

ACTIVITY AND COLORING BOOK

# Caring for My Body







**I take care of my body so I can grow up healthy and strong!**



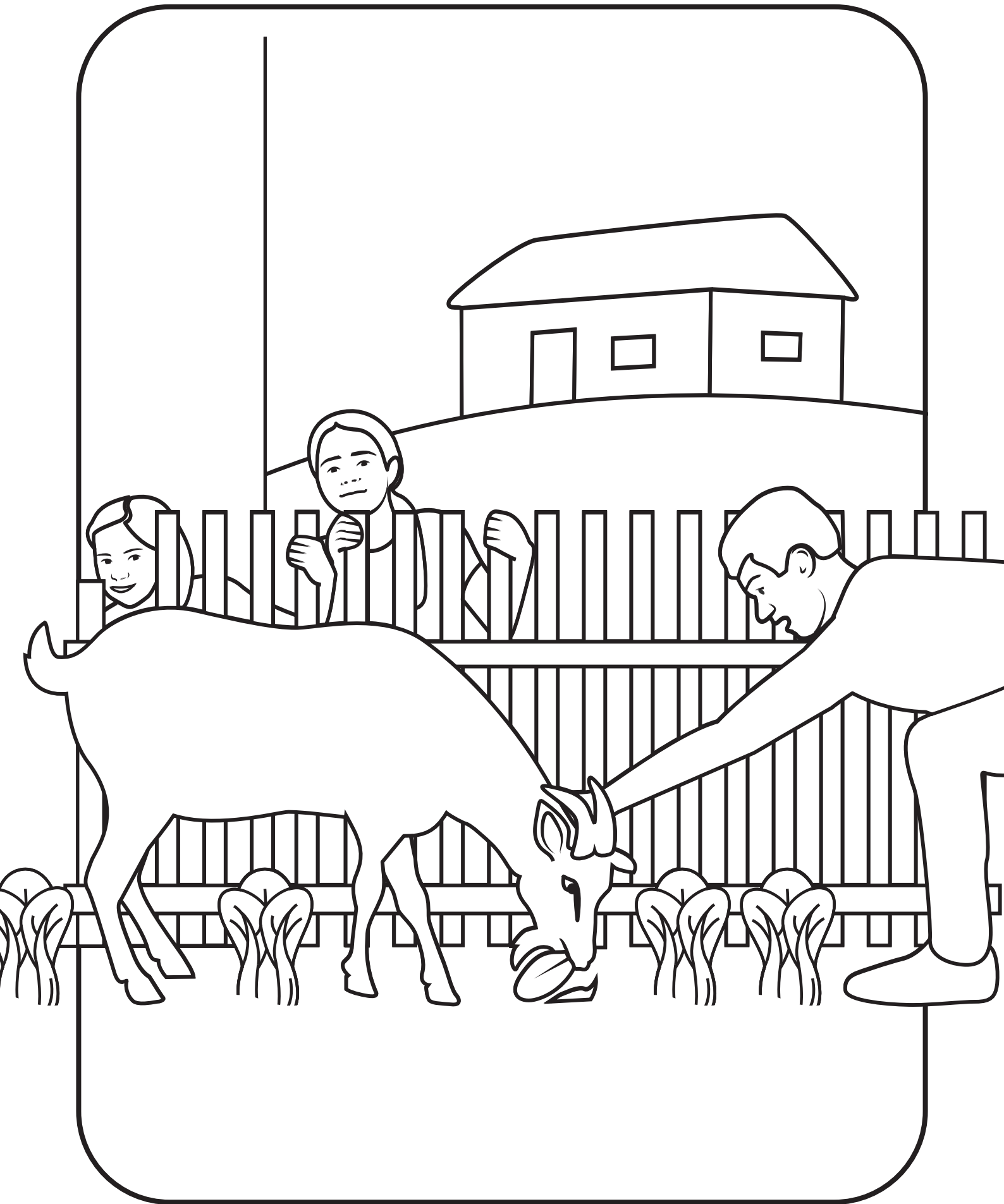
**We are planting seeds for a garden.**



**I help water the garden so it can grow.