



# Using the letter



**GRAPEFRUIT**

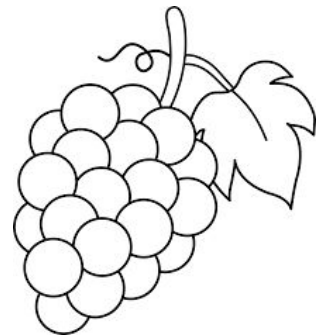


**GOGGLES**

# Gg



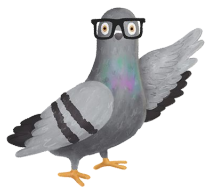
**GOLF**



**GRAPES**

# to be more healthy





# Dr. Patricia's HEALTH CLUB

Being Healthy from A to Z



# Gg

Trace and write these words two times each.

Go

Go

\_\_\_\_\_

\_\_\_\_\_

Get

Get

\_\_\_\_\_

\_\_\_\_\_

Good

Good

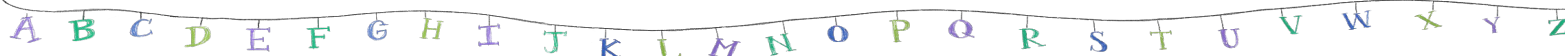
\_\_\_\_\_

\_\_\_\_\_



Color in the phrase!

# GOOD JOB!





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**HEALTH CLUB**

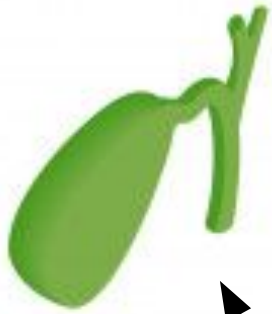
Being Healthy from A to Z

# Gg



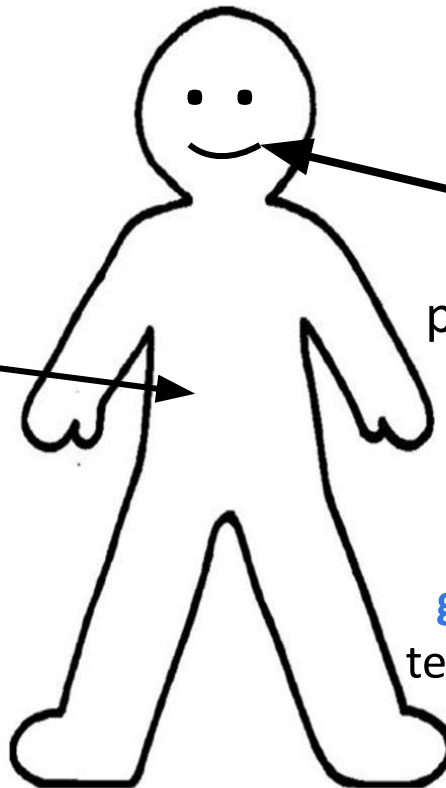
**SMED**'S Science Lesson:  
Anatomy with the  
Letter **G**!

The letter **G** is the first letter in these body parts:



**Gallbladder:**

makes a liquid that  
helps digest your food

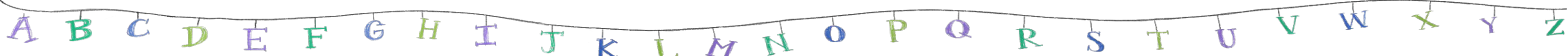


**Gums:**

protect your teeth from  
**getting** infections

You can keep your **gums**  
healthy by brushing them  
**gently** when you brush your  
teeth every morning and night.

Can you take care of your **gums** by **gently** brushing  
them when brushing your teeth?





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# 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, grapefruits, and guavas** are **great** sources of Vitamin C!  
Eating this stops you from **getting** sick and keeps your **gums** healthy.



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# Gg



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

Can you match the vegetables with their picture?

