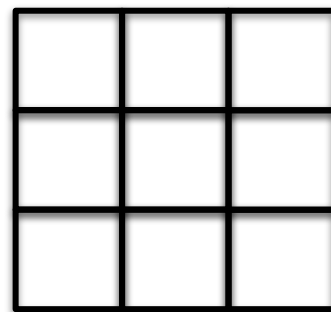




Using the letter



QUART



QUILT

Qq



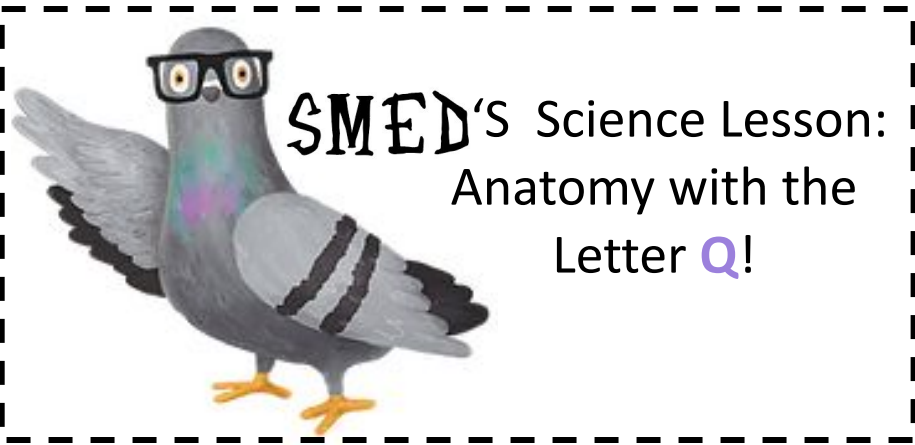
QUETZAL



QUARTER

to be more healthy

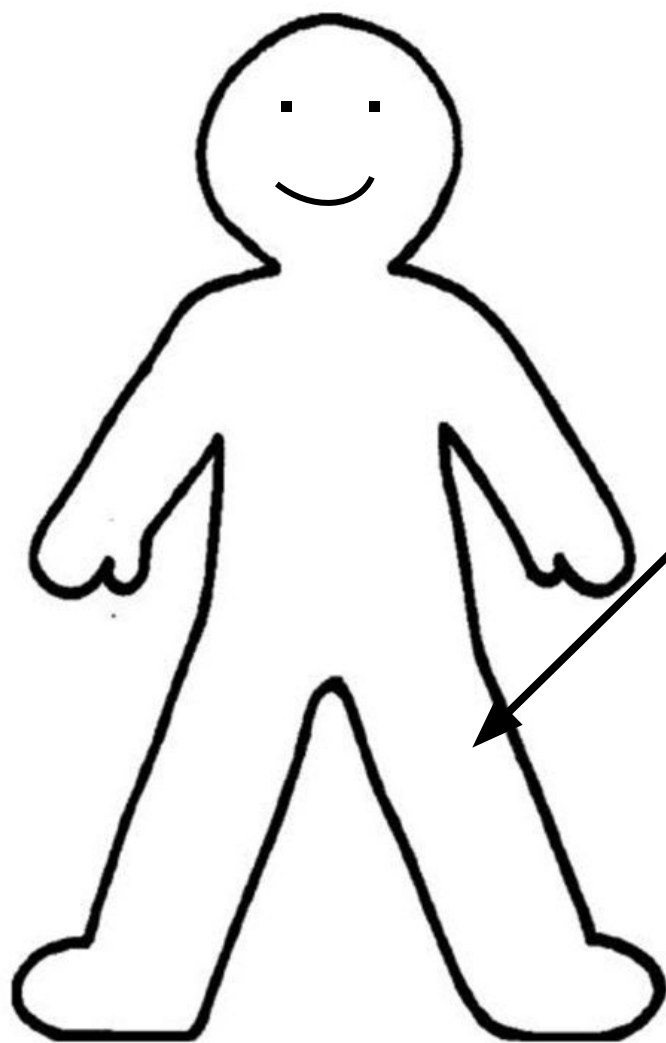




SMED'S Science Lesson:
Anatomy with the
Letter **Q**!

Qq

An important part of your body starts with the letter **Q**.



Quadriceps

Your **quadriceps** are also called **quads**! They are the strongest muscle in your legs.

