



Dr. Patricia's  
**HEALTH CLUB**

Being Healthy from A to Z

# Being Healthy on Halloween



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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## SMED

uses Halloween to be healthy by counting Jack-O'-Lanterns!



How many Jack-O'-Lanterns are there?

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Answer: 6



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## BROC

uses Halloween to be healthy by eating orange and purple veggies.

### Orange veggies:



Orange peppers



Orange tomatoes



Sweet potatoes



Carrots

## Circle which veggies you'll try this Halloween!

### Purple veggies:



Purple pepper



Eggplant



Purple potatoes



Purple carrots



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## BERRY

uses Halloween to be healthy by eating orange and purple fruits.

### Purple fruits:



Fig



Plum



Grapes



Raisins



Blueberries

**Circle which fruits you'll try this Halloween!**

### Orange fruits:



Oranges



Cantaloupes



Apricots



Mangoes



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There are lots of different things you can do with your family for Halloween!

Your family can spend time at a pumpkin patch!



*Pathy* uses Halloween to be healthy by spending time with her family!

Your family can all carve a pumpkin!

You all can dress up in a costume together!

You can decorate your house for Halloween!



**What do you want to do with your family on Halloween?**

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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

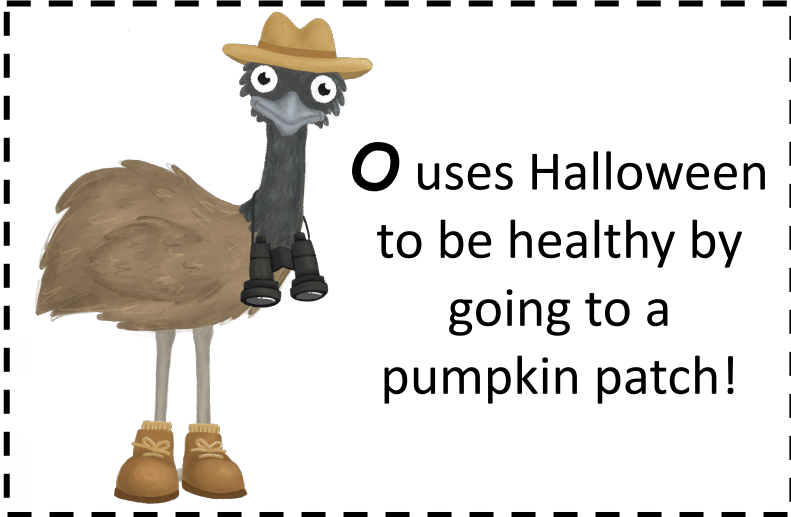
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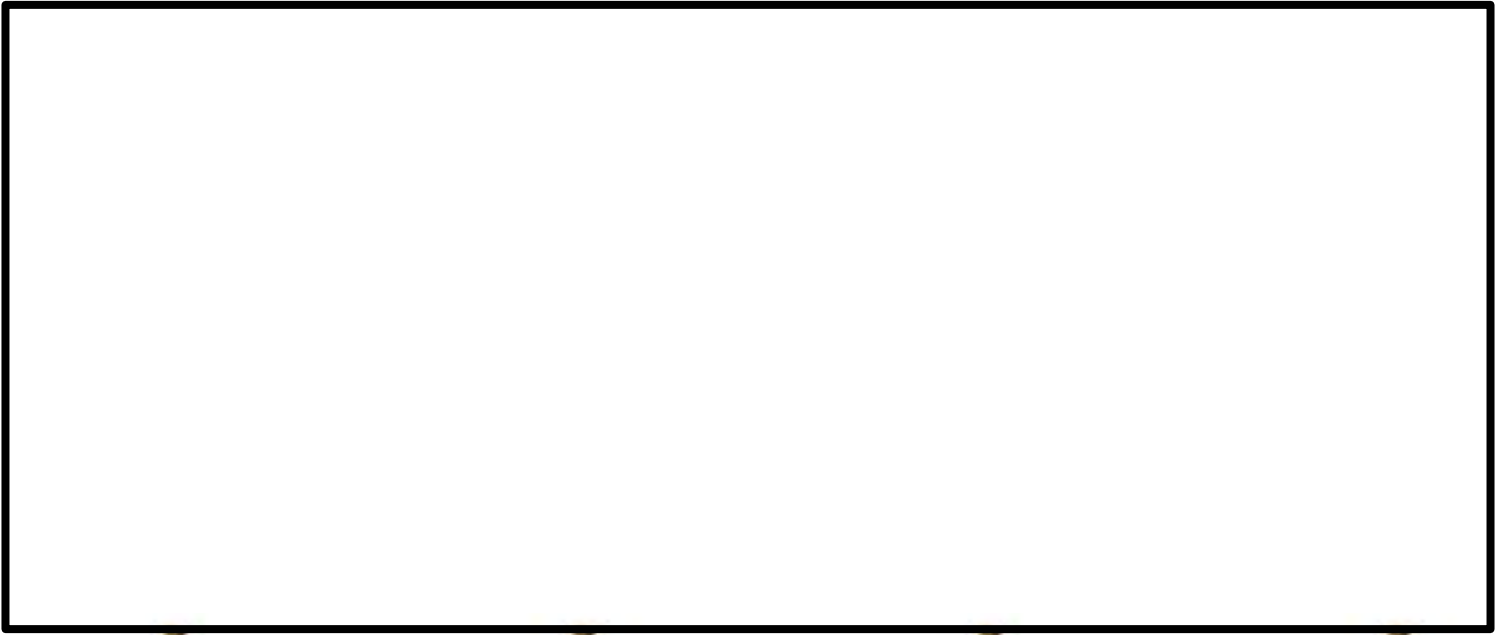


