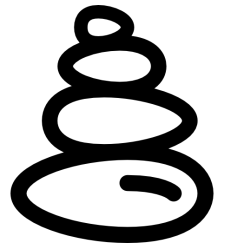




Using the letter



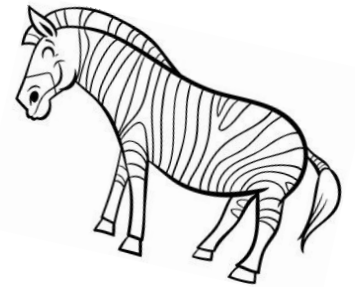
ZUCCHINI



ZEN GARDEN



ZIPPER



ZEBRA

to be more healthy





Dr. Patricia's
HEALTH CLUB

Being Healthy from A to Z



SMED
makes his brain healthy by learning words that start with "Z".

Zz

Trace and write these words three times each.

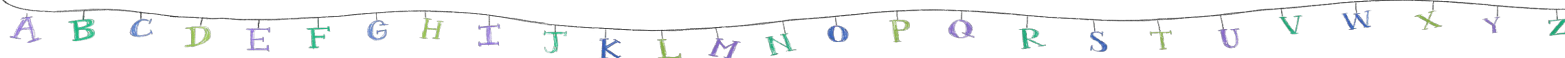
Zoo Zoo _____

Zip Zip _____

Zen Zen _____

Color in the word "Zoo".

Zoo





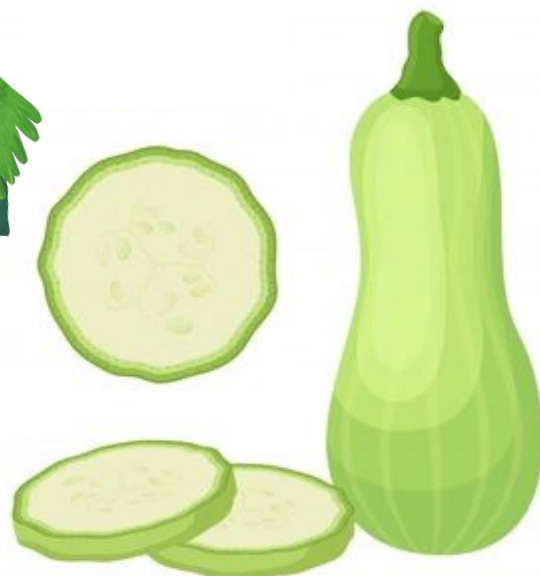
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Being Healthy from A to Z

BROC and BERRY

use the letter **Z** to be healthy by eating **zucchini**!

Zz



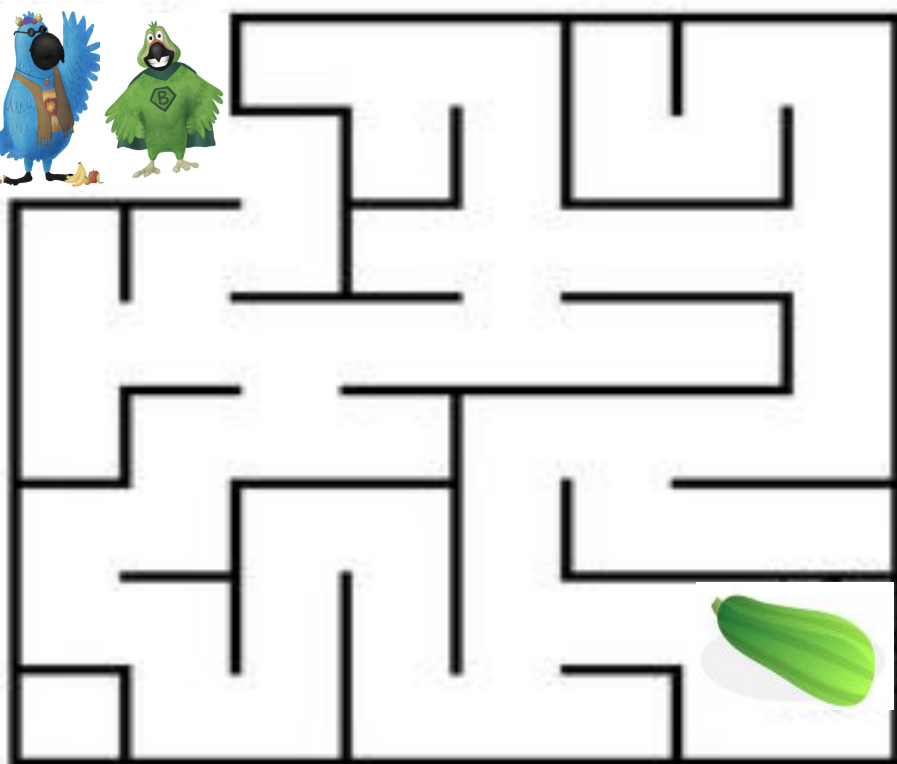
Zucchini is technically a fruit, but it's so healthy it counts as a veggie!

