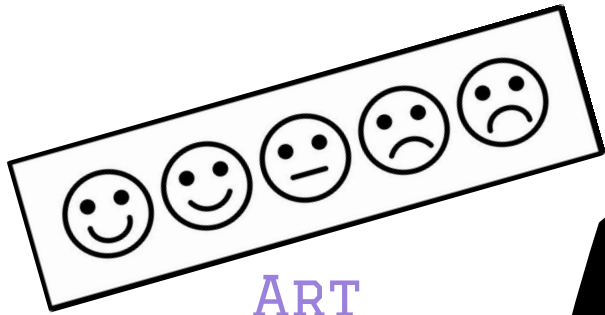
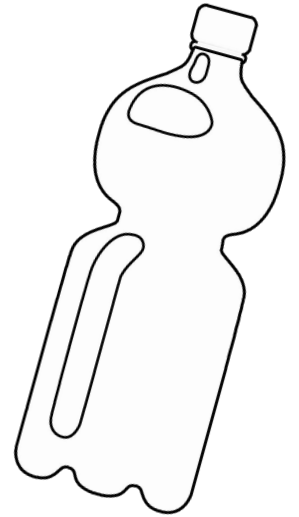


# Using the letter



ART



AGUA



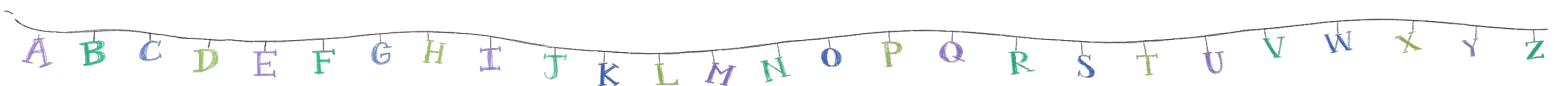
APPLE

# Aa



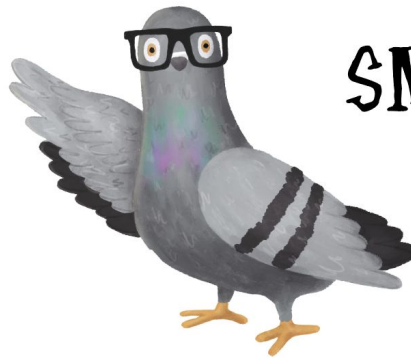
ARTICHOKE

# to be more healthy





Dr. Patricia's  
**HEALTH CLUB**  
 Being Healthy from A to Z



**SMED**

uses the letter **A** to  
 make his brain healthy  
 by learning words that  
 start with **A**.

**Aa**

Trace **and** write these words three times each.

**A** A

\_\_\_\_\_

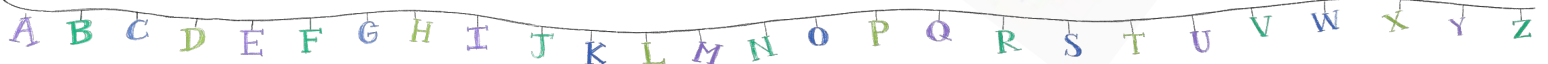
**Are** Are

\_\_\_\_\_

**And** And

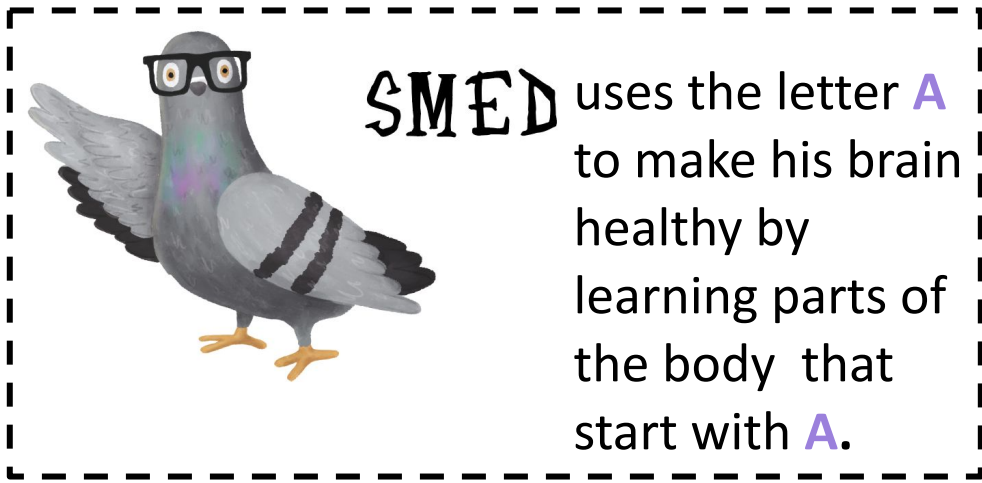
\_\_\_\_\_

Can you color in  
 this **avocado**?