**Green** beans keep your bones, hair, and skin healthy!

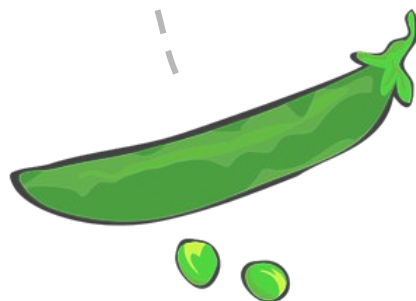
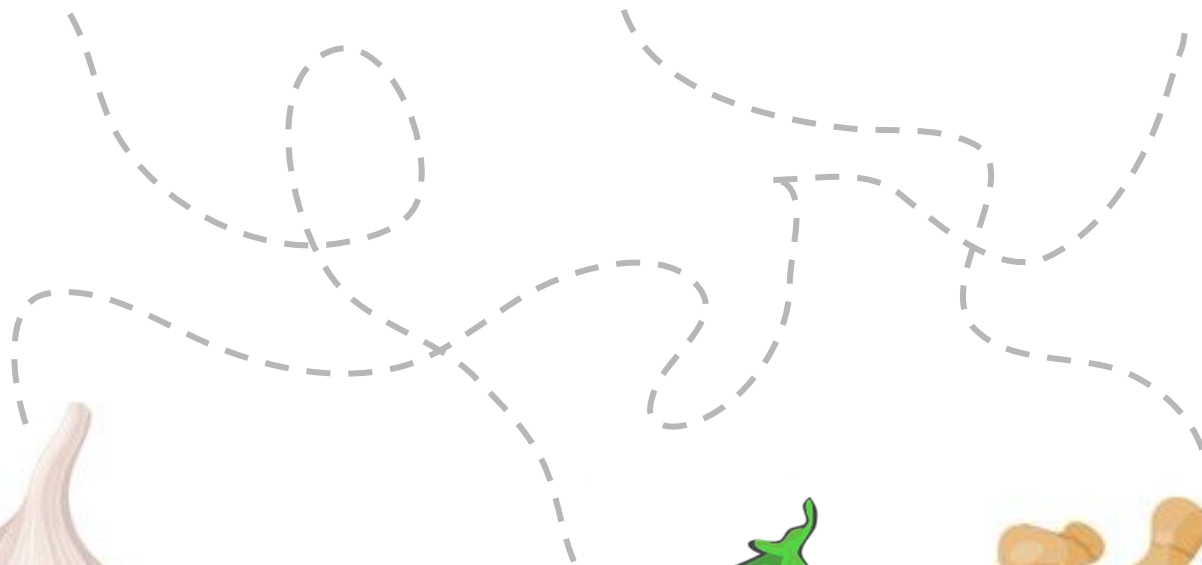
**Ginger** fights **germs** and makes you feel better when you're sick!

**Garlic** keeps your heart and blood healthy!

**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

## BROC and Spoon

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



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

1.



RENIGG

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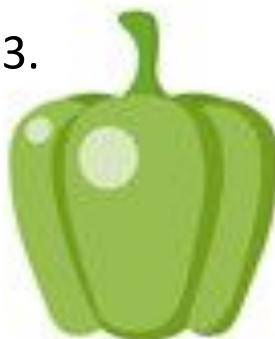
2.



CILRAG

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3.

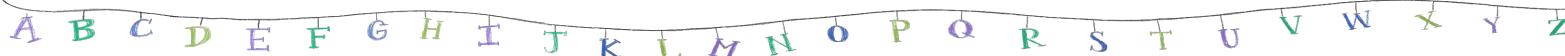


EENRG

PPPSRE

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





# Gg

## Grape Popsicles

### Ingredients:

- 2 ½ cups of seedless grapes



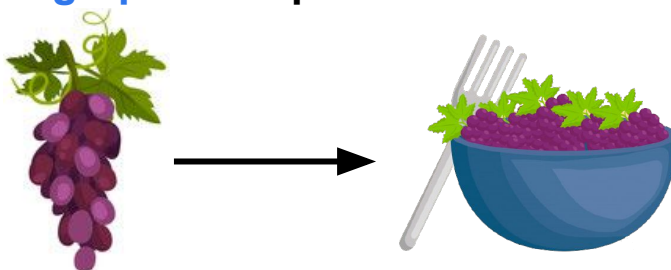
**Spoon** has some delicious recipes that start with the letter **G!**

### Instructions: **Parental Supervision required**

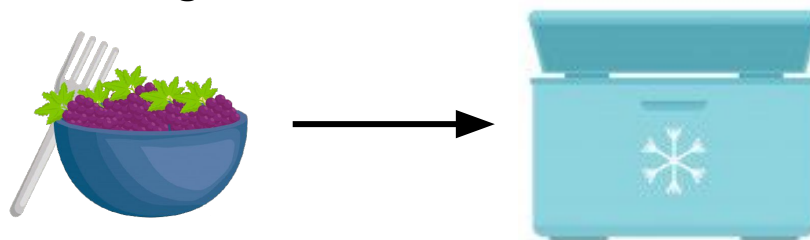
1. Wash your hands with soap and warm water before prepping.



