



# Things We Do to Stay Healthy

**Directions:** Unscramble the words below to find healthy habits. Use the picture clues.

1. u b h r s e h t e t



\_\_\_\_\_

2. r s e i x e c e



\_\_\_\_\_

3. n d k i r r e a w t



\_\_\_\_\_

4. t a e s a f r t a b k e



\_\_\_\_\_

5. e p l e s



\_\_\_\_\_

6. s a w h s h a d n



\_\_\_\_\_



# Wash Your Hands

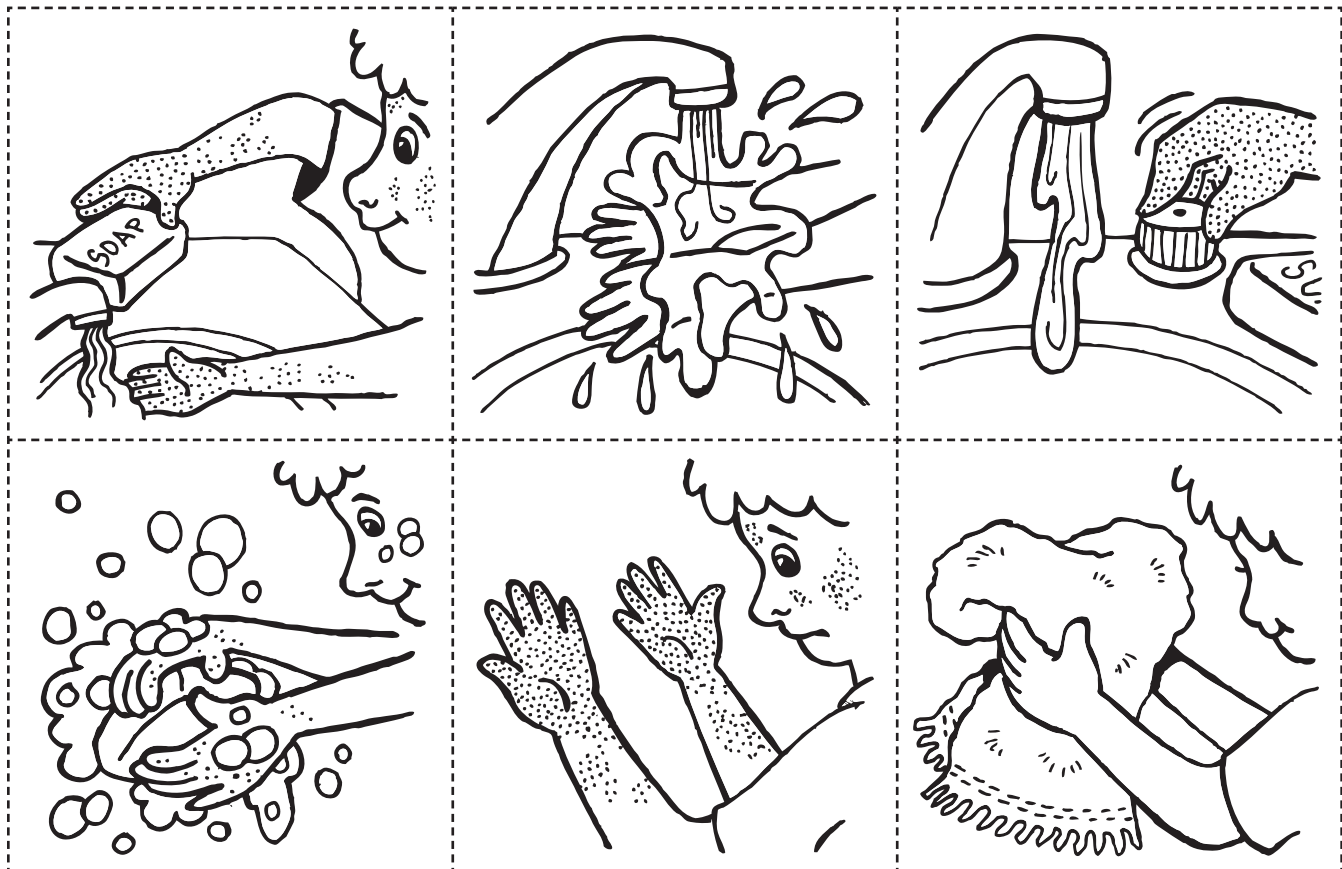
Washing your hands is an important healthy habit. Think about all the things you touch in a day that other people also touch. You can't **see** the germs on those things, but they are there. Sometimes germs can make you sick. You can keep the germs **AWAY** by washing your hands.