Dr. Patricia's  
**HEALTH CLUB**  
Being Healthy from A to Z

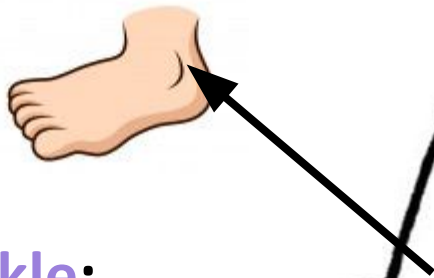
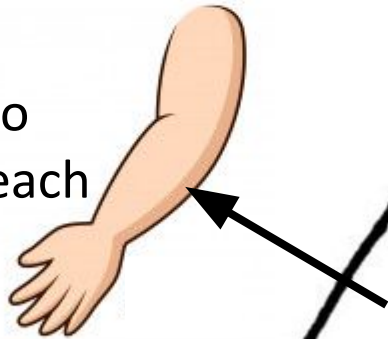


**SMED** uses the letter **A** to make his brain healthy by learning parts of the body that start with **A**.

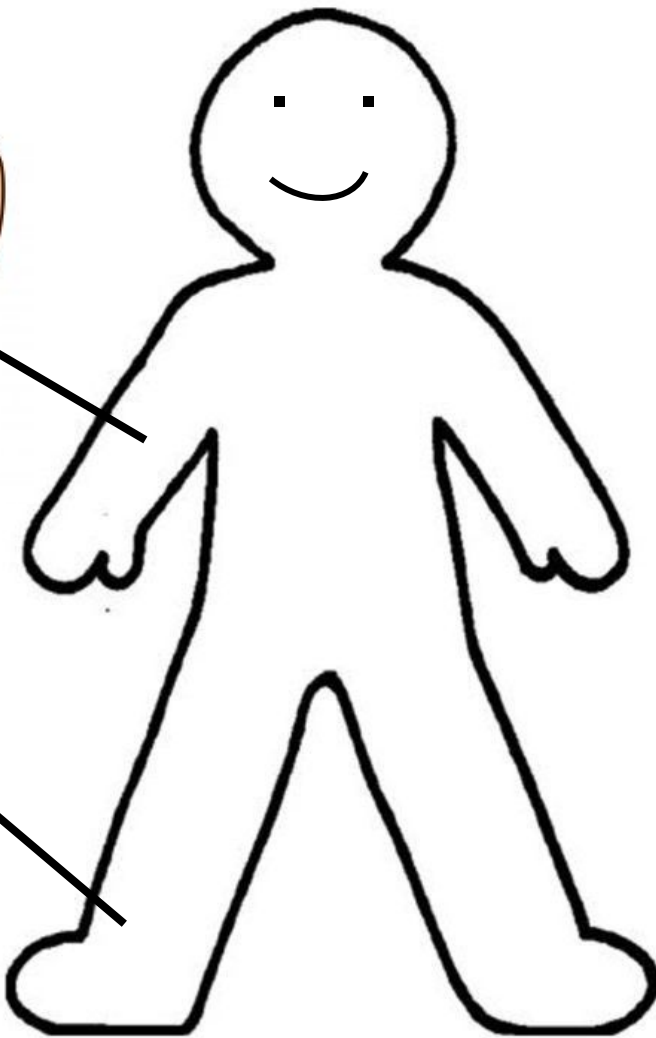
**Aa**

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

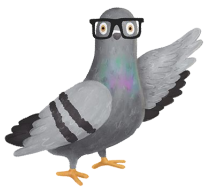
**Arms:**  
allows us to extend **and** reach for items



**Ankle:**  
allows us rotate our foot



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



Dr. Patricia's  
**HEALTH CLUB**

Being Healthy from A to Z



# BERRY

uses the letter **A**  
to be healthy by  
eating fruits.

# Aa

Can you draw these fruits?