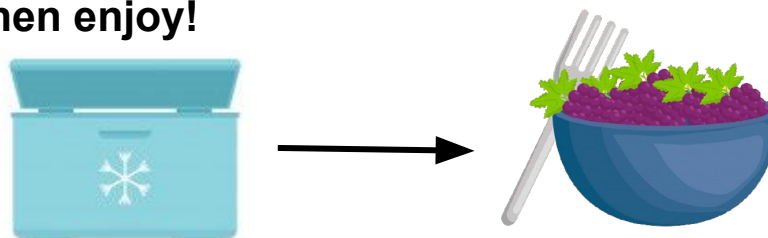
2. Rinse **grapes** and put into a bowl.



3. Place bowl into freezer and leave overnight.



4. Pull the **grapes** out of the freezer and then enjoy!





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# Gg



**Sport**  
uses the letter **G** to be healthy by playing **golf** and practicing **gymnastics**.



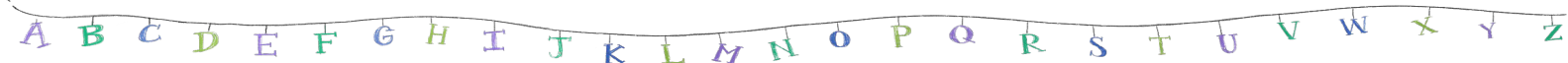
**Golf**



**Gymnastics**

**Circle your favorite activity.**

**Gymnastics** is lots of different activities!








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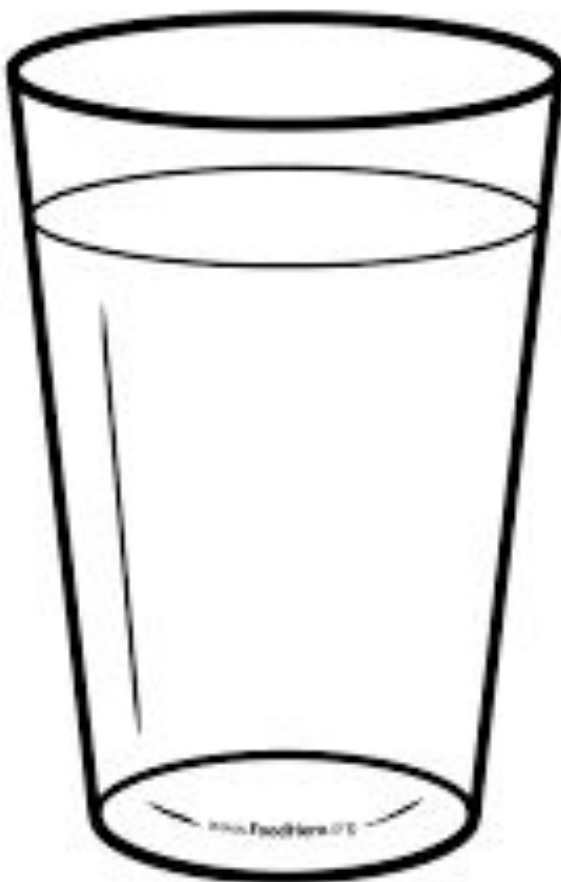
**Gg**



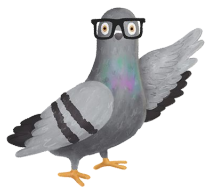
**AGUA**  
uses the letter **G**  
to be healthy by  
adding **grapefruit**  
to his water.

**Grapefruit** is very hydrating and helps you to not  
**get** sick.

It will also make your water taste **good**!



