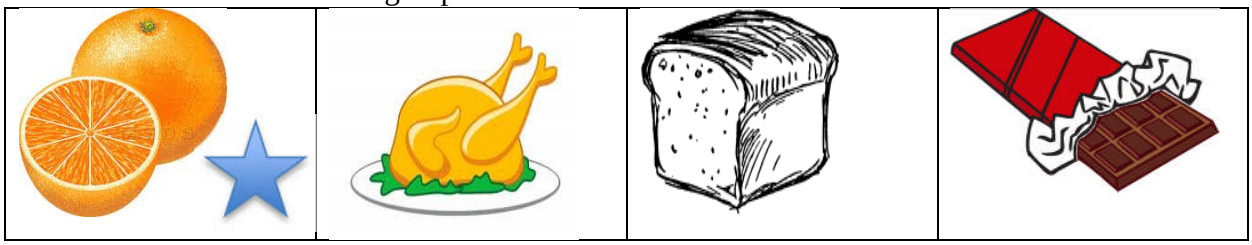
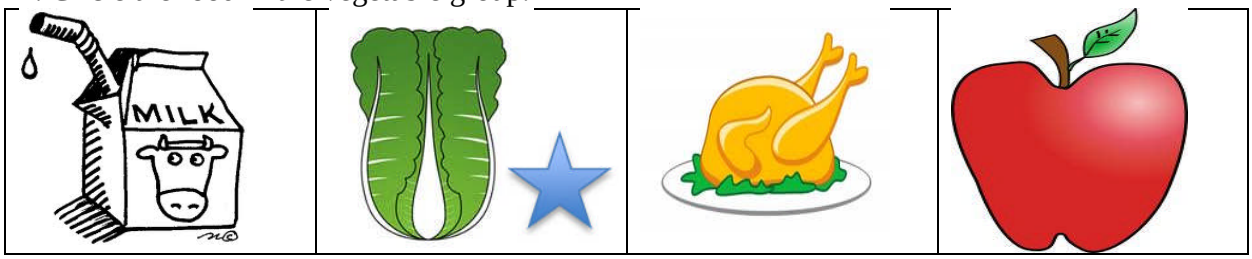
Food Groups(2.1ABCDE,2.2ABC)

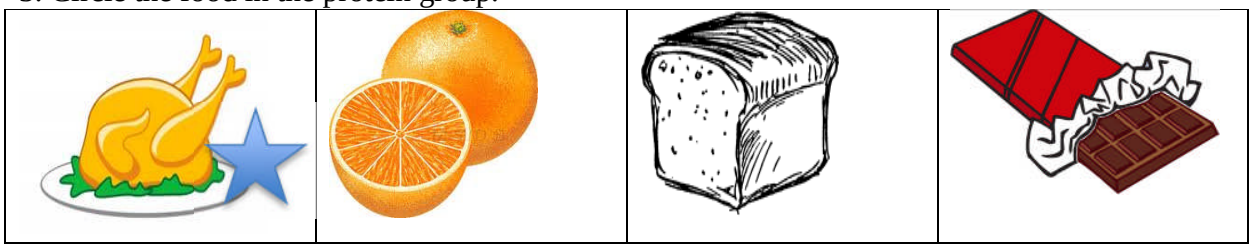
1. Circle the food in the fruit group.



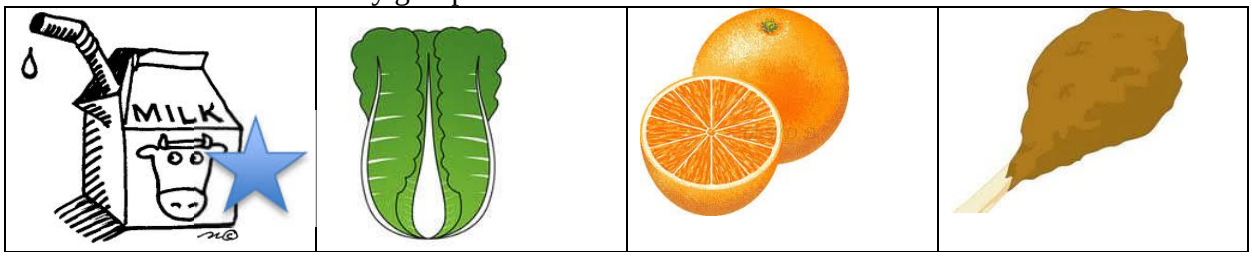
2. Circle the food in the vegetable group.