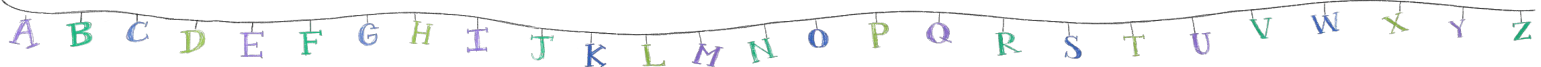
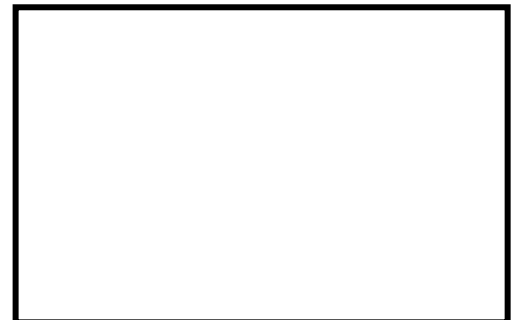
Apricot



Apple




Acai Berries





# Aa

**BERRY**



uses the letter **A** to be healthy by eating **apples**.

**Apples** can come in many colors!



Red

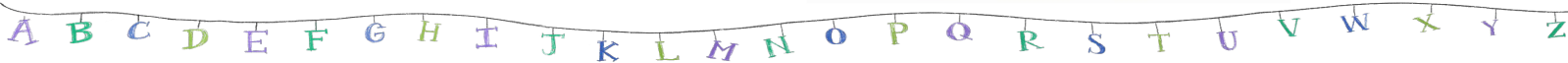


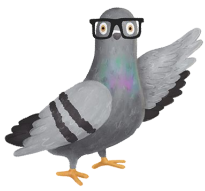
Green



Yellow

What color will your  
**apple** be?





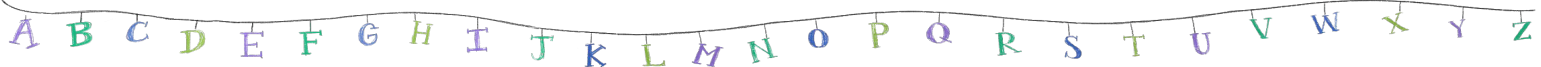
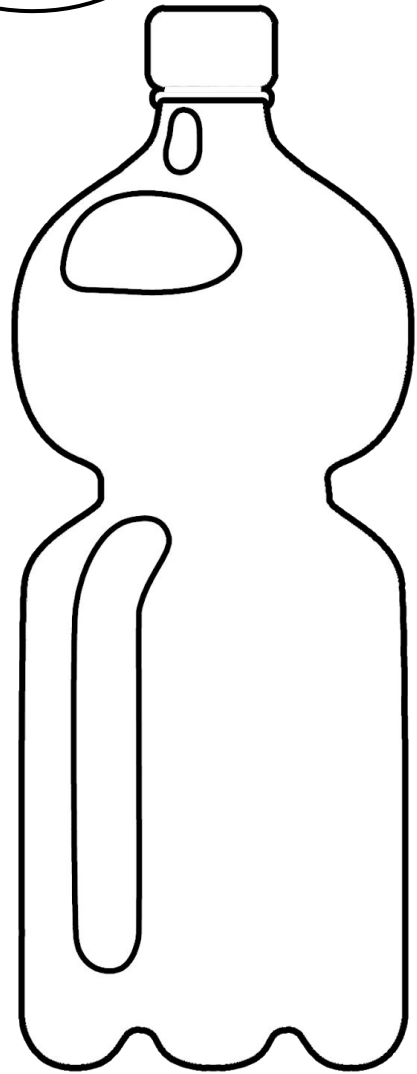
Dr. Patricia's  
**HEALTH CLUB**

Being Healthy from A to Z



**Aa**

Color Agua's  
water bottle!







# Dr. Patricia's HEALTH CLUB

Being Healthy from A to Z

# Aa



# BROC

uses the letter **A**  
to be healthy by  
eating veggies that  
start with **an A**.