Fun facts about zucchini:

- It can improve your eyesight!
- It helps your heart be healthy!
- It is good for digestion!



Help Broc and Berry get to the **zucchini**!



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



Zz

Spoon

has some delicious recipes that start with the letter **Z**.



Roasted Zucchini

Ingredients:

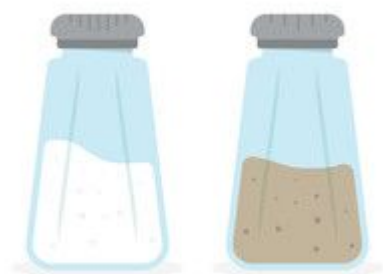
- 2-3 zucchini



- 1/3 cup of Olive Oil (or any vegetable oil)



- Salt, pepper, and any other seasonings you like



Instructions: **Adult Supervision Required**

1. Wash your hands with soap and warm water. Wash the zucchini too.



2. Preheat oven to 425 degrees F.



3. Slice the zucchini into thick "coin" shapes (so it won't get mushy).



4. Lightly spread olive oil onto each zucchini coin and place onto a pan



5. Sprinkle your seasonings over the pan of zucchini slices.



6. Roast in the oven for 20 minutes



7. Enjoy!



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Being Healthy from A to Z

Zz

Spoon uses the letter **Z** by using lemon **zest** in foods he makes!



Lemon **zest** is the skin of a lemon that's been shaved into very very small pieces to give extra flavor to foods!



You can add lemon **zest** to lots of things! It can be added to chicken, steak, pasta, and even eggs!

Add the lemons!



+



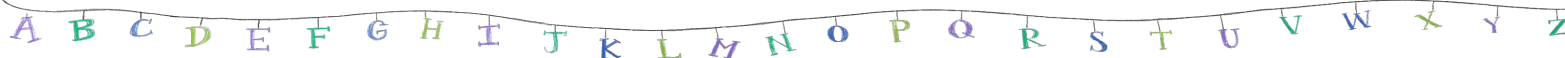
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Being Healthy from A to Z

Zz



Sport

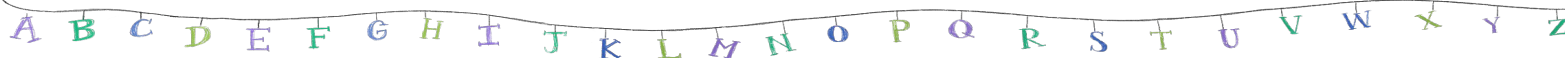
uses the letter **Z** to be healthy by doing **Zumba** and **zig-zag** running .



Zumba is a dance exercise that you do with music!

Zig-zag running is when you run in **zig-zags**! You can **zoom** all over when you run in **zig-zags**!

Run in a **zig-zag** all around the room!





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Being Healthy from A to Z

Zz



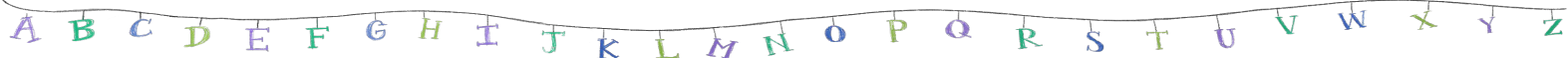
AGUA

uses the letter **Z** to be healthy by attending his **Zoom** meetings from the beach!

Agua has lots of **Zoom** meetings every day, so he likes going to the beach for his meetings!