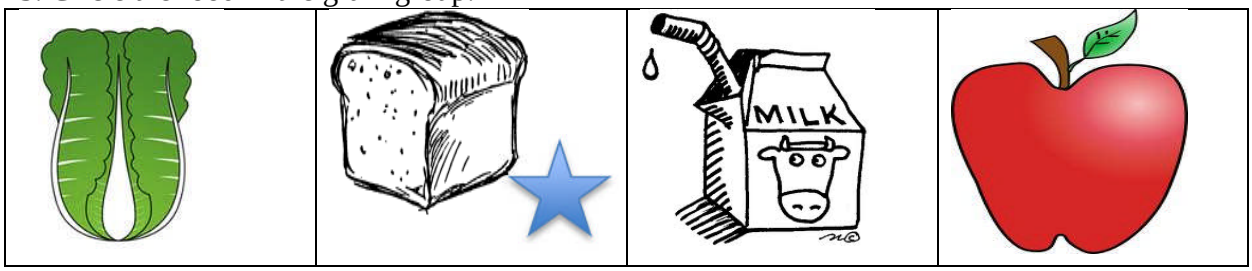
3. Circle the food in the protein group.



4. Circle the food in the dairy group.



5. Circle the food in the grain group.



Keeping Fit(2.1ABCDE,2.2ABC)

Select the picture(s) that shows ways to keep fit. Explain how the person is staying fit below.

1.

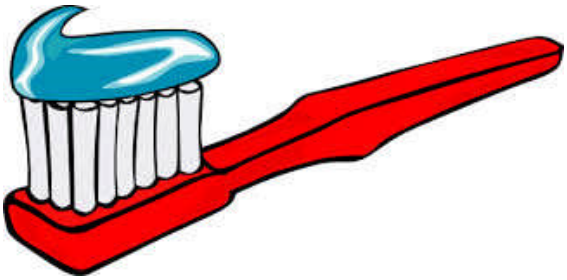
	
	Playing soccer is a good way to exercise your heart and legs.

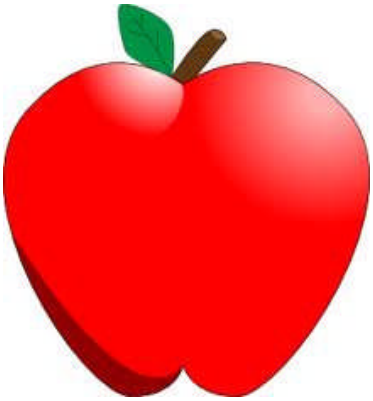
2.

	
Swimming is a good exercise for your arms.	

Healthy Products(2.1ABCDE,2.2ABC)

Circle the products that help keep you healthy.





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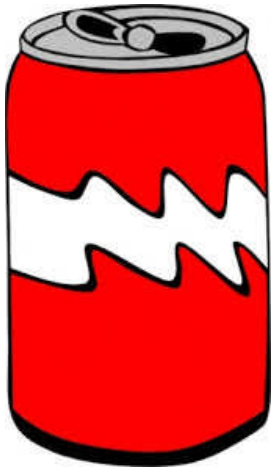
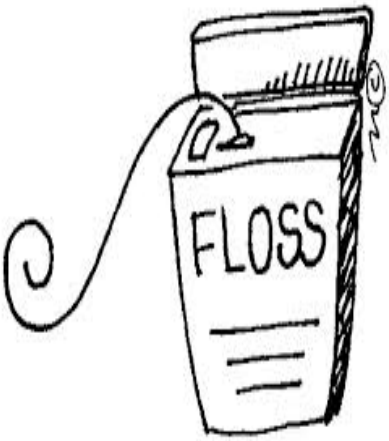
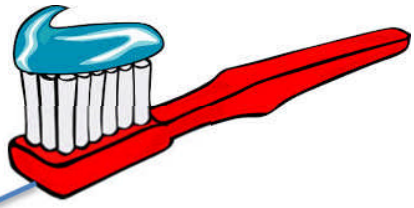