Asparagus



Avocado



Artichoke

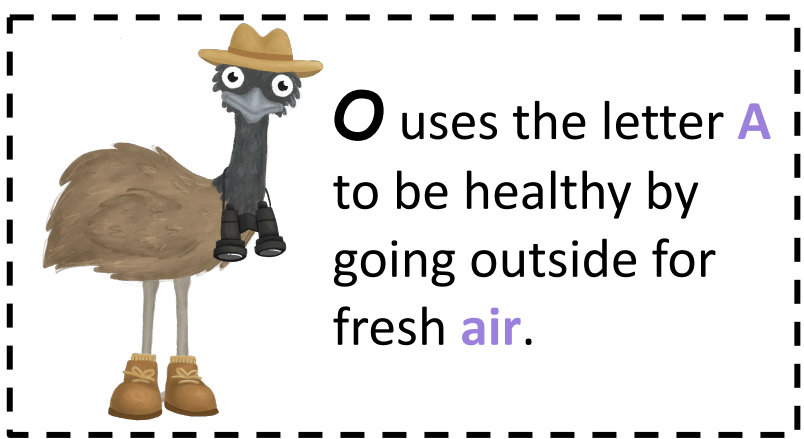
Circle the veggies that start with **an A**.



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



# Aa

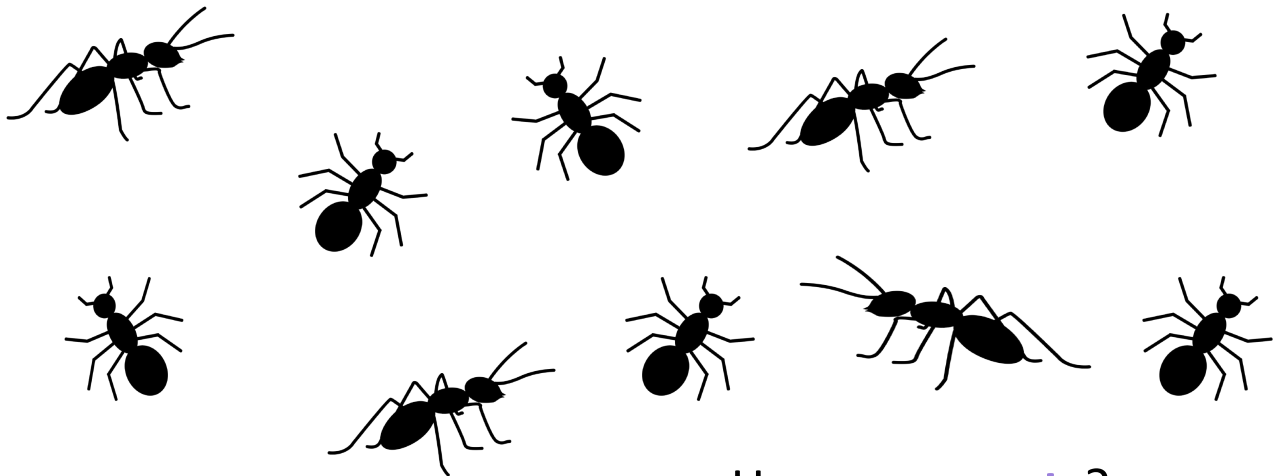


O uses the letter **A** to be healthy by going outside for fresh **air**.

O sees **ants** on the trail.

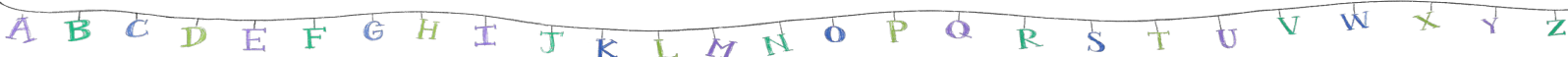


Count the **ants** he sees.