Draw yourself at the beach on a **Zoom meeting!**

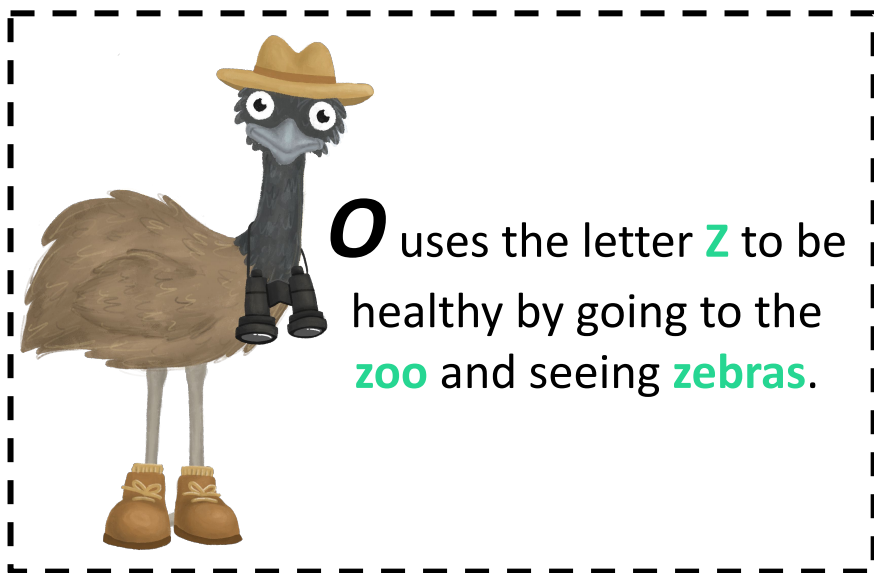




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Zz

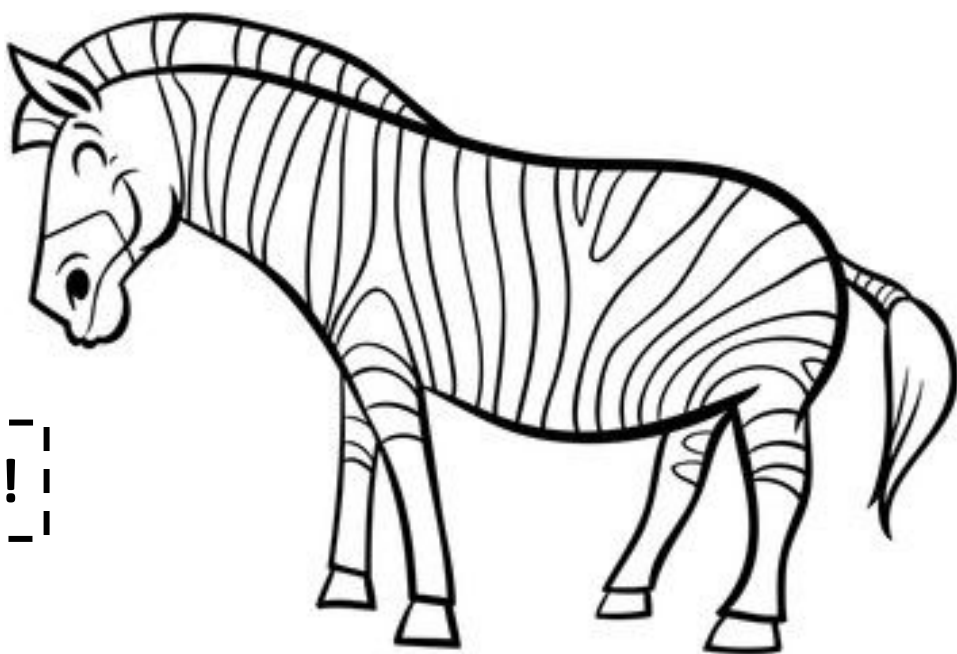


O uses the letter **Z** to be healthy by going to the **zoo** and seeing **zebras**.

The **zoo** is a fun place to visit with your family!



O likes to visit the **zebras** when he's at the **zoo**.



Color in this **zebra**!

