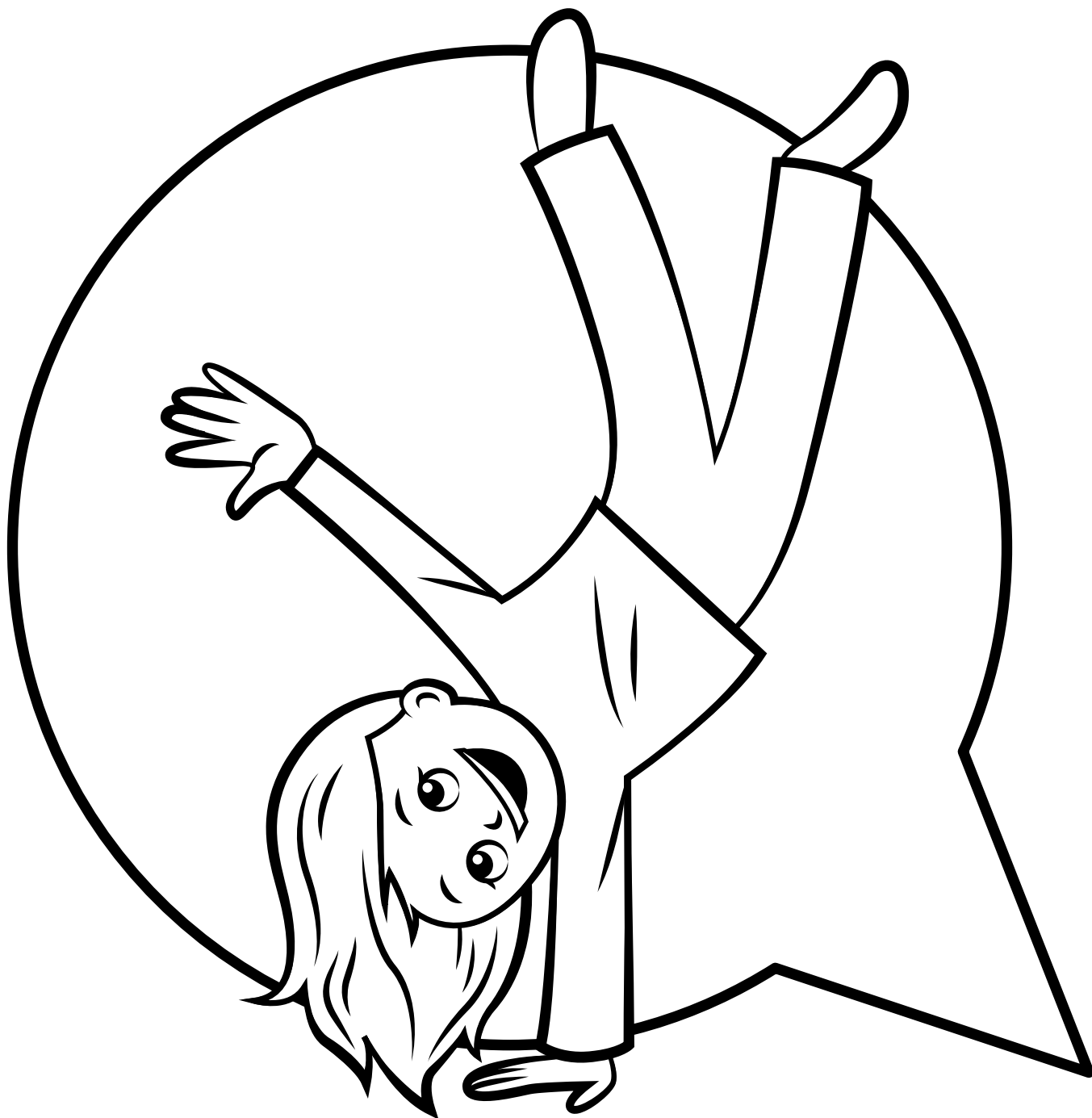


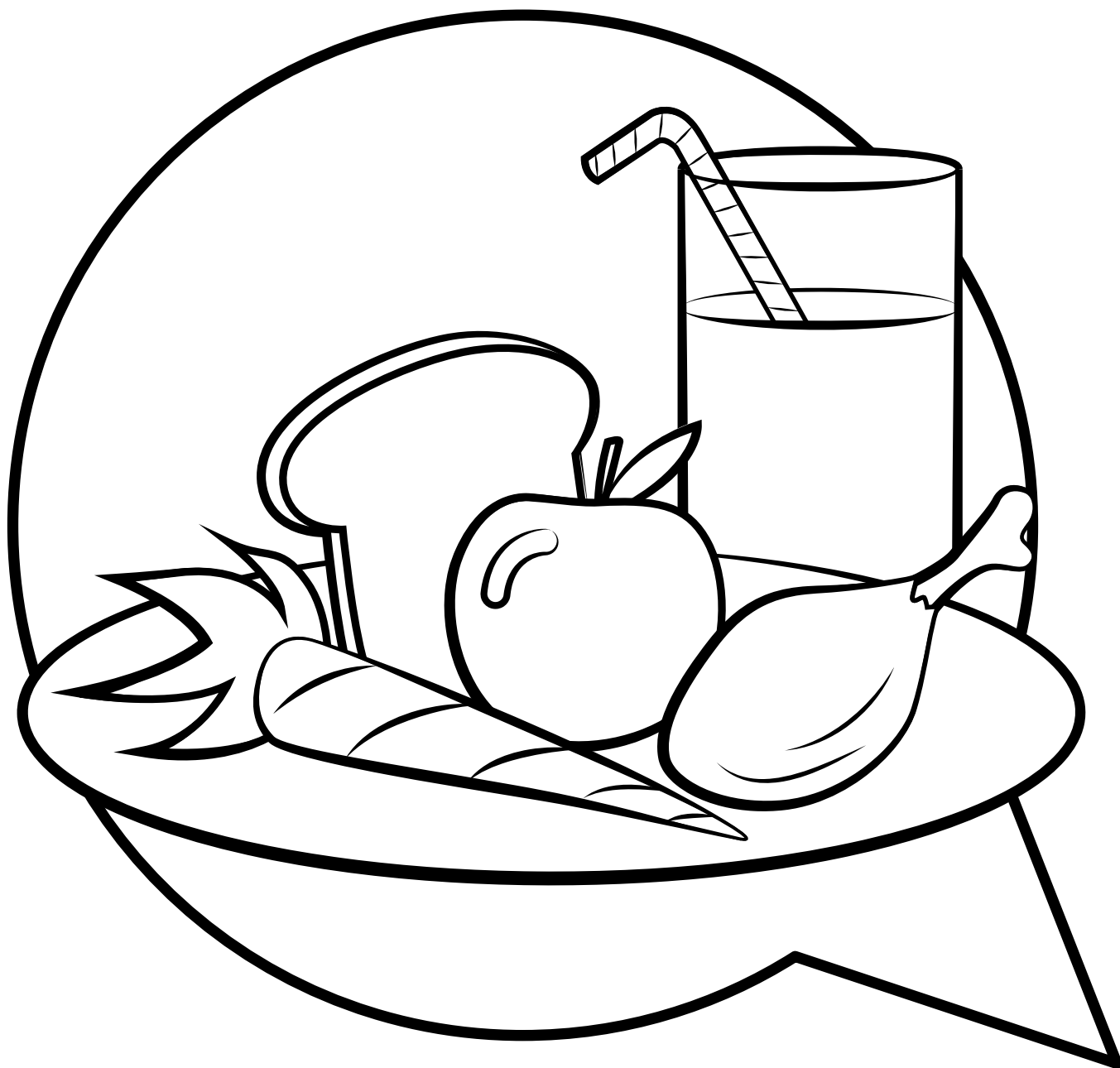
Have children color in one worksheet after each daily read-aloud to reinforce the book's main take-away and celebrate the child's daily achievement. Once the collection and worksheets have been completed, display the worksheets or bind them to form a book for children to enjoy.

I HAVE TO TAKE CARE
OF MY BODY,
INSIDE AND OUT.



1

A BALANCED DIET ON MY PLATE IS GREAT!



2

VEGETABLES ARE YUMMY!