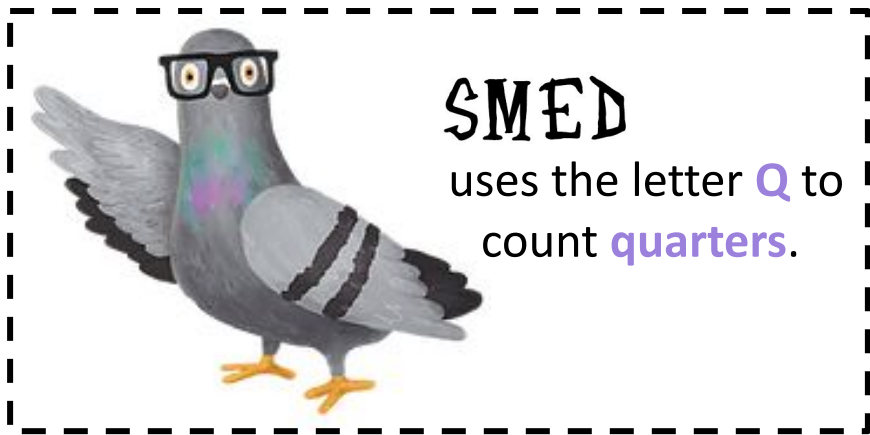


Try to find your **quads in your legs!**



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SMED

uses the letter **Q** to
count **quarters**.

Qq

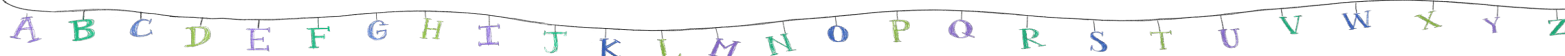
One **quarter** is worth 25 cents!



Four **quarters** makes 1 dollar!



If SMED has 8 **quarters**, how many dollars does
he have?





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Qq



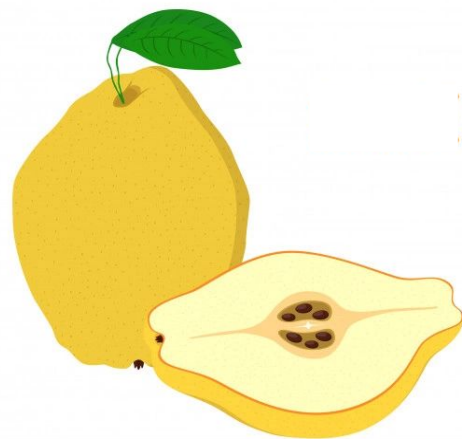
BERRY

uses the letter **Q** to be healthy by eating **quince** and **quenepa** fruits.



Quenepa





A **quenepa** fruit has lots of different names! It's also called limoncillo, Spanish lime, **quinep**, and more!

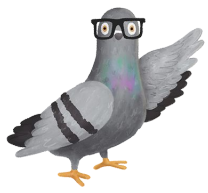


Quince

A **quince** fruit might look yummy, but it's pretty sour!

How many **quenepa** are there?
Circle the answer.

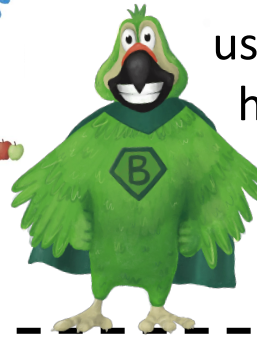
2	
6	
4	
10	



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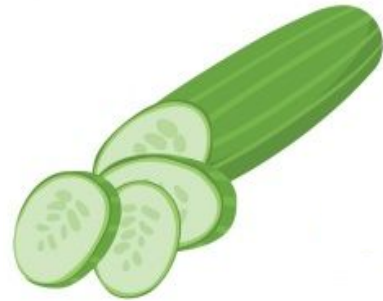
Qq



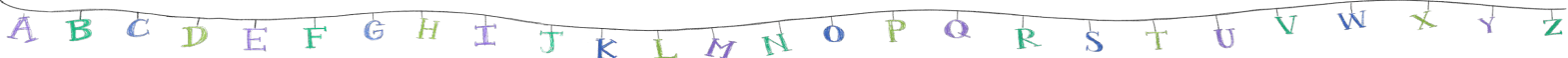
BERRY & BROCC

use the letter **Q** to be healthy by eating a **quick** snack.

There are lots of **quick** and healthy snacks you can prepare with your family!



What are some of your favorite **quick** and healthy snacks?