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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Zz

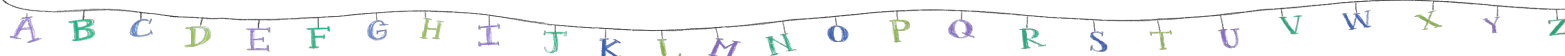
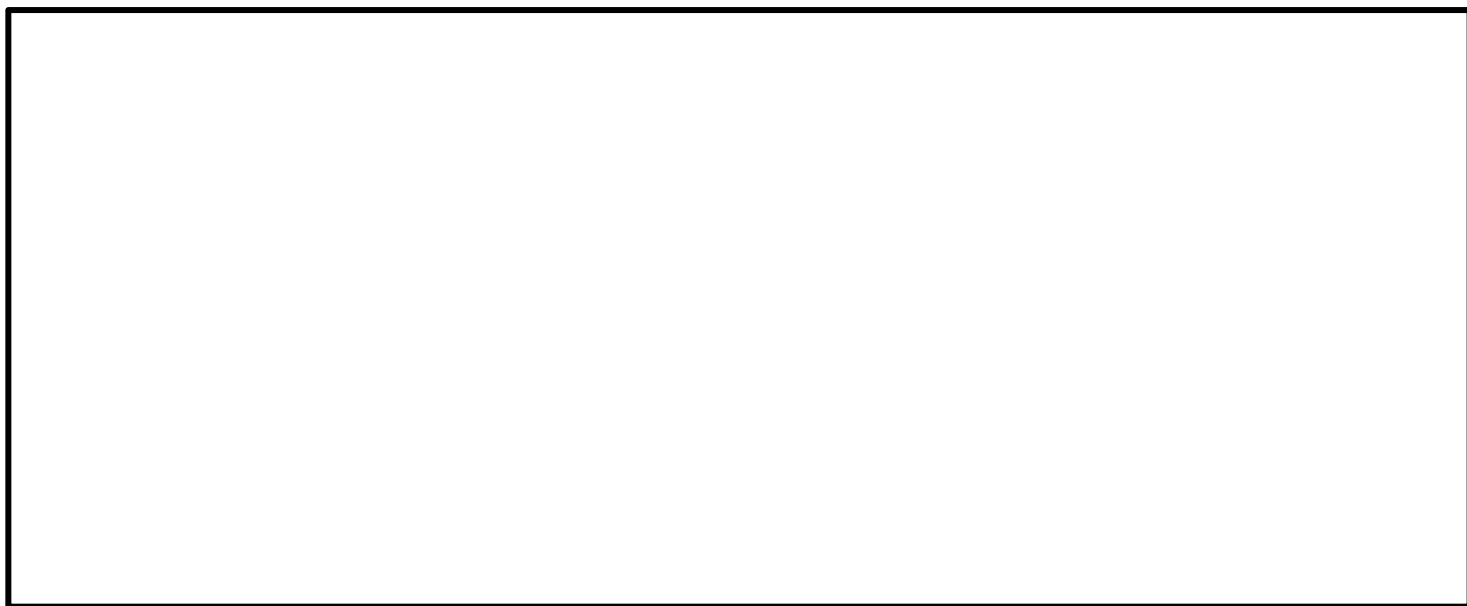


O uses the letter **Z** to be healthy by spending time outside in a **zen** garden.

Zen gardens are places where you can sit and rest your mind. They are meant to be very calming.

In **zen** gardens, you can create patterns in the sand, stack up rocks, and grow plants.

Draw a pattern that you'd create in your zen garden!