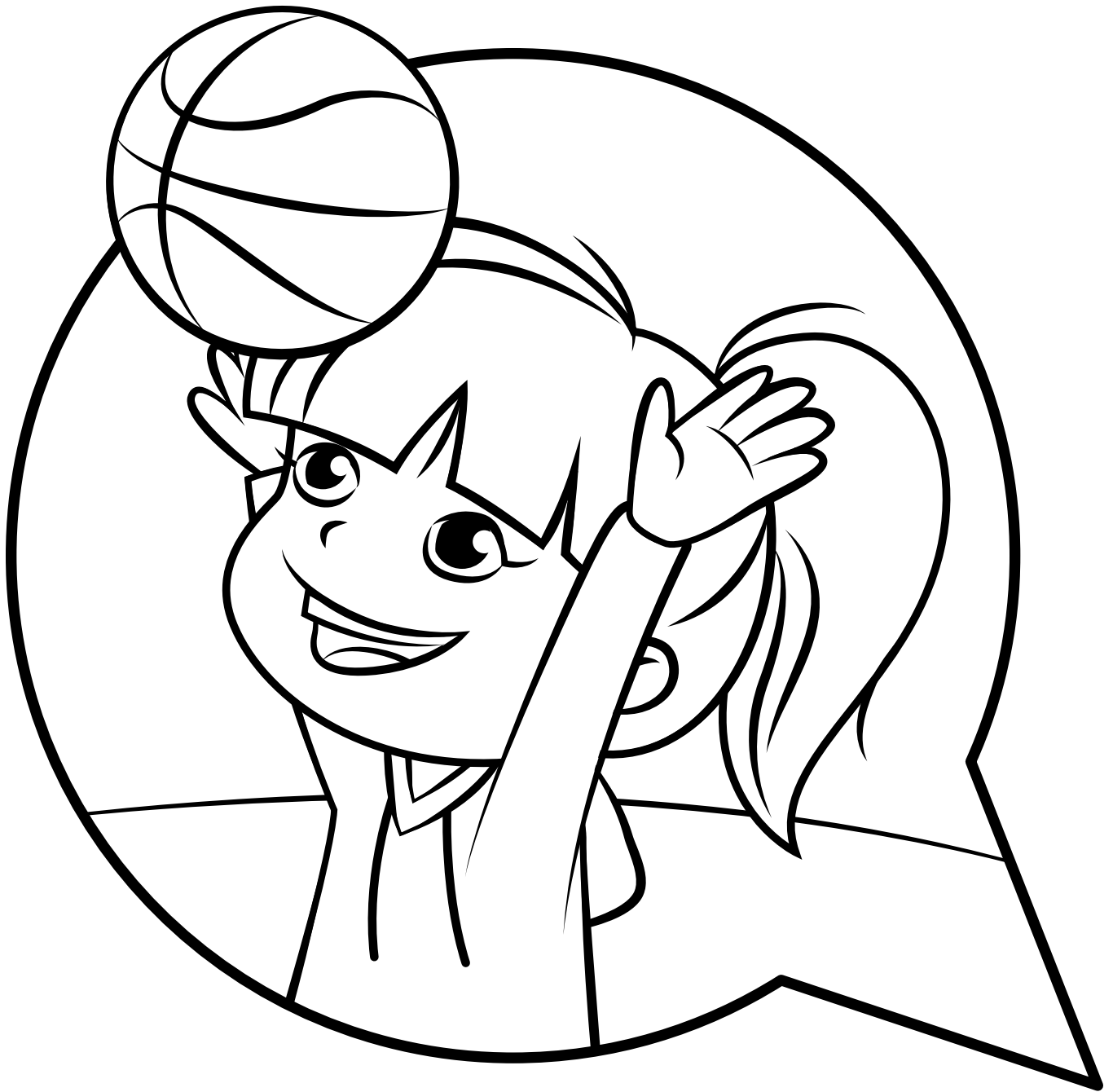


HEALTHY FOODS AND
DRINKS FUEL MY BODY.



4

EXERCISE IS FUN
AND HEALTHY!



5

I NEED TO KEEP
MY TEETH HEALTHY TOO!



6

EYE DOCTORS HELP MY VISION.



7

GERMS SPREAD AND
CAN MAKE PEOPLE SICK.



KEEPING CLEAN KEEPS ME HEALTHY!



9

THERE ARE SO MANY
THINGS I CAN DO
TO STAY HEALTHY!



10