**



**Our dad is teaching us how to garden.**



**We have to keep the animals away from our garden.**



**Look at all the fruits and vegetables we grew!**

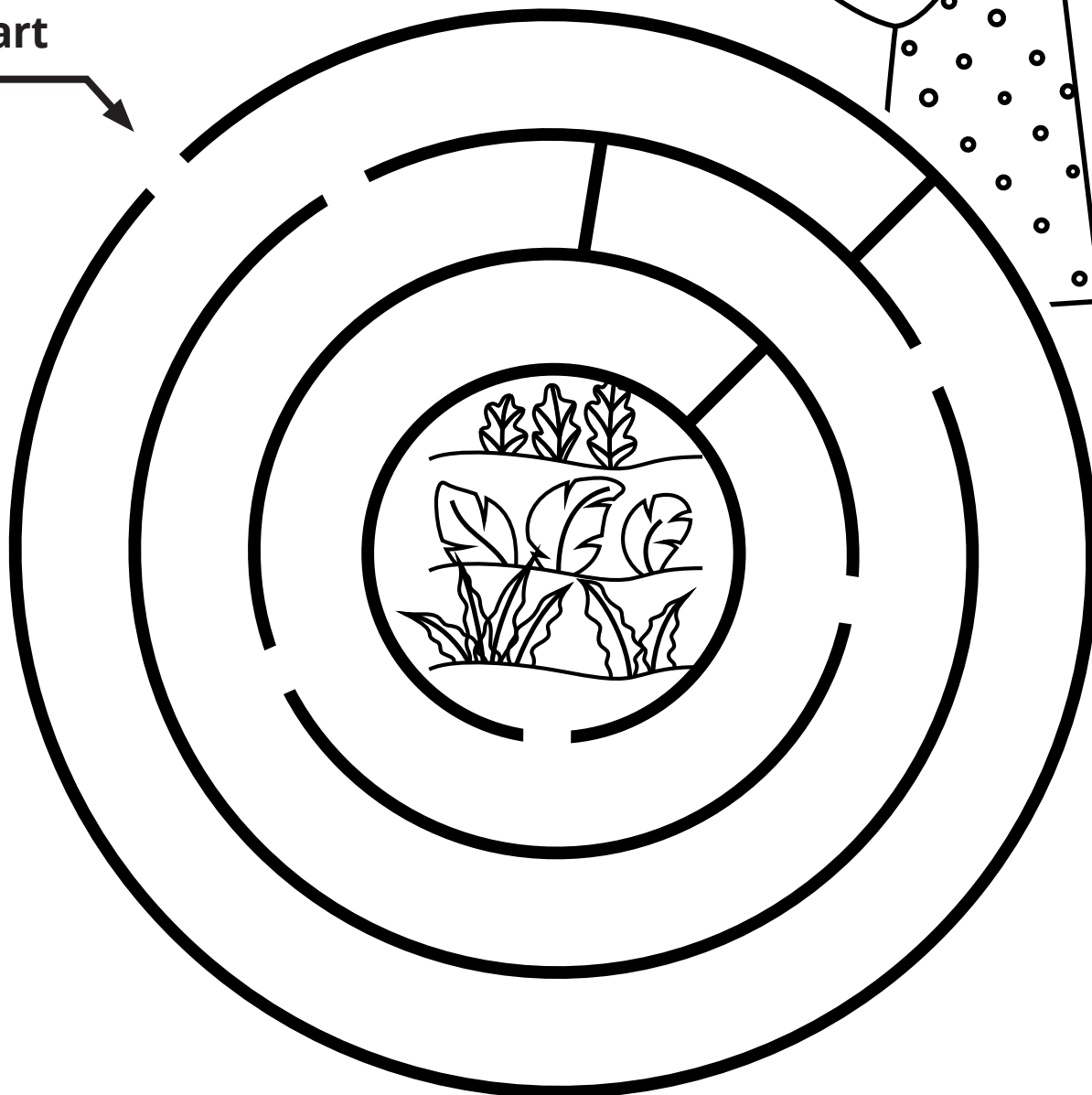


# Be a good gardener

Help the girl move through the maze to water her plants.

