** green and the **fennel** with the letter **Tt** brown.





Ff

Fresh fruit Parfait

INGREDIENTS:

- 1 cup chopped fruits



- 1 tablespoon walnuts or nuts of your choice



- 1 cup plain greek yogurt



- 1 tsp cinnamon



Spoon

has some **fun** recipes that start with the letter **F**.



INSTRUCTIONS:

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



2. Add fruits together in a large bowl and add nuts



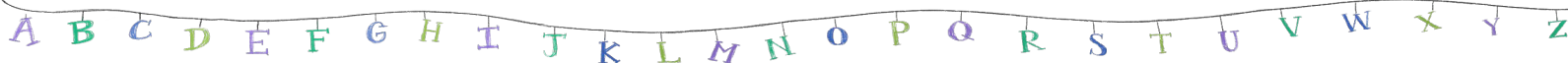
3. Top with yogurt and mix all together



4. Sprinkle with cinnamon



5. Serve & enjoy!





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AGUA uses the letter **F** to be healthy by swimming with **fins** in the water!

Ff

Fins help you have **fun** in the water.



Color in these **fins**!

Circle where your **fins** fit:

My **fins** fit my ...



or



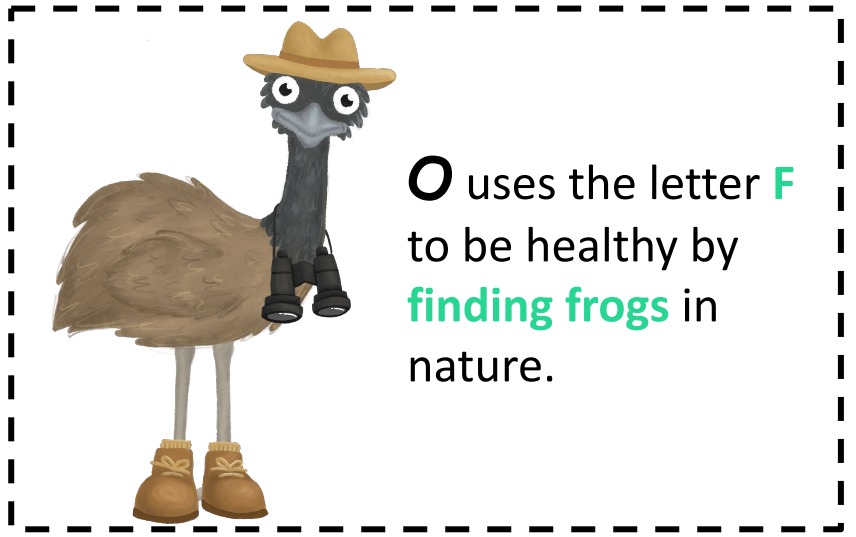
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



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Ff



O uses the letter **F** to be healthy by **finding frogs** in nature.

Frogs have bodies that grow and change, just like our bodies.