How many **ants**? \_\_\_\_\_

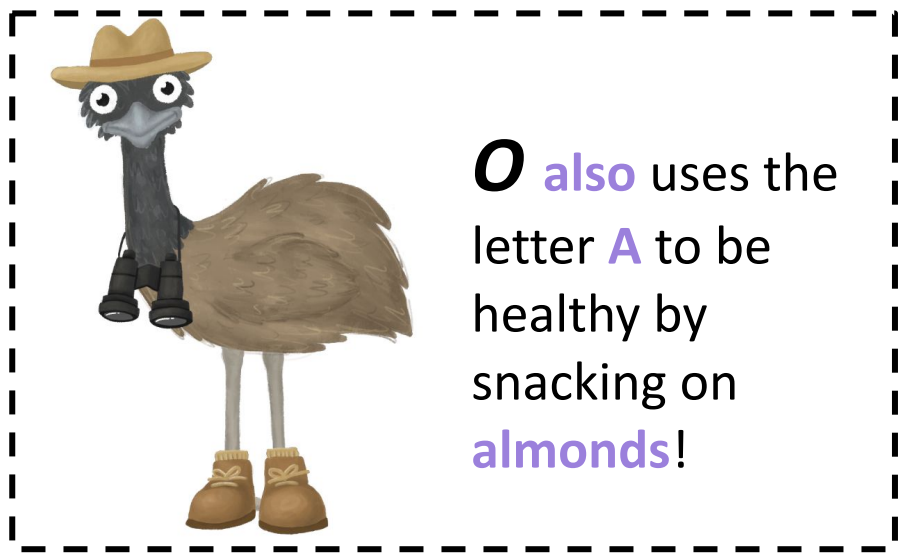
Answer: 10







# Aa



**O** also uses the letter **A** to be healthy by snacking on **almonds!**

Here **are** different ways you can enjoy **almonds**:



→ Spreading **almond** butter on **an apple!**

Drinking **almond** milk!



→ Snacking on raw, unsalted **almonds!**

Can you circle which way you want to have **almonds?**

# Aa

## Spoon

has a delicious recipe that starts with the letter A.



## Ants on a log

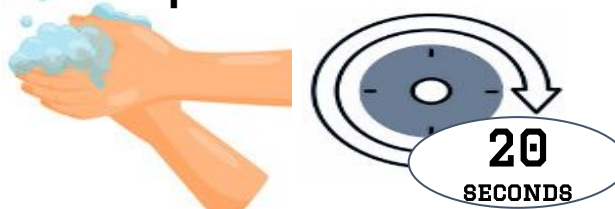
### INGREDIENTS:

- 2 Stalks celery
- Almond or peanut butter
- Raisins



### INSTRUCTIONS:

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



2. Cut and clean 1 piece of celery. Make sure an adult is there to cut celery.



3. Spread enough peanut butter or almond butter into the groove of the celery.



4. Place the raisins on top so they look like ants (on a log)



# Aa

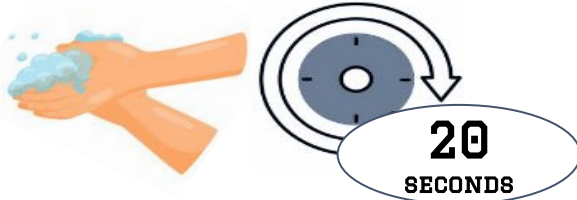
## Avocado toast

### INGREDIENTS:

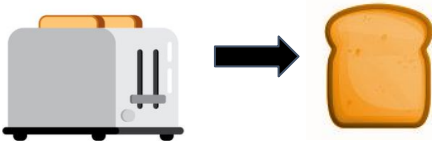
- 1 slice of 100% whole wheat, toasted
- ½ of an avocado
- sea salt and pepper, to taste

### INSTRUCTIONS:

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



2. Take 100% whole wheat bread and toast it



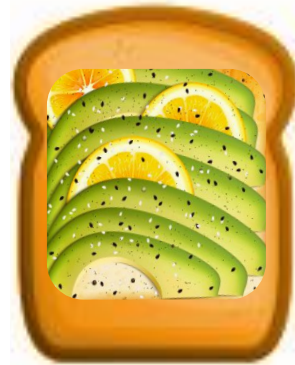
3. Ask your parent to cut an avocado in half and scoop out the pit



4. Use a spoon to scoop out avocado and put it on the toast



5. Spread avocado with back of the spoon or a plastic knife



6. Sprinkle salt and pepper to taste

### Spoon

has a delicious recipe that starts with the letter A.





**WARNER**



uses the letter **A** to be safe by paying **attention** to his surroundings.

# Aa

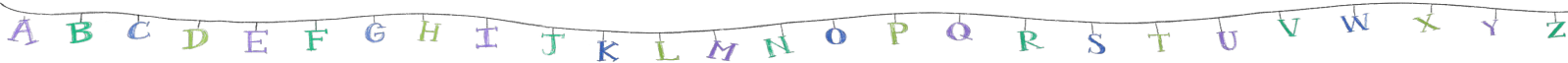
Paying **attention** will help you be safe!

You need to be **aware** of what is **around** you so you don't get hurt.



What **are** some things that you can do to pay **attention** to what's **around** you?