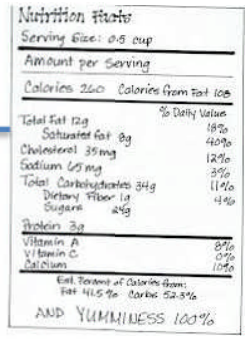


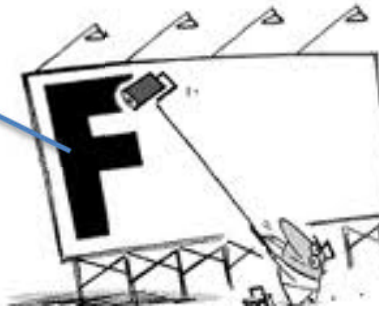
Community Health(2.1ABCDE,2.2ABC)

Match the word to the picture.

1. Health Helper
2. Health Product
3. Health Facts
4. Ad
5. School







Signs(2.1ABCDE,2.2ABC)

Look at each sign. Using the word bank write the word under each sign.

	
NO WALKING	STOP
	
NO BIKES	NO SMOKING

NO SMOKING

NO BIKES

NO WALKING

STOP

TOBACCO(2.1ABCDE,2.2ABC)

Tobacco can harm certain body parts. Unscramble each word and write it on the line. Draw a line from each word to the matching body part.

UGNSL

LUNGS

TUMHO

MOUTH

ATHER

HEART

ADHNS

HANDS

Weapon Safety(2.1ABCDE,2.2ABC)

Read the questions. Write yes or no next to each question.

1. Someone brings a knife to school. Do you tell a teacher?

YES

2. Someone asks you to join a gang. What do you say?

NO

3. You found a gun. Do you pick it up?

NO

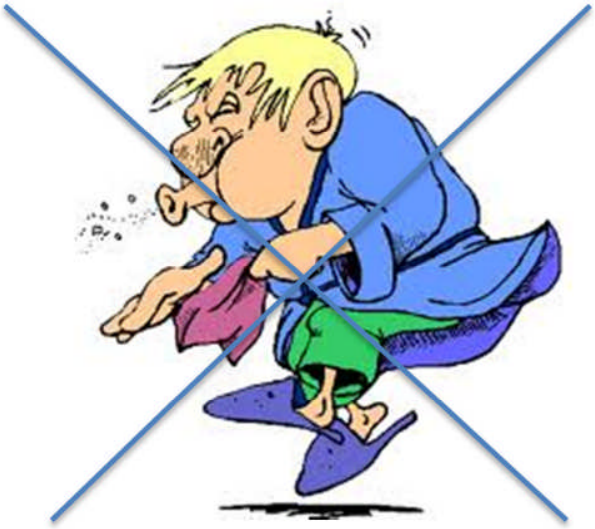
4. You see a gun. Do you tell an adult?

YES

5. You see a person with a gun. Do you walk away from the person? YES

GERMS(2.1ABCDE,2.2ABC)

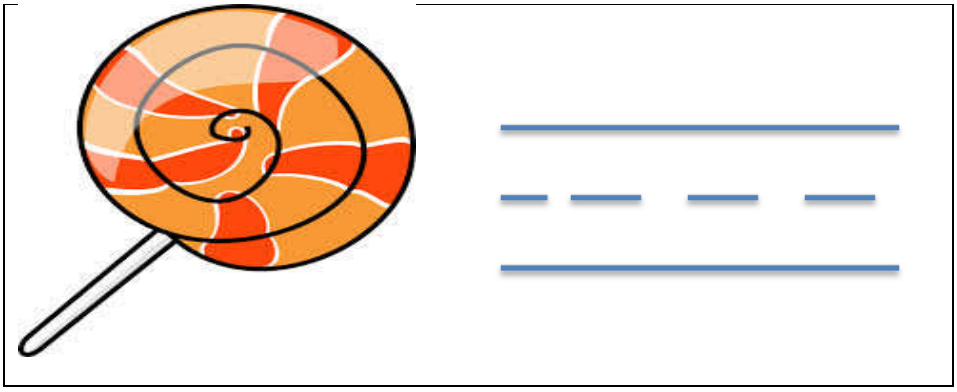
Put an “X” over the pictures of people spreading germs.