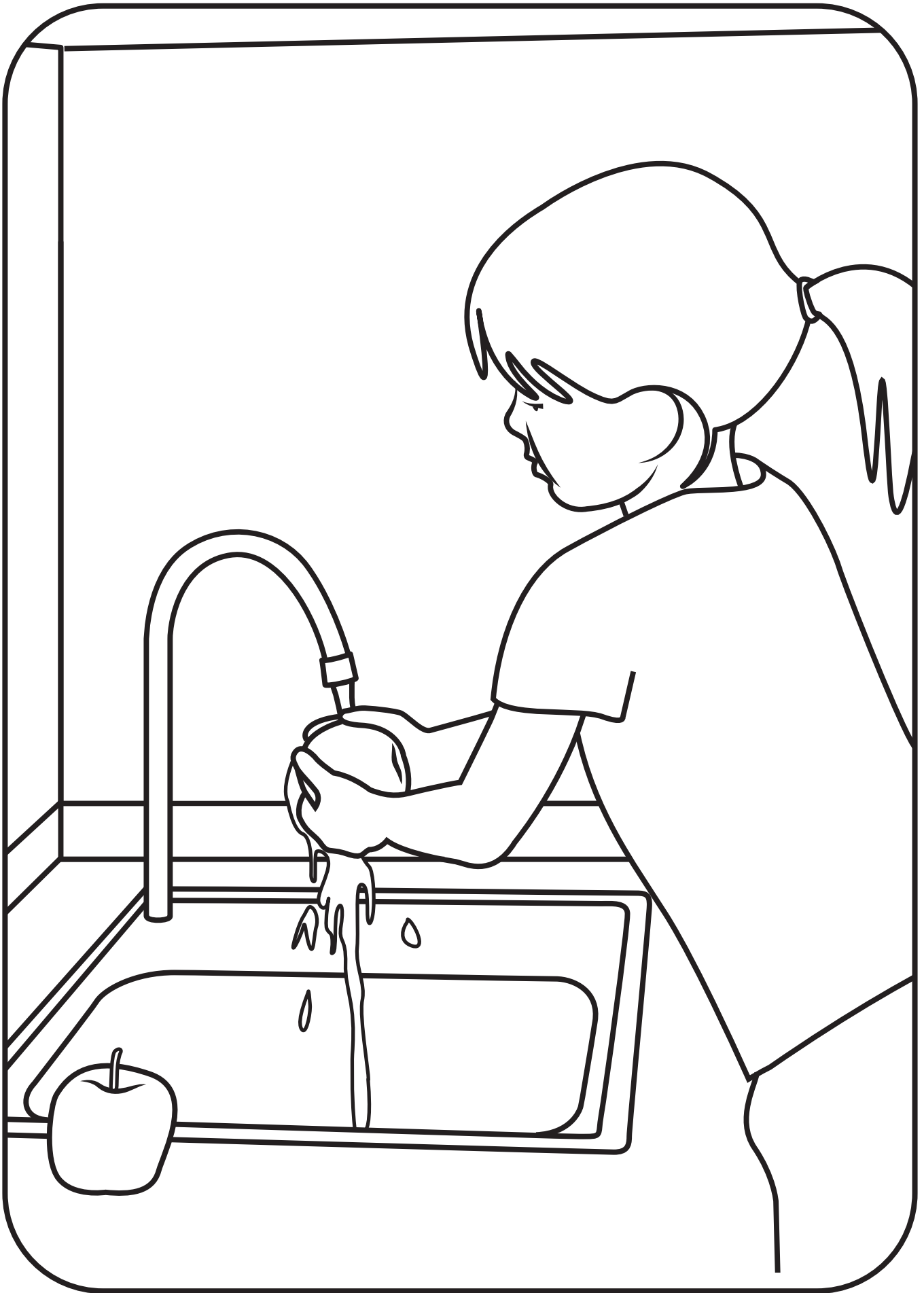


Start

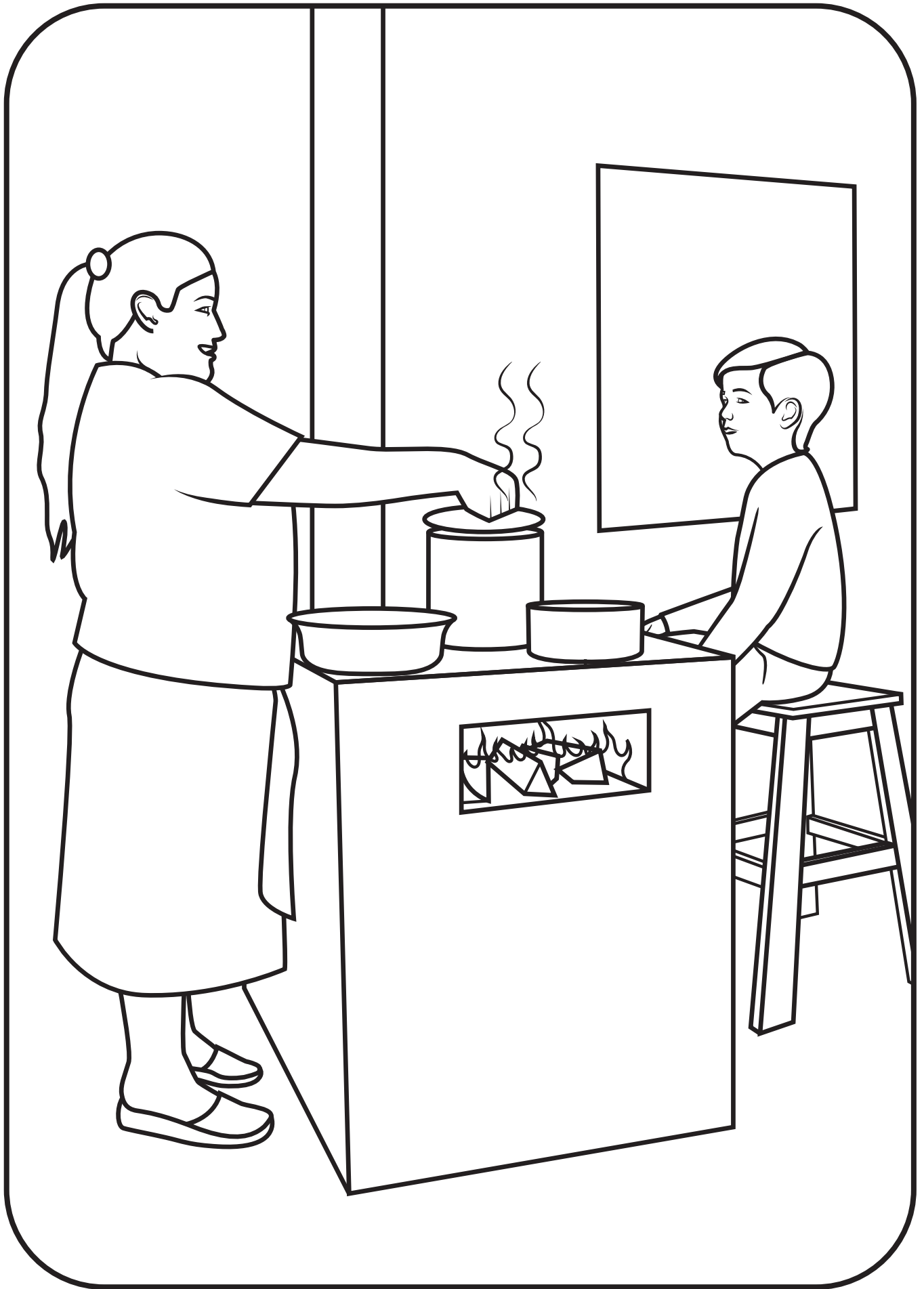




**Before preparing food, we wash our hands with soap and water.**



**We wash off our fruits and vegetables before we eat them.**



**We are careful not to burn ourselves on the hot fire.**



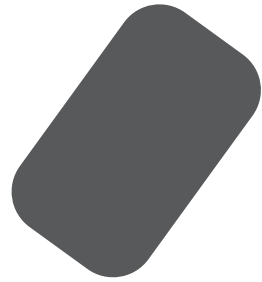
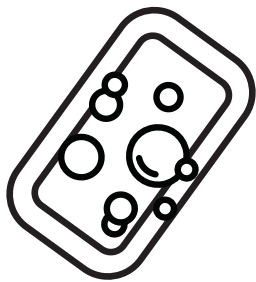
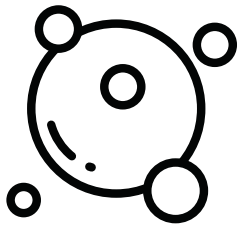
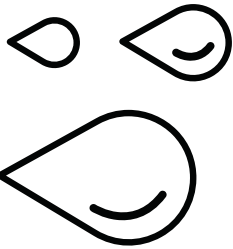
**I like to help my mom cook.**