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





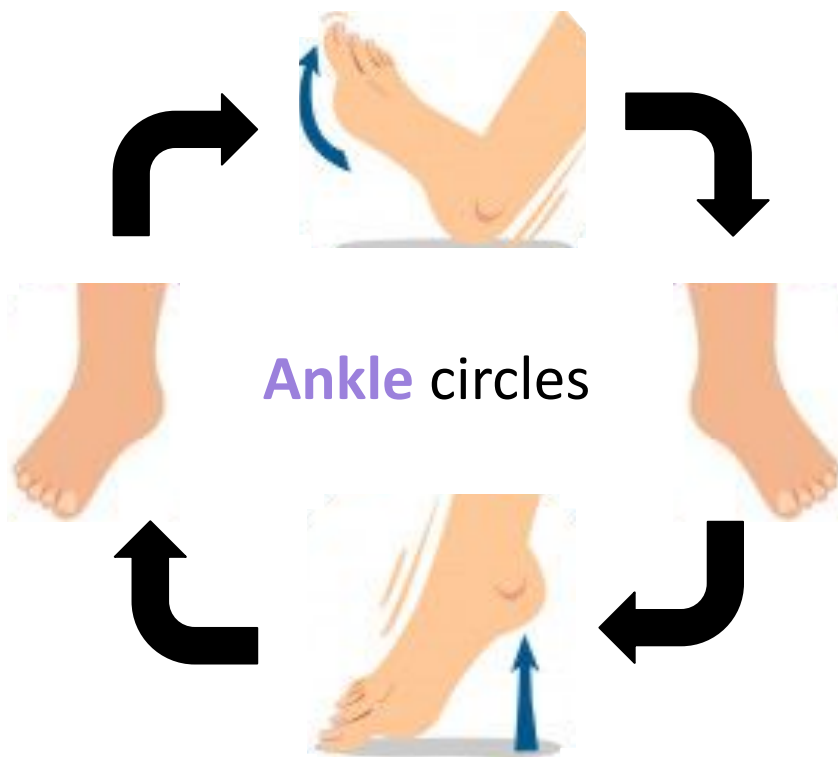
# Aa



**Sport**  
uses the letter  
**A** to be **active**!

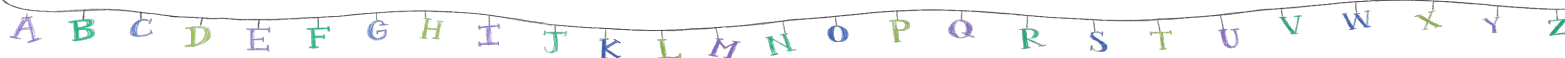


**Arm** circles



**Ankle** circles

Can you do 10 **arm** circles and 10 **ankle** circles?





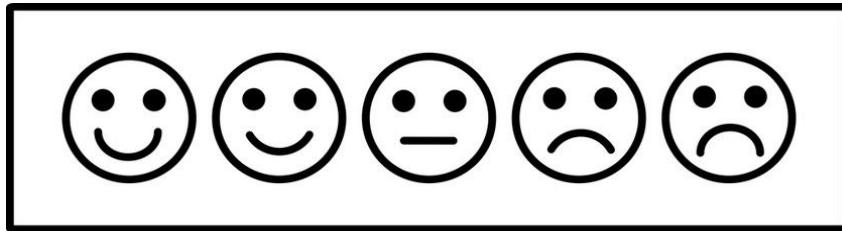




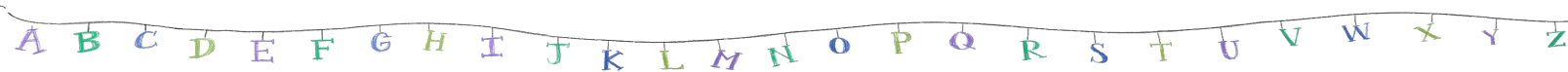


Pathy  
uses **art** to show  
her feelings. **All**  
feelings **are** okay.