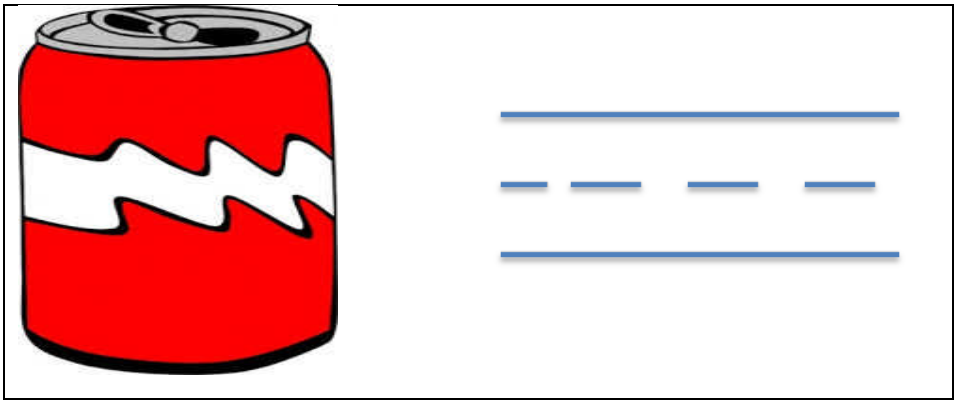
Healthy Snacks(2.1ABCDE,2.2ABC)

Eating foods that have high levels of sugar can lead to illnesses that can last for the rest of your life. Write a replacement snack on the line provided.

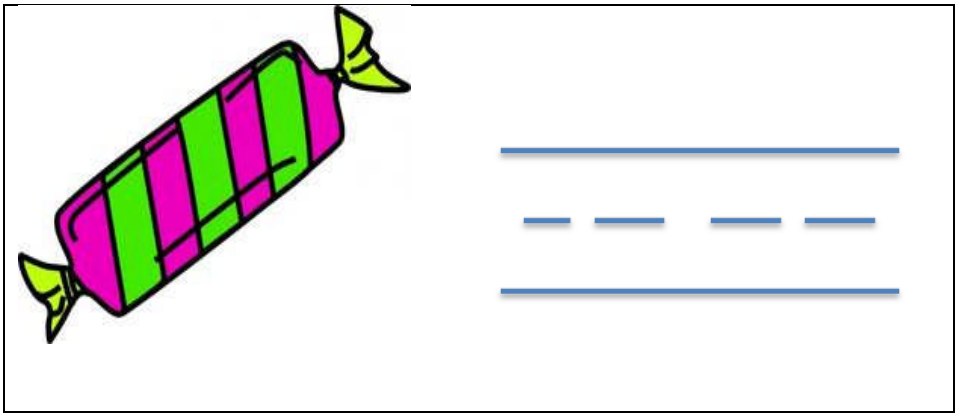
1.



2.



3.



Possible answers:
Pretzels
Apple
Orange
Celery
Yogurt
Humus
Grapes
Watermelon
Low-Fat Ice Cream
Banana
Cheese

DAILY FOOD PLAN(2.1ABCDE,2.2ABC)

Breakfast, lunch, and dinner are the three main meals of the day. Place the words from the word bank into the correct meal section.

Cereal	Yogurt	Apple	French Toast
Grilled Chicken	Scrabbled Eggs	Pretzels	Spaghetti and Meatballs
Turkey Sandwich	Hamburger	Tacos	Chicken Salad

Breakfast	Lunch	Dinner	Snacks
Cereal Scrabbled Eggs French Toast	Turkey Sandwich Hamburger Chicken Salad Tacos Grilled Chicken	Tacos Grilled Chicken Spaghetti and Meatballs Hamburger	Yogurt Pretzels Apple