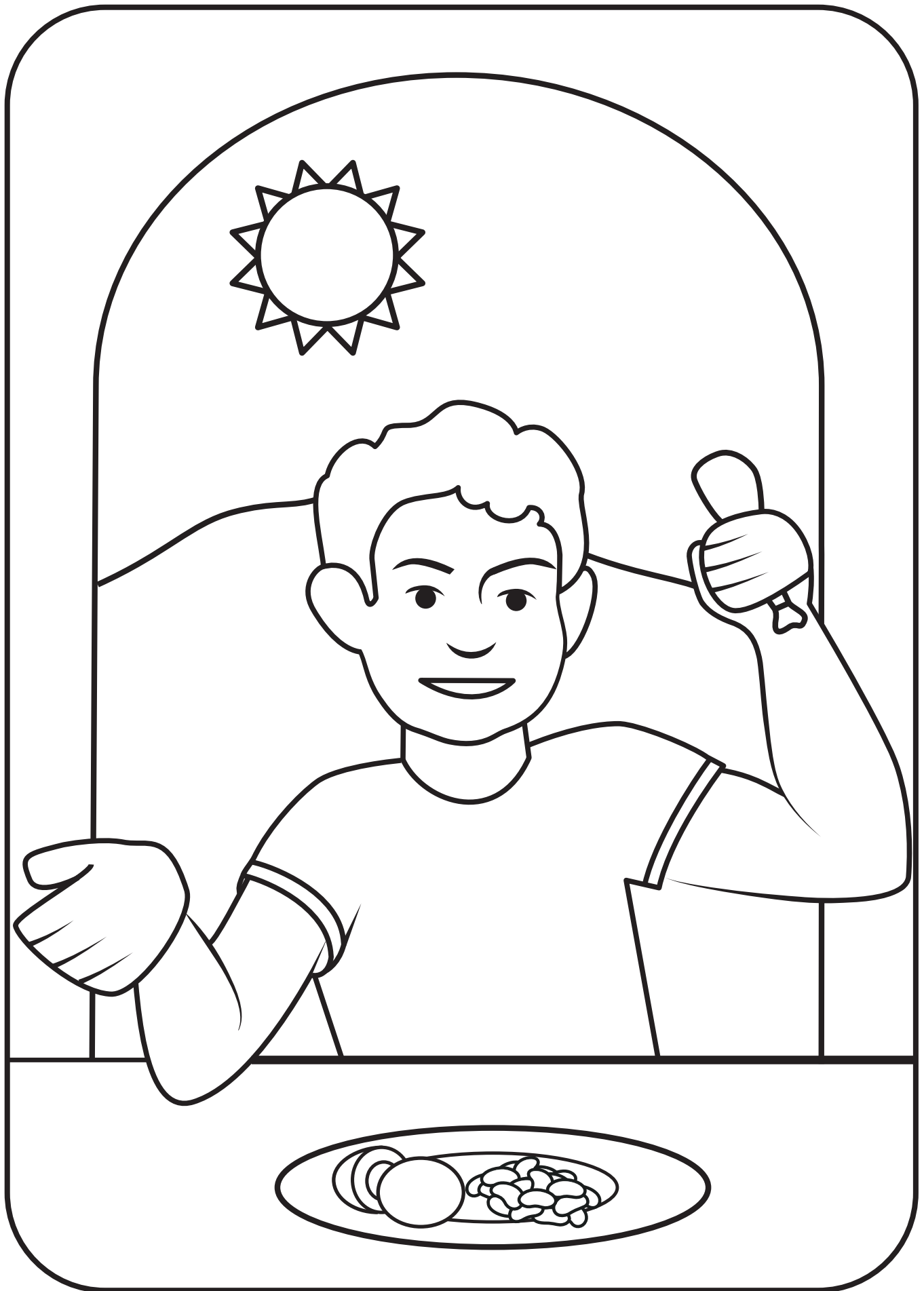


**I like to eat the food I help make.**

# Wash your hands before you help

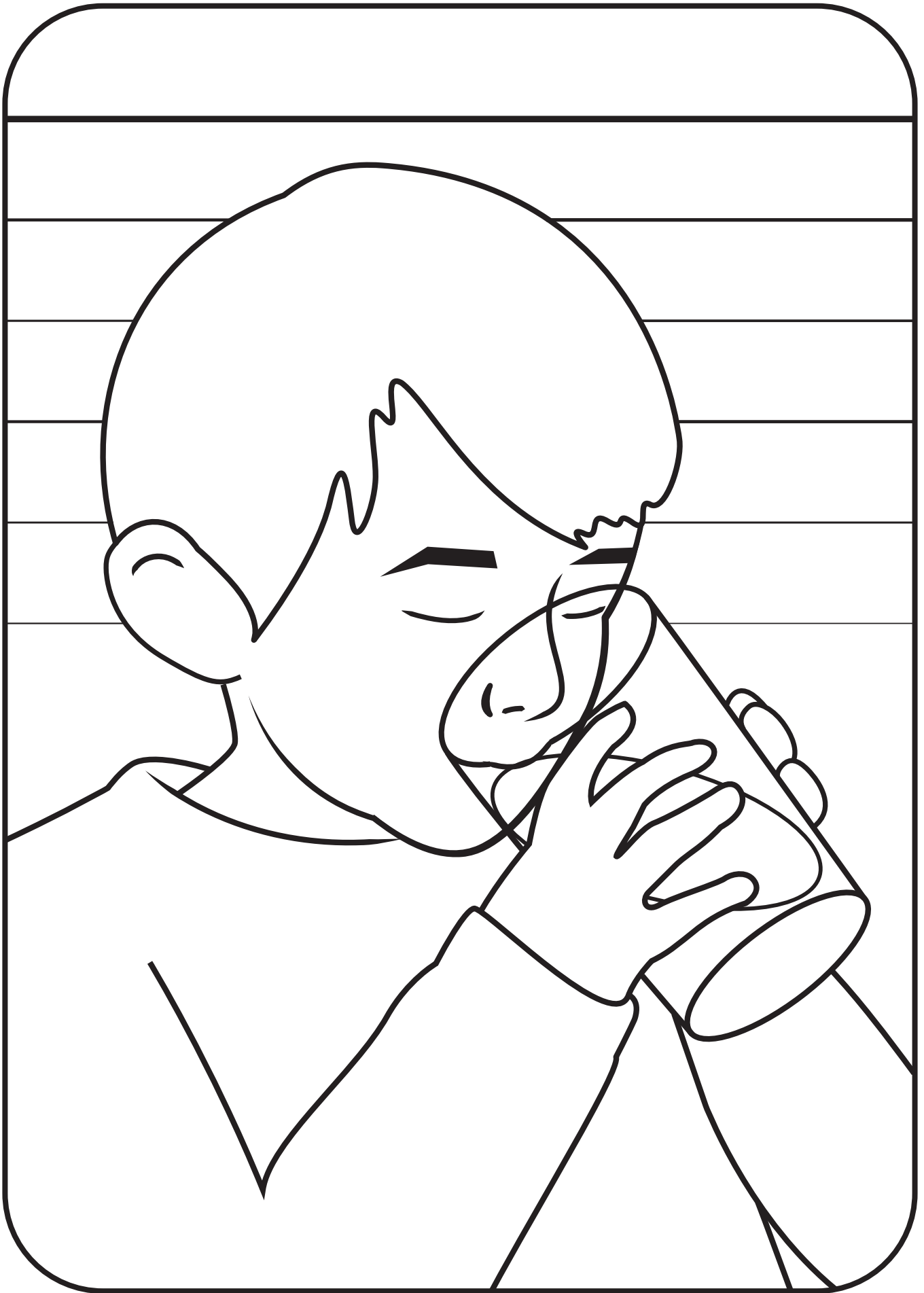
Match the picture with its shadow below.