**O** uses Halloween to be healthy by going to a pumpkin patch!



At the pumpkin patch, O likes to choose one pumpkin to carve his Jack-O'Lantern!

**Draw your own Jack-O'-Lantern!**



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# WARNER

uses Halloween to be healthy by always staying with his family or friends!

During Halloween, you should always walk around with trusted adults, like your parents!



**Who will you be with during Halloween? Write it below!**

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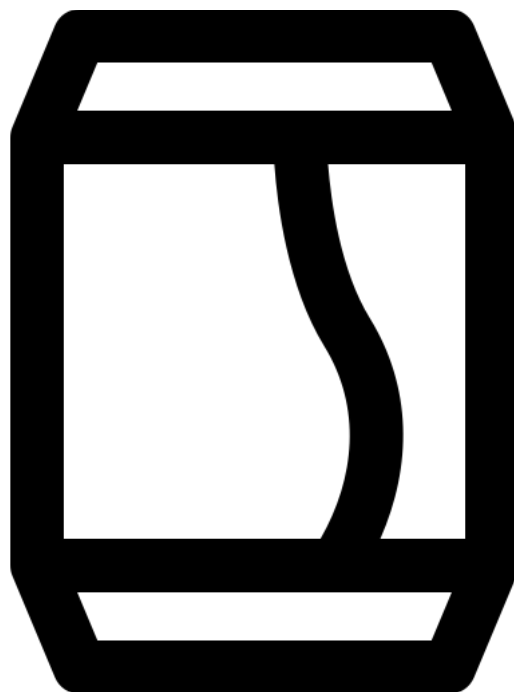


**AGUA**  
uses Halloween  
to be healthy by  
drinking sparkling  
water!

Sparkling water is normal water, but with lots of bubbles in it, like soda!

It can come in lots of different flavors too - like lemon, berry, orange, and more!

**Draw a sparkling water that you'd like to drink!**



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





There's lots of music that  
you can listen to on  
Halloween!



Z likes to be mindful when listening  
to music, which means she likes to sit  
quietly and enjoy it!

Some fun Halloween  
songs are:

- Monster Mash
- Thriller
- Ghostbusters
- I Put A Spell On You



**Which song will you listen to this Halloween?**

\_\_\_\_\_





## Sport

uses Halloween to be healthy by dancing along to Halloween music!

Just like Z, Sport likes Halloween music!

There are some Halloween songs that you can learn dances to!



Some Halloween songs with dances are:

- Monster Mash
- Thriller

**Which Halloween song will you dance to?**

---





## Veggie Jack O' Lantern

### Supplies:

- Platter
- Baby carrots
- Small cups of hummus (2)
- Olives
- Cucumber, sliced
- Celery sticks (3-5)

1. Arrange the baby carrots in a circle on the platter. This will be the “pumpkin”. Place the two cups of hummus next to each other at the top, these will be the pumpkin’s “eyes”. If you would rather not use hummus, you can arrange cucumber slices as the eyes instead.

2. Place the olives in a triangle shape just below the hummus cups, to form the “nose”. Then arrange cucumber slices in a semicircle at the bottom of the pumpkin, forming the smile.

3. Place the celery sticks at the top of the platter, making the pumpkin’s stem.

Enjoy!

**Spoon** has healthy  
Halloween recipes  
you and your family  
can make!



Use these pictures as  
your references!!