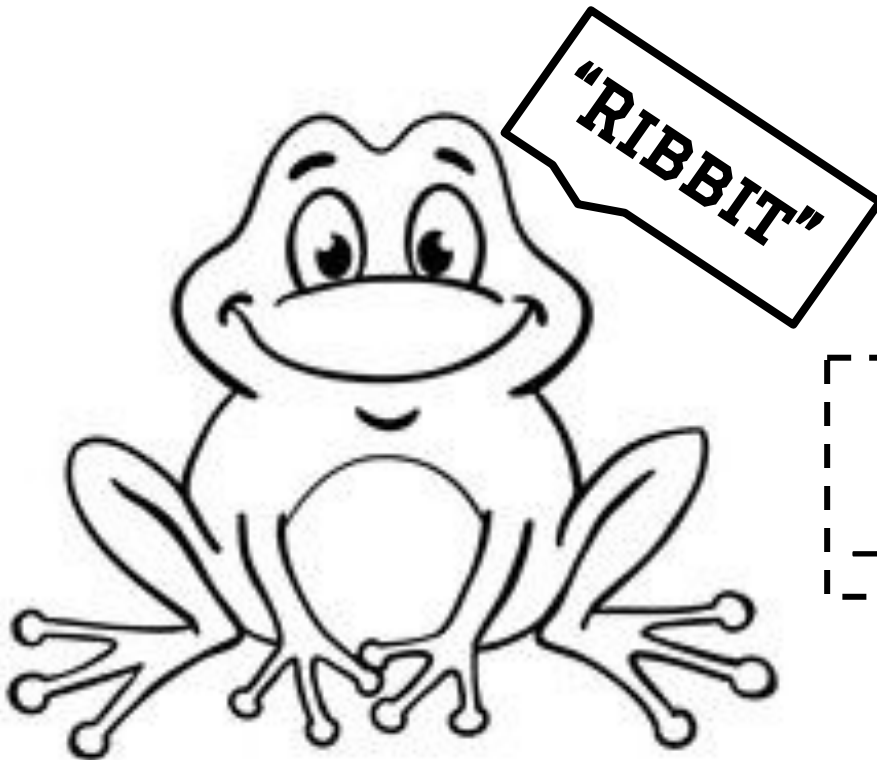
Eggs



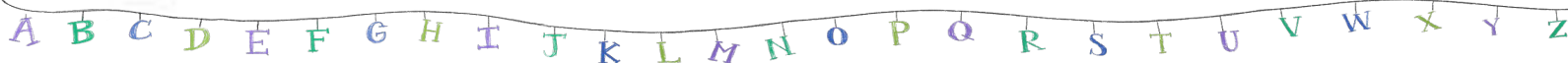
Tadpole



Adult **frog**



Name this **frog**.





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Going **fishing**



Sport uses the letter **F** to be healthy by doing **fun** activities with **friends**.

&

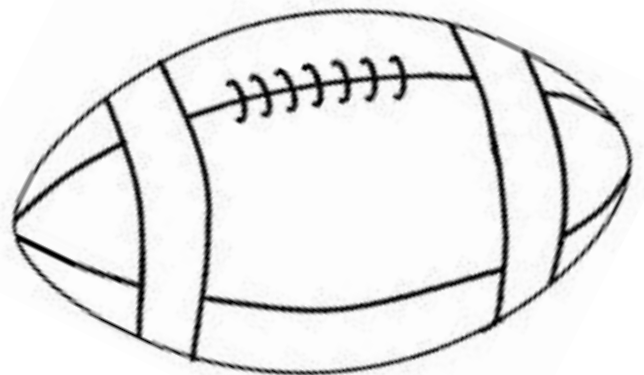


Building a **fort**

Let's do **five frog** jumps with **Sport** !



Color in the **football**.



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

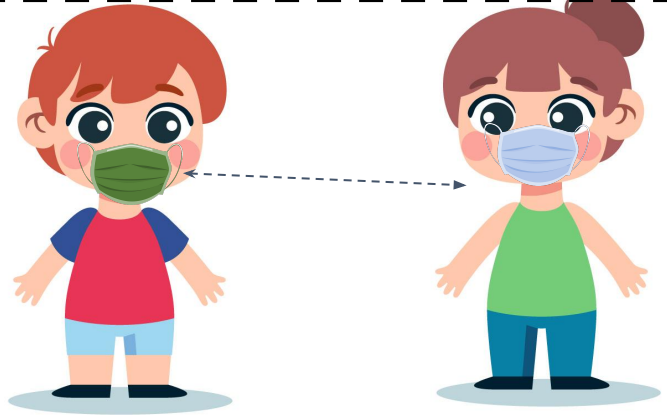


WARNER

uses the letter **F** to be healthy by wearing his **face** mask in public.

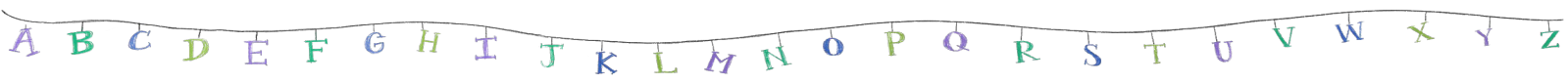
Ff

Warner says to always wear your **face** mask when you are outside. Germs do not spread as easily if your **face** mask is on.



Germs can make either you, your **friends**, or your **family** sick.

Where does the **face** mask go? Draw a line.