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

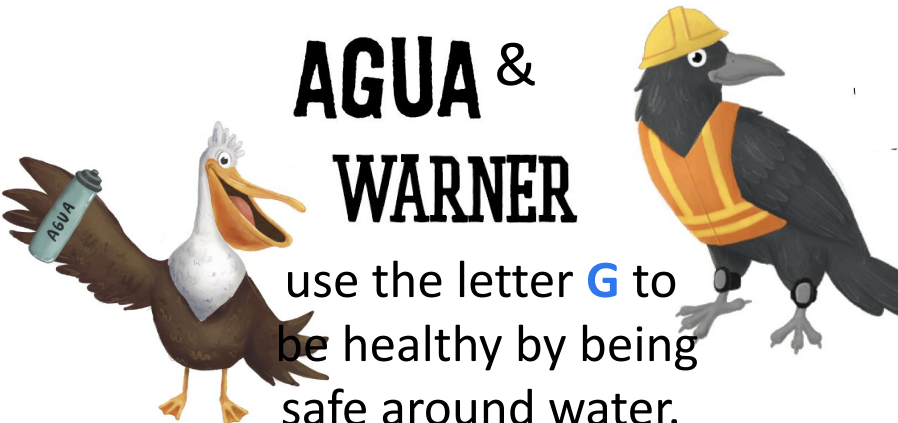


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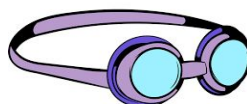
# Gg

**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!**

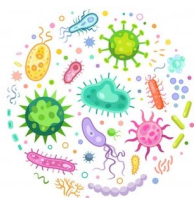




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# Gg



A lot of sicknesses are caused by **germs** being passed from hands to things people touch, like doorknobs.



Washing your hands stops most **germs** from **getting** you sick! Wearing a face mask can help stop **germs** like the Coronavirus.



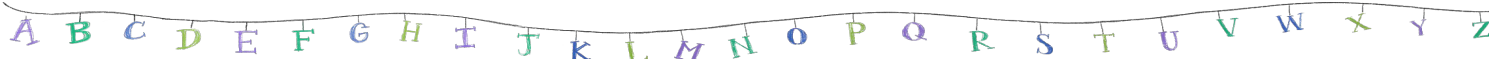
It is always **good** to clean all surfaces like tables, devices, and bathroom to keep away **germs**.

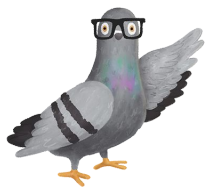
How long should you scrub your hands to **get** rid of **germs**?

Hint: seconds

\_\_\_\_\_

Answer: 20

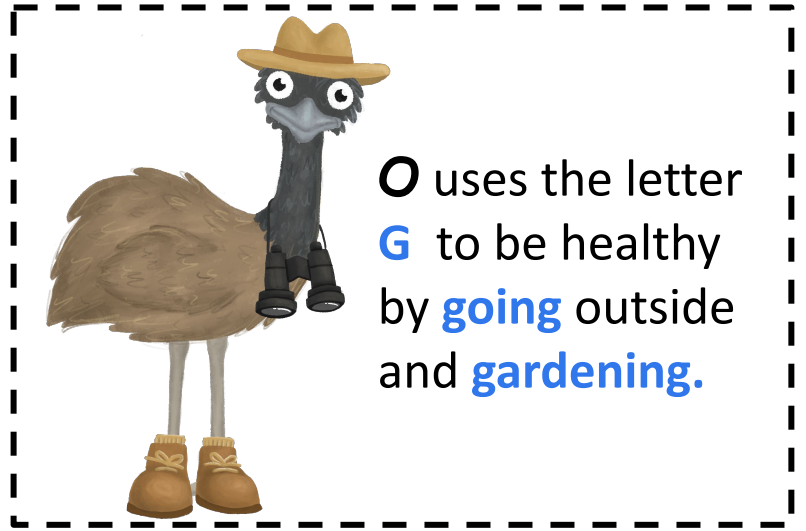




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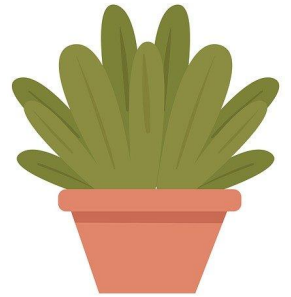
# Gg