## Fruity “Candy Corn” Cup

### Supplies:

- Clear cups
- Pre-sliced pineapples
- Peeled mini mandarins (like Cuties or Halos)
- Plain Greek yogurt

1. Place a thick layer of the pineapple slices at the bottom of the cup.
2. Place a layer of the peeled mandarin slices on top of the pineapple. The two layers of fruit should be taking up the majority of the space.
3. Place a scoop of Greek yogurt on top of the mandarins.

If you want to make it more like a parfait, you can also start with the Greek yogurt on the bottom!

Enjoy!

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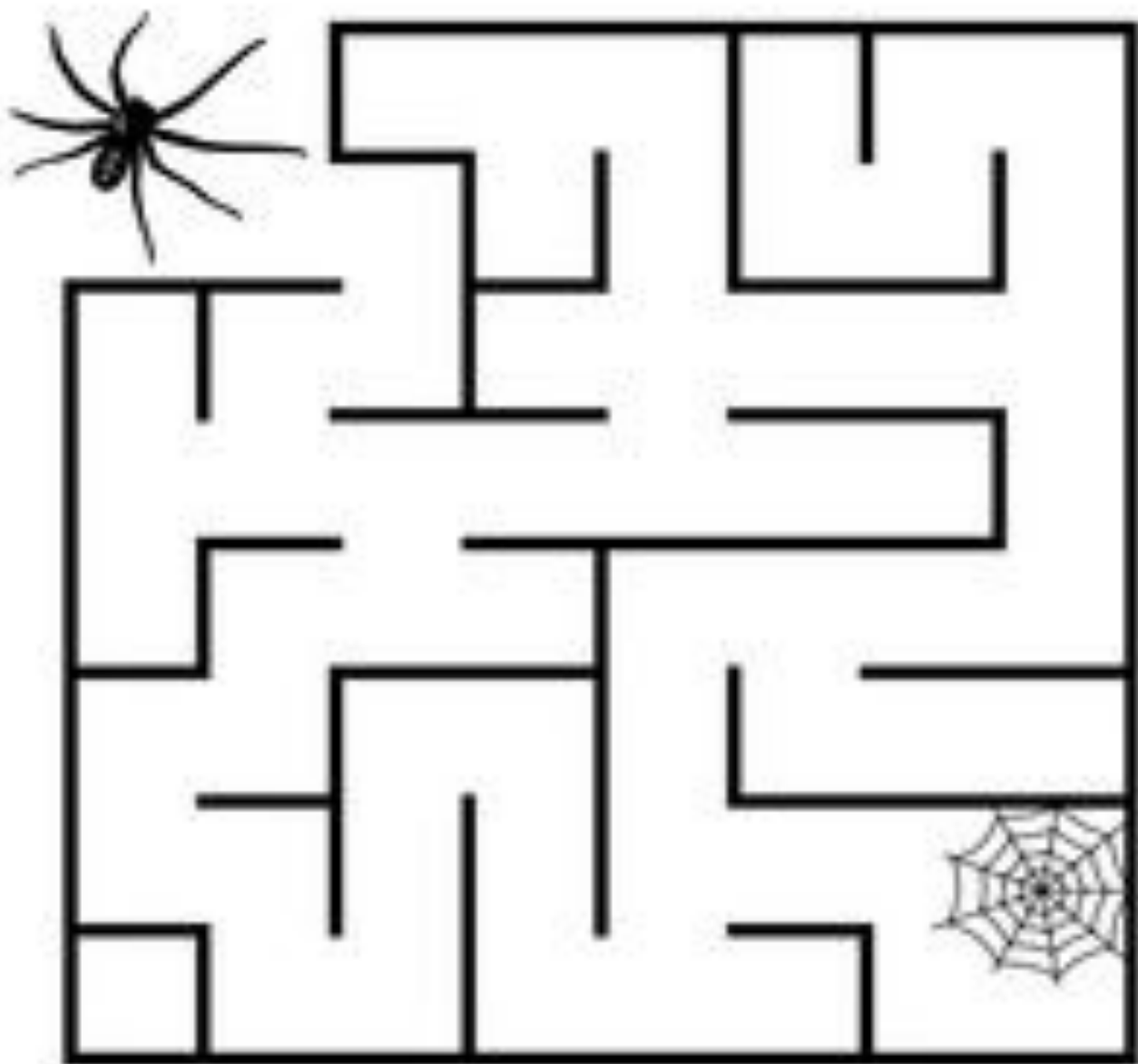




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# Help the Spider Get to Its Web!



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