**Protein helps my body to be strong and grow.**





**We drink water or milk with our meals.**



**Grains give our bodies energy.  
When we eat grains we also eat a vegetable and protein with it.**



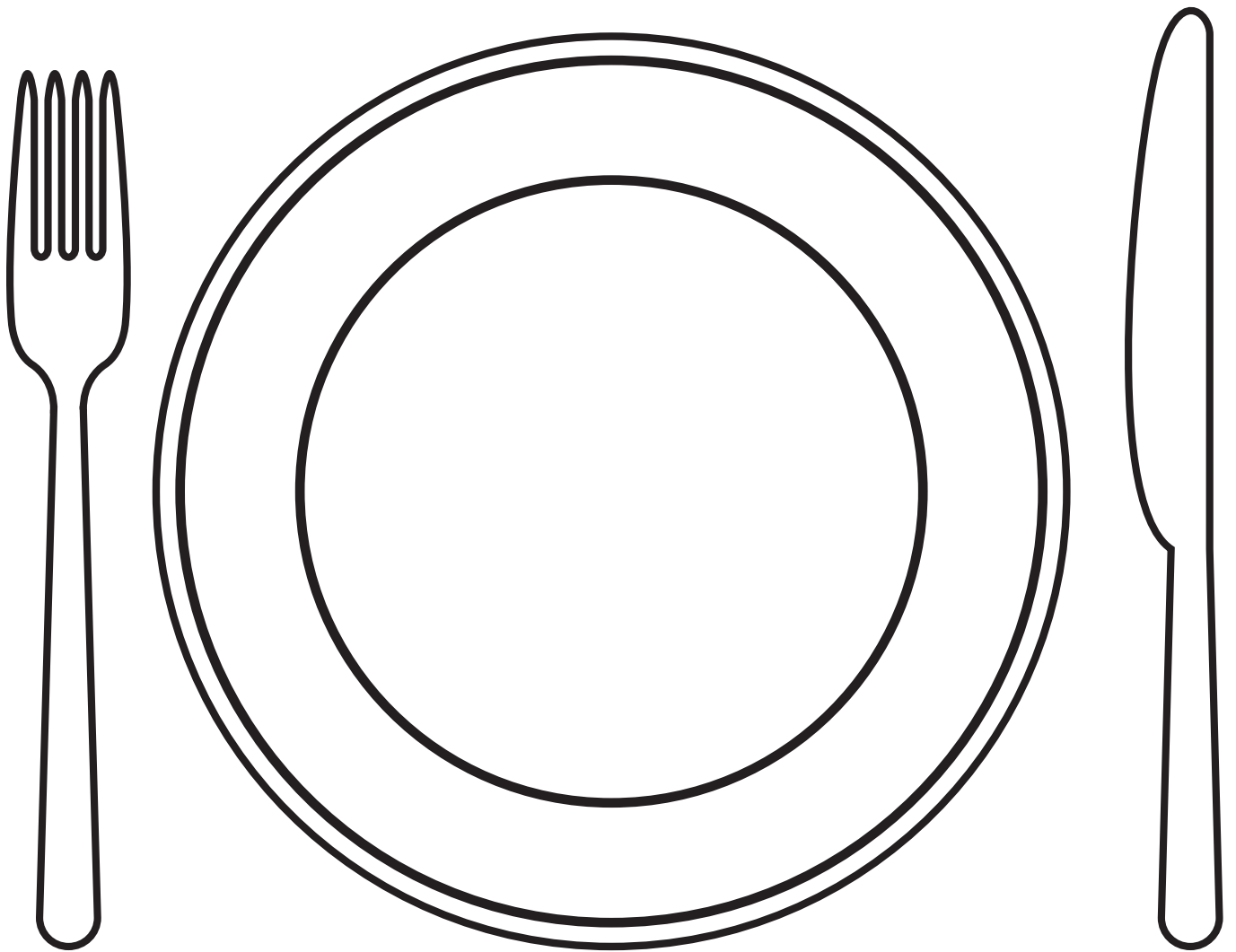
**It can be fun to try new foods.**



**We can eat sweets sometimes or on a special day.