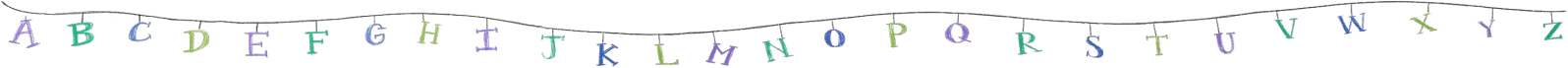
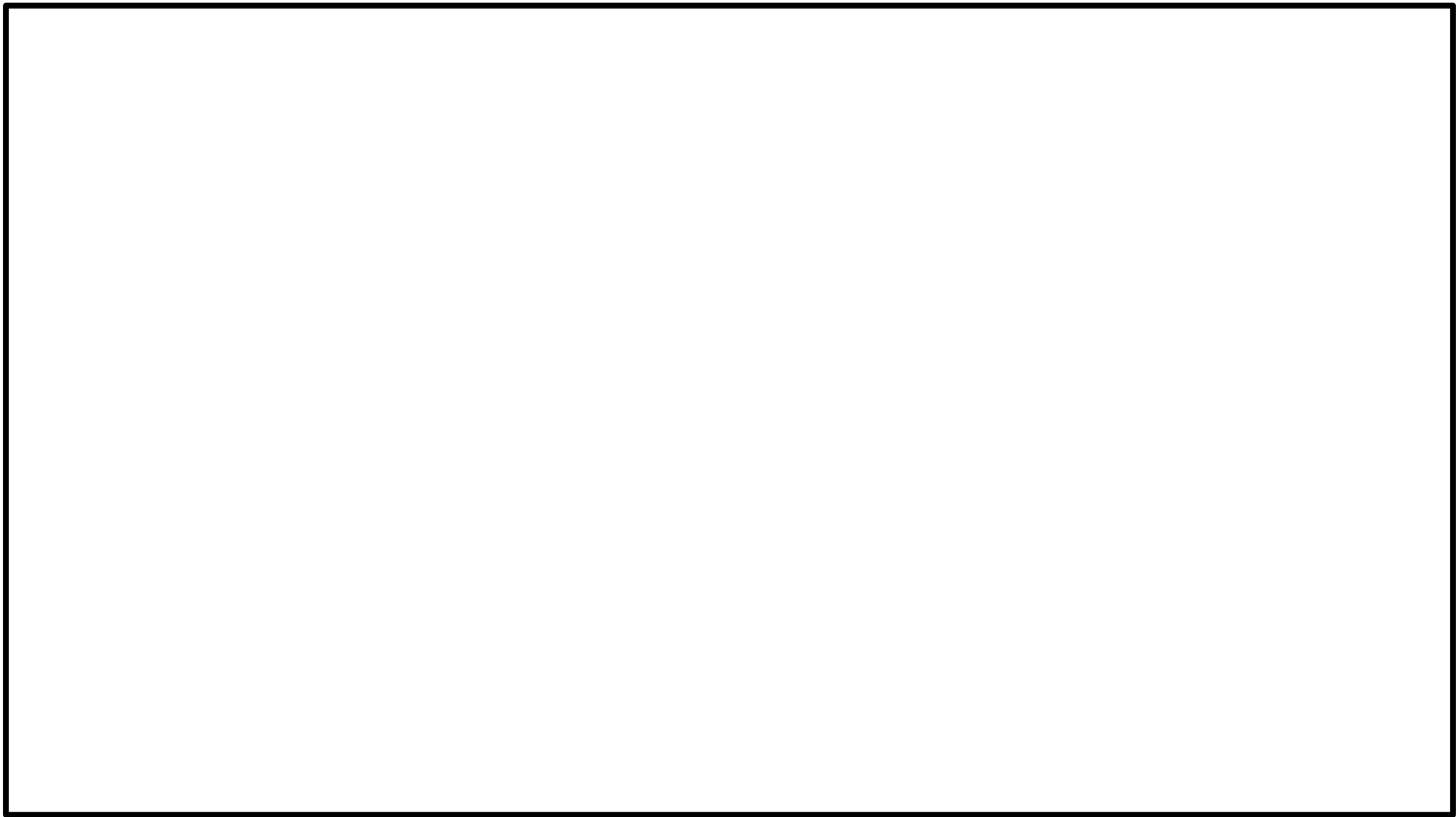
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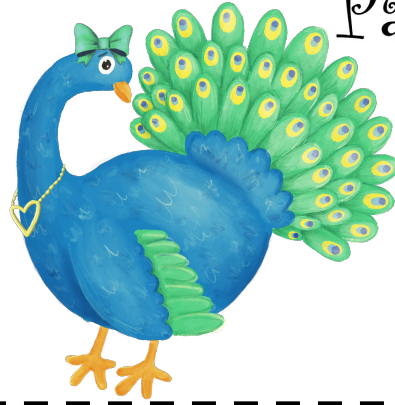
Draw how you can have fun with your family!