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Being Healthy from A to Z

Qq

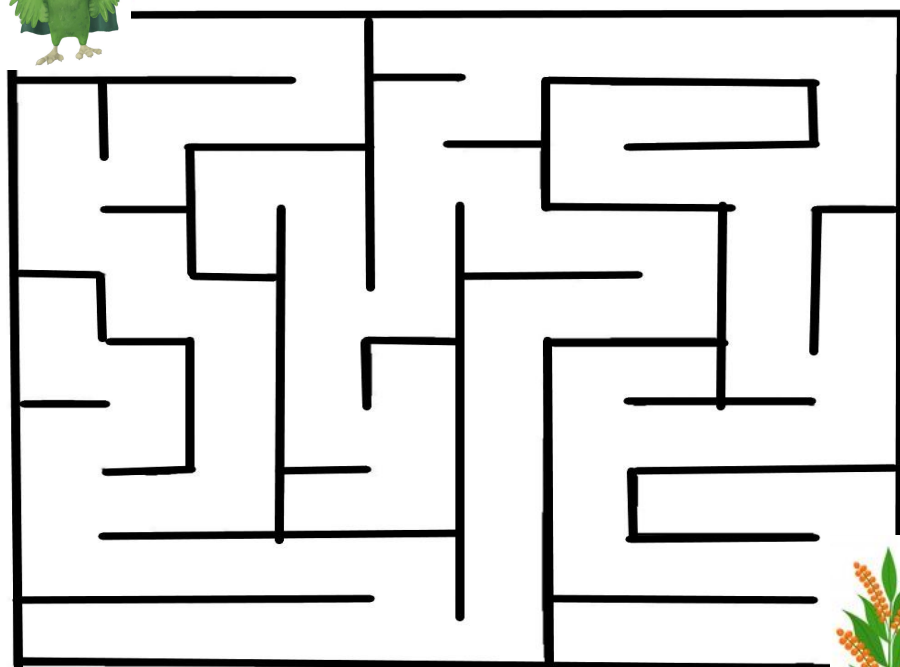


BROC
uses the letter **Q**
to be healthy by
eating **quinoa**
leaves.



Quinoa leaves are super healthy for you! If you don't have spinach, then **quinoa** leaves are a great substitute.

Quinoa leaves even taste a bit like spinach!




Help Broc get to the **quinoa** plant!



Qq

Spoon uses the letter **Q** to eat **quinoa** and **quiche**!




Quiche

A **quiche** is lots of healthy foods like eggs, spinach, tomatoes, and other veggies all cooked up to look like a pie!



Quinoa

Quinoa is a grain that's super healthy for you!

You can add it to rice, because it's very small!

Would you rather eat **quinoa or a **quiche**?**



Qq

Spoon

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



Vegetarian Quinoa

Ingredients:

- Half a cup quinoa



- A cup water



- 2 cups green vegetables (broccoli, bell pepper, etc.)



- One carrot



- One -Two tablespoon of olive oil (or any vegetable oil)



Directions:

- Wash your hands and vegetables



- Boil water and add quinoa for about 8-12 minutes



- Peel and cut the carrot



- Cut the vegetables no larger than an inch



- Add them to saucepan with two tablespoon of olive oil




- Enjoy!



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Qq



Q uses the letter **Q** to be healthy by learning about other animals that start with **Q**!



Quetzal feathers used to be used as money!

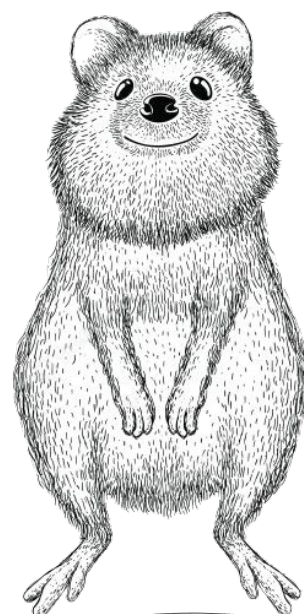


California **Quails** can only fly short distances!



Quokkas hop around like kangaroos!

Color in the Q animals!



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

Qq

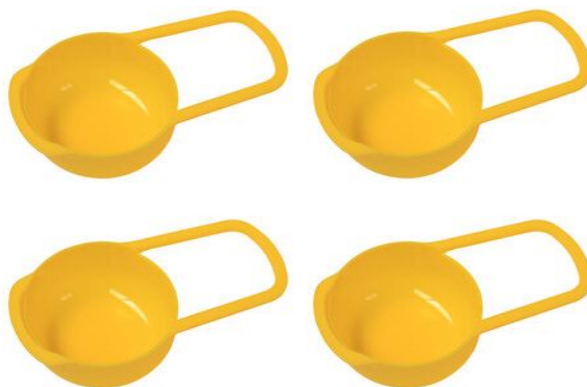


AGUA

uses the letter **Q** to be healthy by keeping **quarts** of water.

Agua keeps **quarts** of water at his house so he can refill his water bottle!

One **quart** is equal to four cups!



Color in this **quart** with something you like to drink!



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Being Healthy from A to Z

Qq



Sport

uses the letter **Q** to be healthy by doing **quad** stretches and playing **quidditch**.



Quad stretches help to stretch out your legs! Try to stretch your **quads** after you've been sitting down.