# Aa



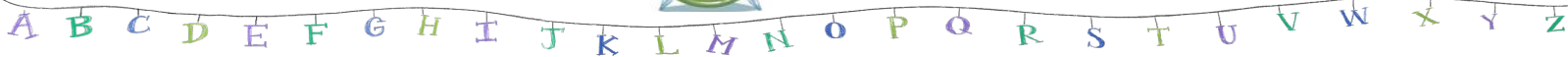
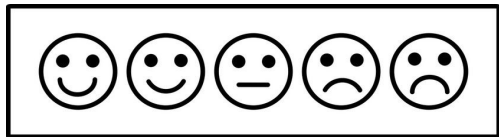
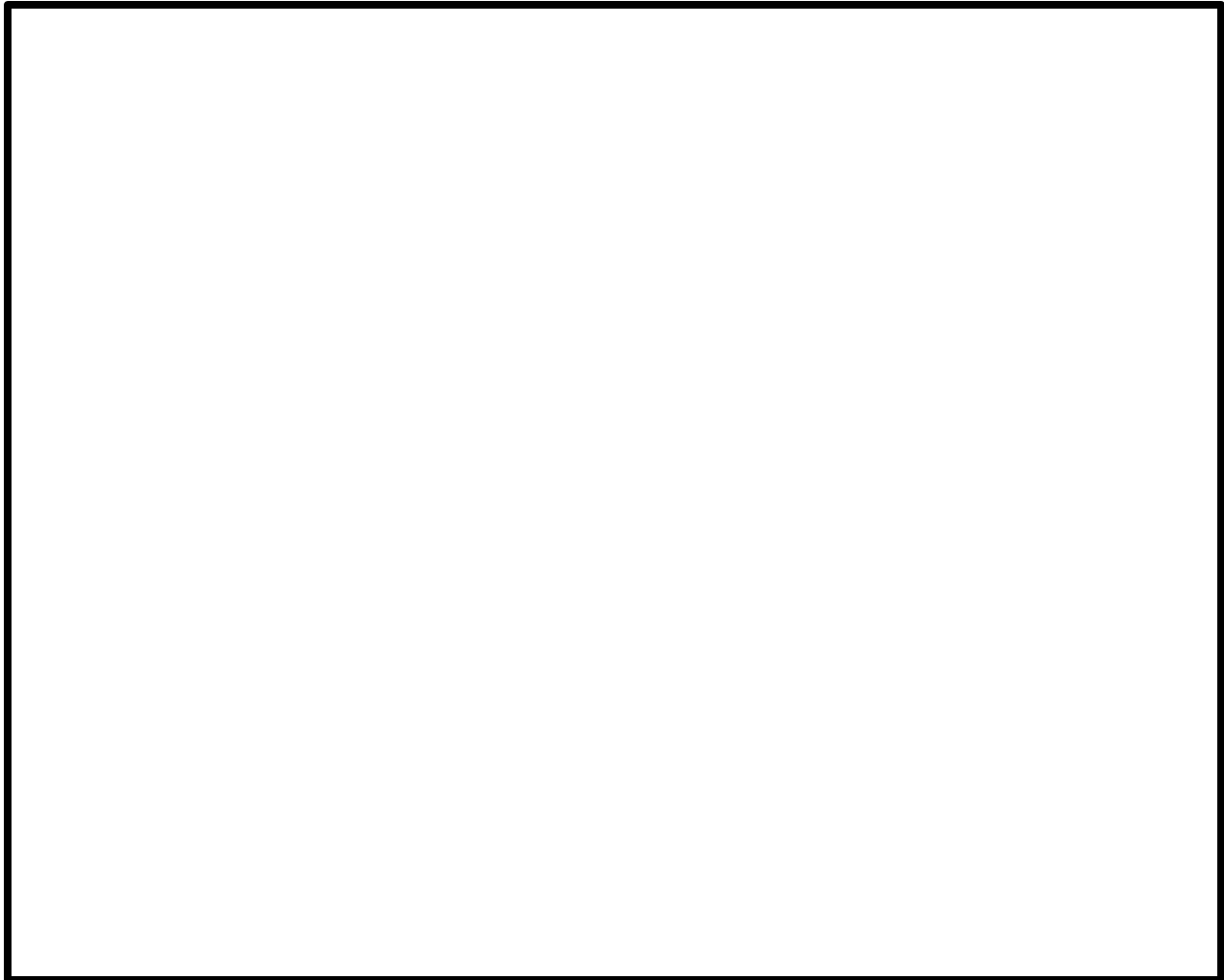
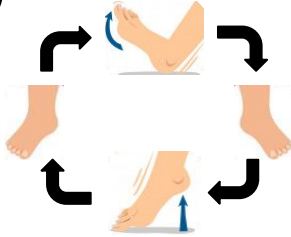
Can you use **art** to draw your feelings?





Draw a picture of how you're going to use the letter **A** to be more healthy!

# Aa





# Aa

## 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

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.