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Pathy uses the letter **F** to be healthy by writing what she's **feeling**.

Ff



Happy

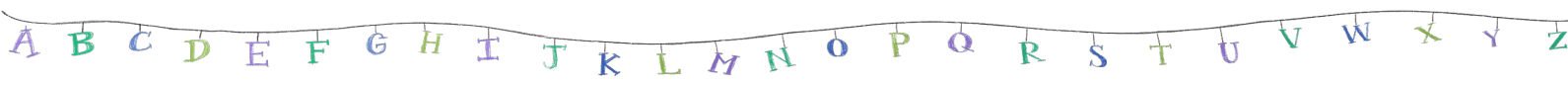


Sad



Scared

What are your **feelings** today?





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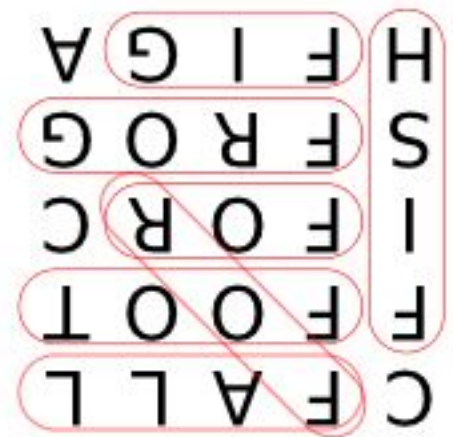
Help Sport & WARNER



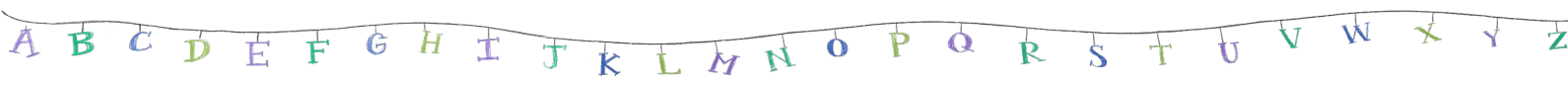
Complete this word search!

THE LETTER F

C	F	A	L	L
F	F	O	O	T
I	F	O	R	C
S	F	R	O	G
H	F	I	G	A
FALL FOR FROG FISH FIG FOR FOOT				



ANSWER KEY:



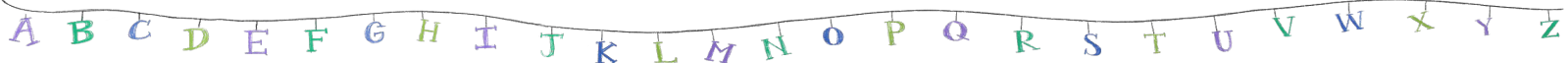


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Can you draw a picture of how you can use the letter **F** to be more healthy?

Ff





Ff

Health Standards

- 1.1N Name a variety of healthy foods and explain why they are necessary for good health. (4, 5)
- 1.2N Identify a variety of healthy snacks (4,6)
- 5.1N Describe ways to participate regularly in active play and enjoyable physical activities (7, 9, 11)
- 7.1N Select nutritious snacks (11)
- 1.1S Identify safety rules for the home, the school, and the community (7, 10)
- 4.1S Demonstrate how to ask a trusted adult for help or call 9-1-1 (7)
- 7.1S Follow rules for safe play and safety routines (7)
- 1.1M Identify a variety of emotions (12)
- 1.1.G Explain that living things grow and mature. (8)
- 1.5.G Name body parts and their functions. (3)