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

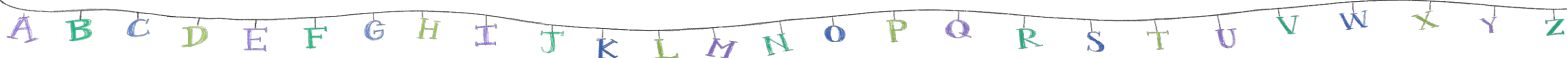
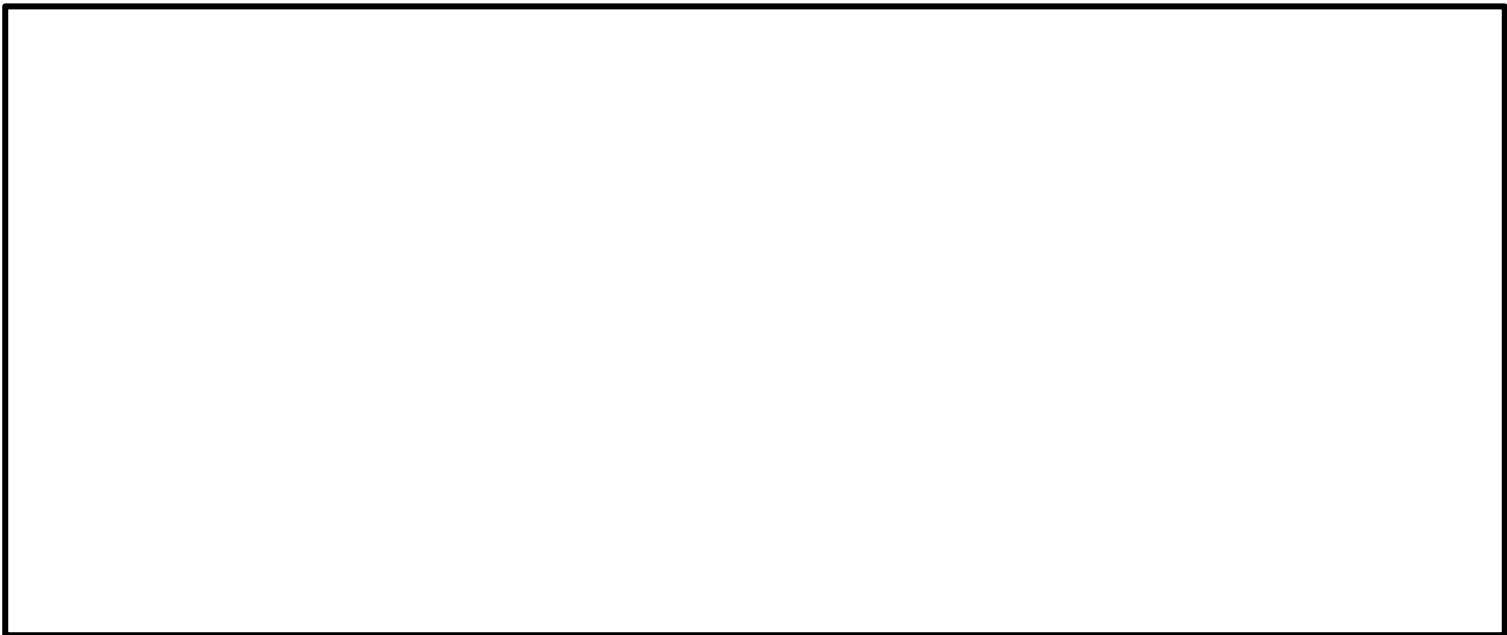


**Going** outside and **gardening** is a **great** way to be connected to nature!



Plants need the sun, water, and **good** dirt to **grow**!

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





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# 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!

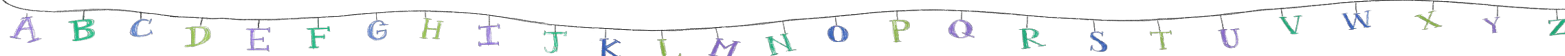


**Greeting** someone nicely is a **good**  
way to make them happy!

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

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# Gg



**Getting** enough sleep each night is important!

Sleeping is when your body **gets** to rest and is when your brain saves the memories of that day!



Answer:

<hr/> <p>Hours</p>
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**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



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# Gg



**Z** uses the letter **G** to be healthy by thinking about what she is **grateful** for before she **goes** to sleep.

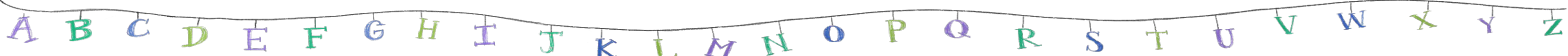
Thinking about what you are **grateful** for is a **good** way to be mindful.

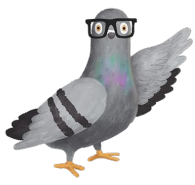


If you are having a hard time **going** to sleep, make a list of things you are **grateful** for.

## What are some things you are **grateful** for?

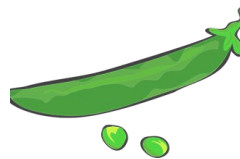
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_





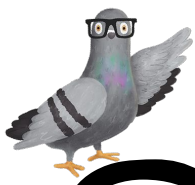
# Gg

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).