**

# Draw a healthy meal that has:

- Protein (like chicken or beans)
- Fruits (like mango or apples)
- Vegetables (like corn or leafy greens)
- Grains (like rice or pasta)





**We brush our teeth daily to keep them healthy.**



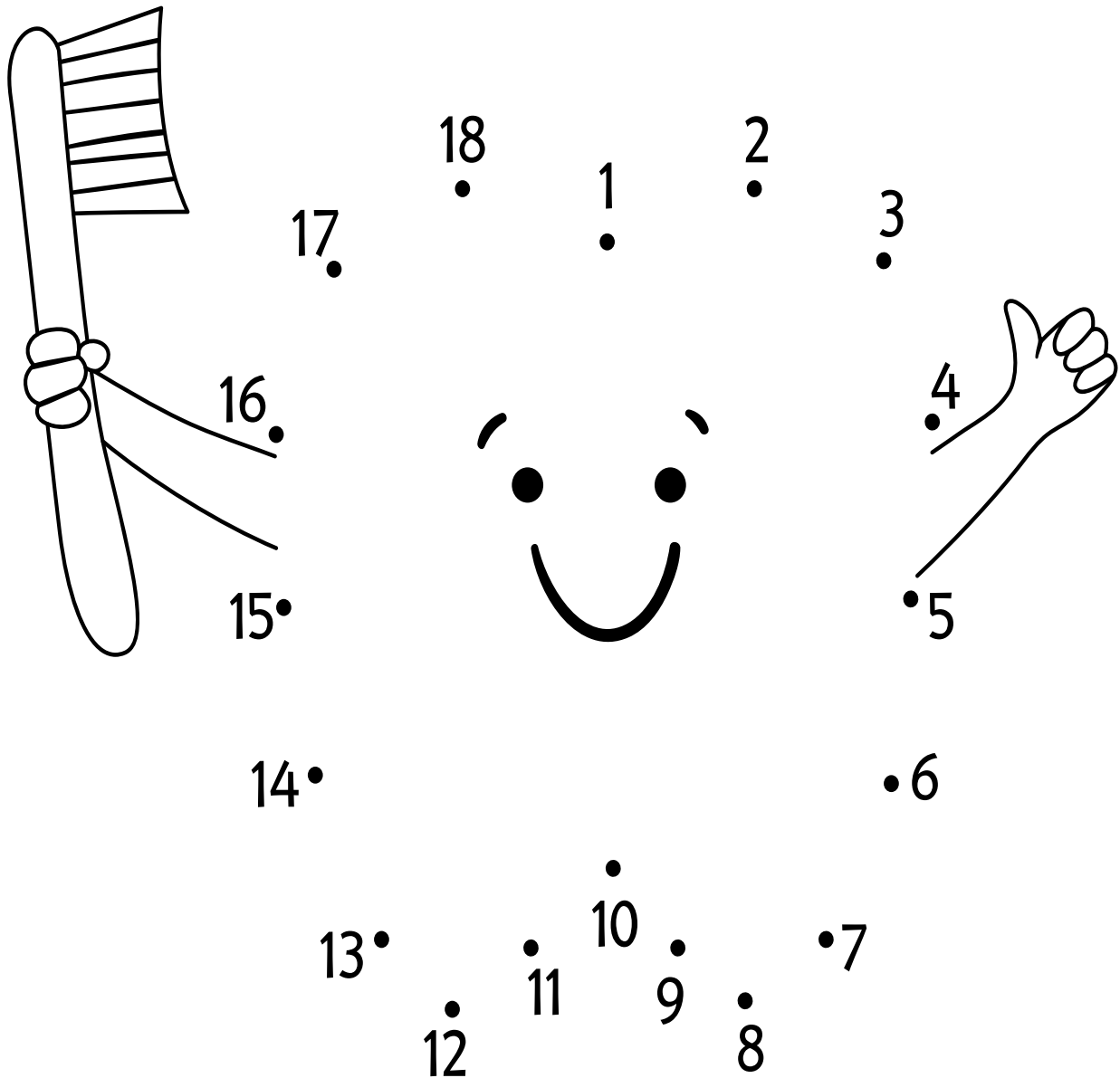
**Floss helps clean in between our teeth.**