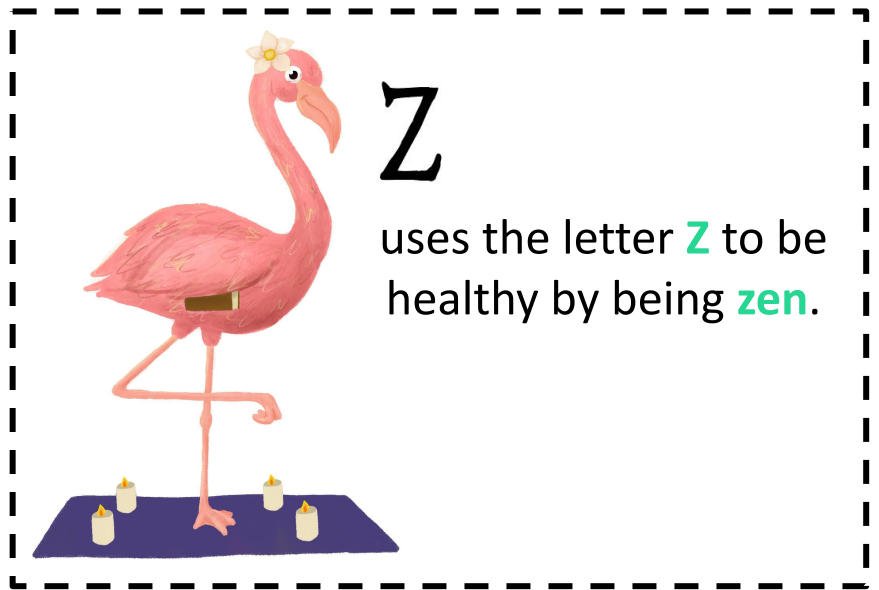




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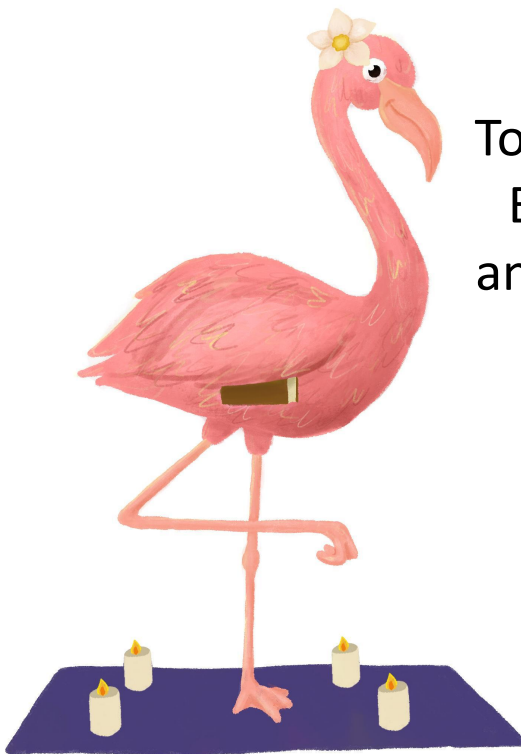
Being Healthy from A to Z

Zz



uses the letter **Z** to be healthy by being **zen**.

Being **zen** means being very peaceful and calm.



To be **zen**, **Z** meditates and takes deep breaths. Every morning, she spends time meditating and being **zen** so that she can have a good day.



Sit or stand for 2 minutes and try to be **zen!**

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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Being Healthy from A to Z

Zz



Z uses the letter **Z** to be healthy by getting her **Zzzzzzz's** at night.

“Zzzzzzz's” is a fun way to say “sleep”!



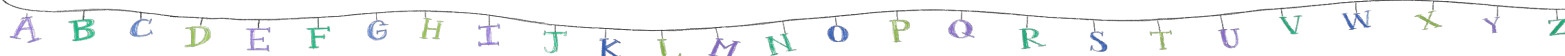
Getting enough sleep is important, because it helps your memory and helps your body rest!

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

Answer:

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

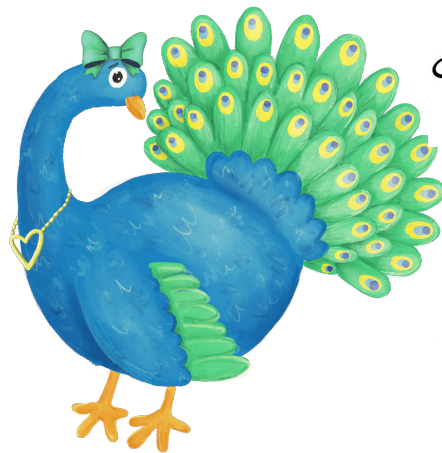




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Being Healthy from A to Z

Zz



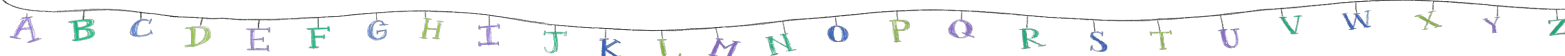
Pathy

uses the letter **Z** to be healthy by doing things with **zeal**.

Zeal means being excited and caring a lot about something you're working for!



What do you do with **zeal**?






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Being Healthy from A to Z

Zz



WARNER
uses the letter **Z** to be healthy by being careful with **zippers**.

Zippers are fun to play with on your backpack or jackets!



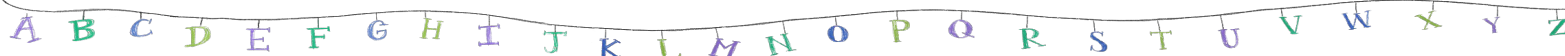
It's important to remember that **zippers** can be dangerous.



You can get your hair, clothes, or even fingers stuck in a **zipper** and get hurt.

What are some things that have **zippers** on them?