Stand up and do a quad stretch!

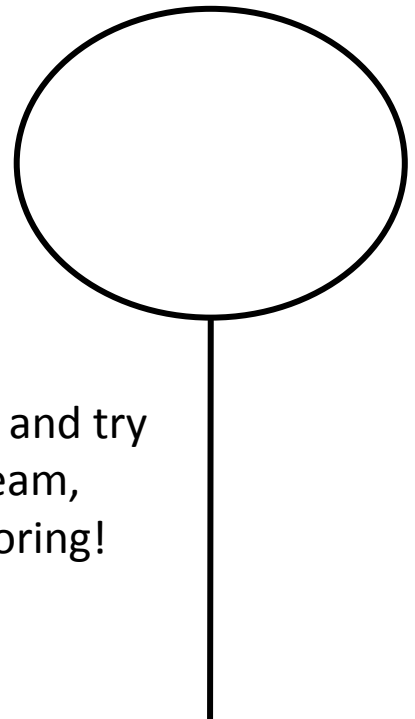
Quad stretch

Quidditch is a made-up game from a book. You can play **quidditch** in real life though!



Quidditch

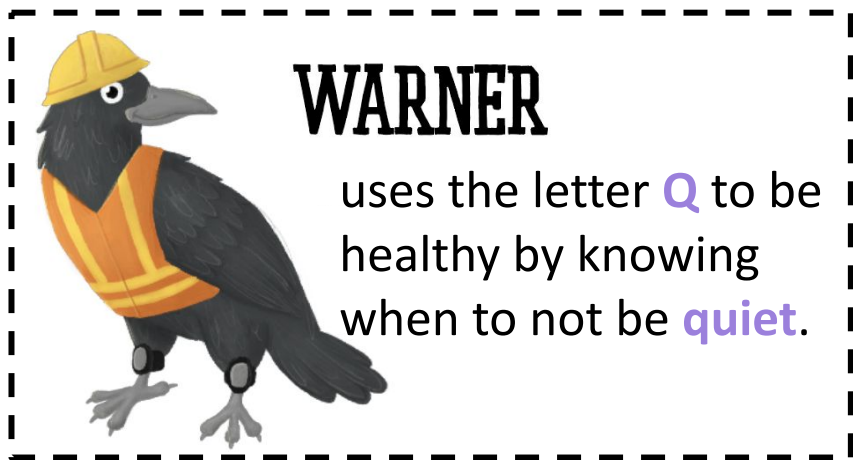
To play **quidditch**, you ride on a broom and try to shoot balls into 3 hoops with your team, and try to stop the other team from scoring!



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



Qq



WARNER

uses the letter **Q** to be healthy by knowing when to not be **quiet**.

It is very important to know when you should stop being **quiet** and use your voice.

If you see someone being bullied, speak up and tell a trusted adult.

If a stranger wants you to go with them, stop being **quiet**, tell them to go away, then tell a trusted adult.

If someone tries to touch you without your permission, even just to give you a hug, then you tell them **NO**.

Color in the word "NO".

NO





Pathy

uses the letter **Q** to be healthy by knitting a **quilt**.

Qq

A **quilt** is a big, heavy blanket that keeps you warm.

Quilting is a good way to be mentally healthy. If you are feeling stressed, knitting can help you feel better.

You can cuddle under the **quilt** when it's cold!



Help Pathy color in this **quilt**!



Hint: color the capital "Q"s one color, and color the lowercase "q"s a different color!

QQQ	qqq	QQQ
qqq	QQQ	qqq
QQQ	qqq	QQQ



Qq



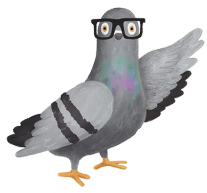
You should set aside **quiet** time without your devices before you go to bed!

If you have **quiet** time before bed, then it will be easier for you to fall asleep!

Use your **quiet** time to cuddle up with a **quilt** or a book!



Draw what you will do in your quiet time.

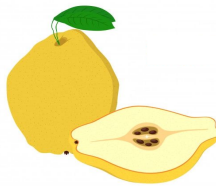


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Being Healthy from A to Z

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

Qq



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



Qq

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
- 1.3.N Describe the benefits of being physically active
- 7.1.N Select nutritious snacks
- 1.5.G Name body parts and their functions
- 1.2.S Identify emergency situations
- 1.5.S Explain that everyone has the right to tell others not to touch his or her body.
- 1.10.S Identify people who are strangers and how to avoid contact with strangers.
- 5.1.S Identify situations when it is necessary to seek adult help or call 9-1-1.
- 7.1.S Follow rules for safe play and safety routines
- 7.1.M Express emotions appropriately.