It is good to wash your hands:

- before meals
- after using the bathroom
- after playing outside
- after playing with a pet
- after you sneeze or cough



1. Cut out the pictures below. Put them in order to show the correct way to wash your hands. Glue the pictures to a piece of paper.
2. Write a sentence or two on the new page telling about when you wash your hands.





# Take Care of Yourself

When we get sick it is important to take care of ourselves. This helps us to get well again. It also keeps other people from getting sick. It is important to try not to spread germs.

1. Circle two things that will help you get better when you get sick.



2. Talk about the pairs of pictures below. Cross out the picture in each row that shows a child spreading germs. Circle the picture that shows the child who is not spreading germs.

Row 1	<p>Sharing a drink.</p>	<p>Drinking your own drink.</p>
Row 2	<p>Washing eyes with a clean cloth.</p>	<p>Rubbing eyes.</p>
Row 3	<p>Coughing into hands.</p>	<p>Coughing into elbow.</p>



# Answer Key *(cont.)*

## page 57 (Things We Do to Stay Healthy)

- brush teeth
- exercise
- drink water
- eat breakfast
- sleep
- wash hands

## page 58 (Wash Your Hands)

- Correct sequence:  
child looking at dirty hands  
child turning on water  
child soaping hands  
child washing hands  
child rinsing hands  
child drying hands
- Answers will vary.

## page 59 (Take Care of Yourself)

- getting rest and drinking water
- Cross out these pictures of children spreading germs:  
children sharing a drink (left)  
child rubbing eyes (right)  
child coughing into hands (left)

## page 60 (Healthy Teeth)

- Answers will vary.
- toothbrush, toothpaste, and floss should be circled.
- Answers will vary. Check for understanding.
- Answers will vary.

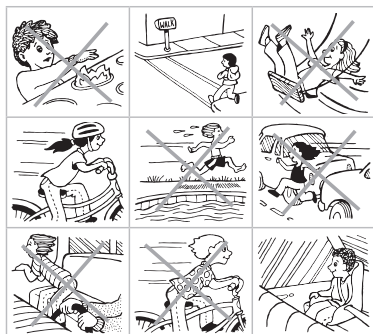
## page 61 (Inside a Tooth)

- 1–3. Check colors.
- crown
- pulp, dentin

## page 62 (Sleep Is Good for Us)

- Answers will vary.
- Answers will vary. Check the clock for accuracy.
- Answers will vary. Check the clock for accuracy.

## page 63 (Stay Safe)



## page 64 (Stranger Danger)

All questions and answers should be discussed to clarify answers and situations.

- smiley face (yes)
- no smiley face (no)
- smiley face (yes)
- smiley face (yes)
- no smiley face (no)

## page 65 (Bones Need Calcium)

1–3. Answers will vary but check for understanding.

## page 66 (Being Active)

- Possible answers are suggested but consider others as well:  
run, stomp, walk, swing, jump, slide, hop, skip, climb,  
kick a ball, catch a ball, throw a ball
- Check for reasonable art.

## page 67 (Did You Stretch Today?)

Monitor students to make certain they are stretching correctly and not bouncing.

## page 68 (Daily Movements)

- making a bed—bend, stretch, pull
- sweeping the floor—pull, walk, sway, push
- taking out the trash—lift, walk, carry
- picking up toys—bend, carry, lift, reach
- watering plants—walk, carry, balance
- clearing the table—walk, carry, balance, stretch

## page 69 (Playing with Movement)

1–5. Observe and discuss each group's presentation.

## page 70 (Animal Moves)

Accept realistic alternative responses.

- crawl; slither
- swim
- dig
- run; leap
- slither
- hop; run
- climb; swing
- reach
- flap
- leap

## pages 71–79

No answer key necessary.

## page 80 (Swimming)

- Accept reasonable answers such as: We use our arms and legs to swim.

## page 81 (Staying Active)

Answers will vary.

## page 82 (Fitness Challenge)

Check the student charts at the end of the week.