- _____
- _____
- _____
- _____



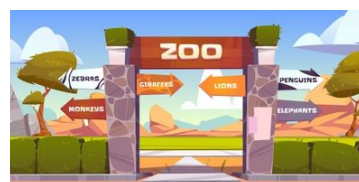
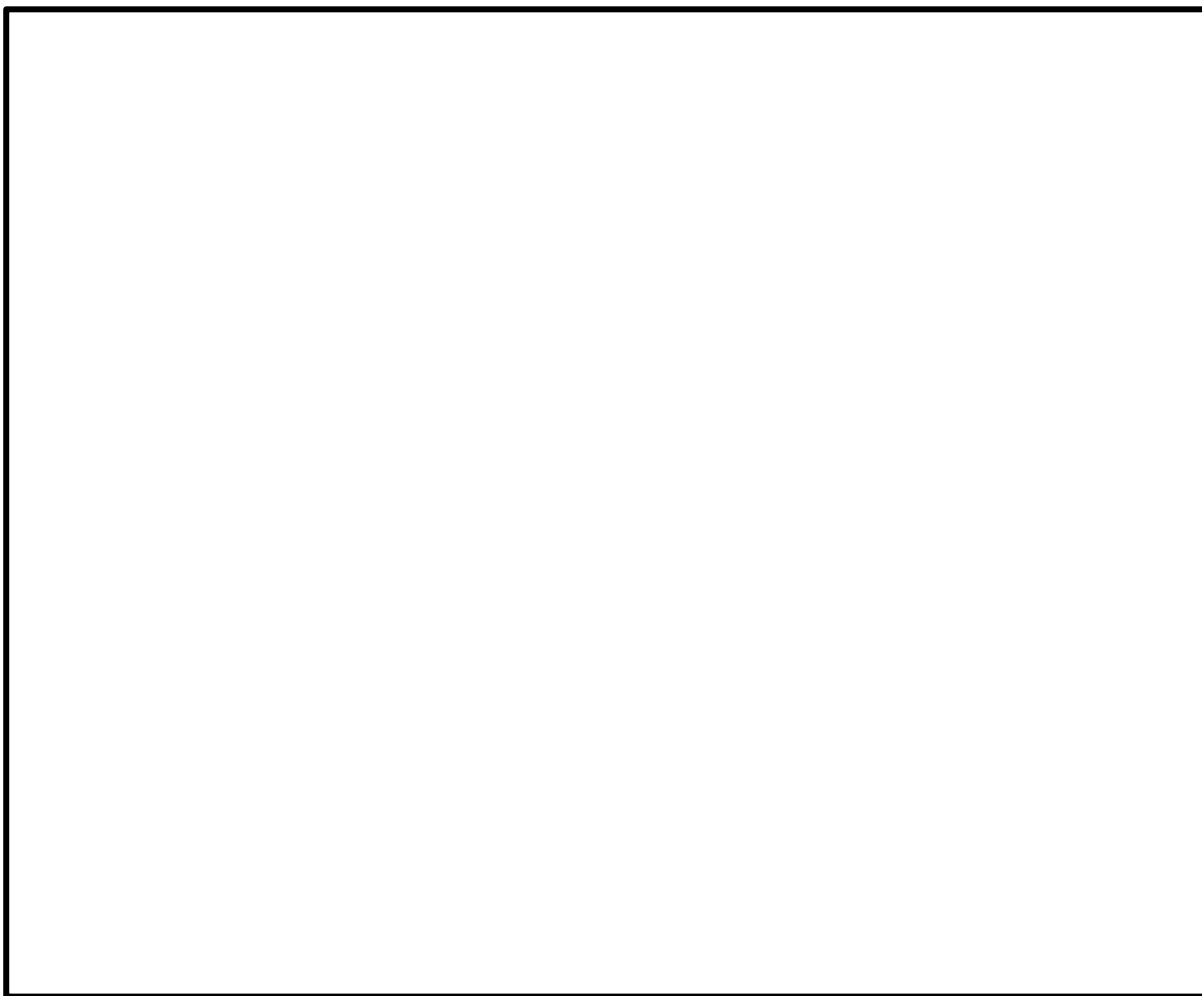


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Being Healthy from A to Z

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

Zz



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



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.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 7.1.N Select nutritious snacks.
- 1.1.M Identify a variety of emotions
- 8.1.M Encourage others when they engage in safe and healthy behaviors.