**We go to the dentist, who helps make sure our teeth are healthy.**



# Connect the dots to see who is happy in the picture!





**We go to a clinic to make sure our bodies are healthy.**



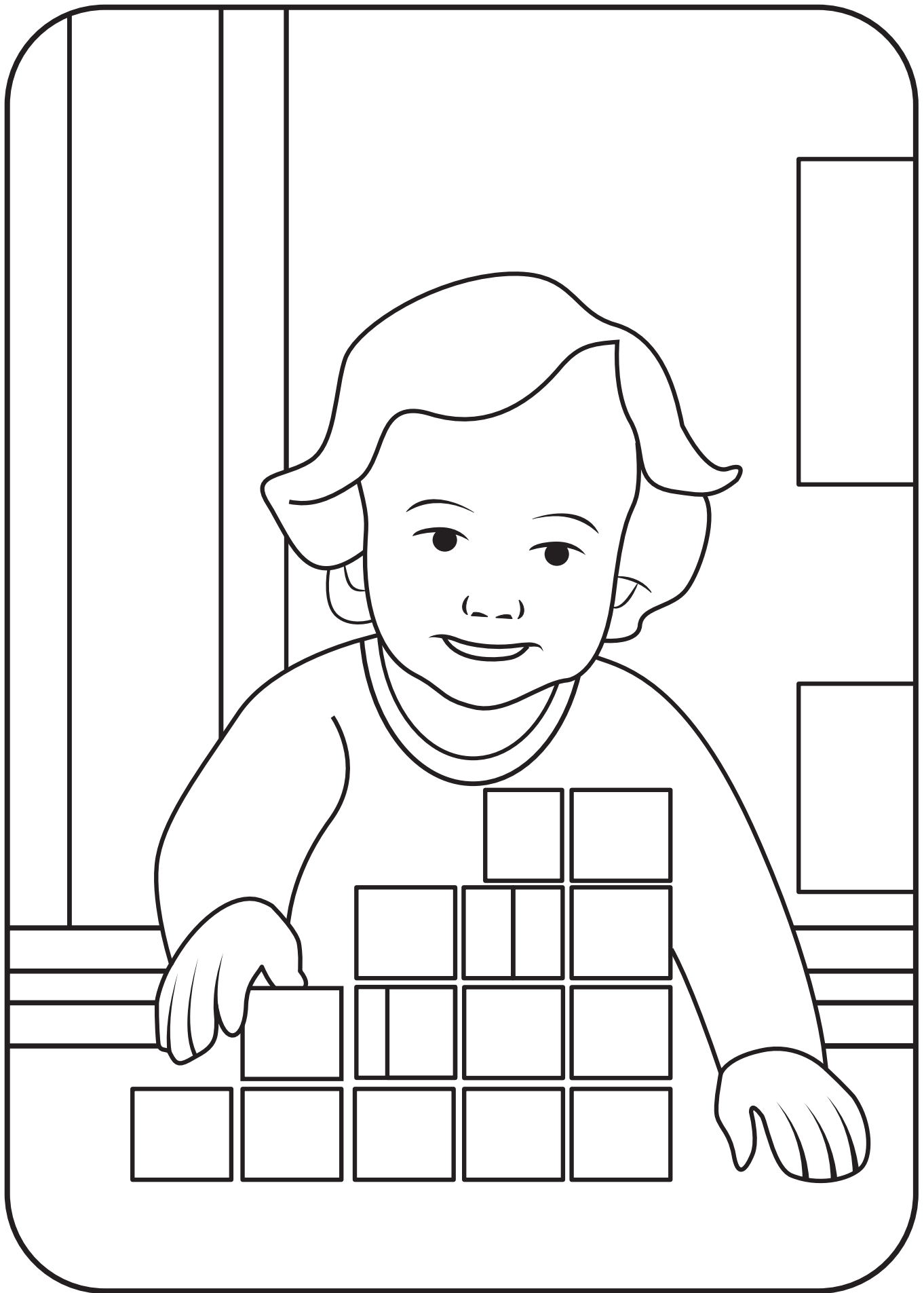
**Sometimes I need to get a shot.  
I will feel a tiny pinch, but it will be over quickly.**

# Help the doctors find their tools

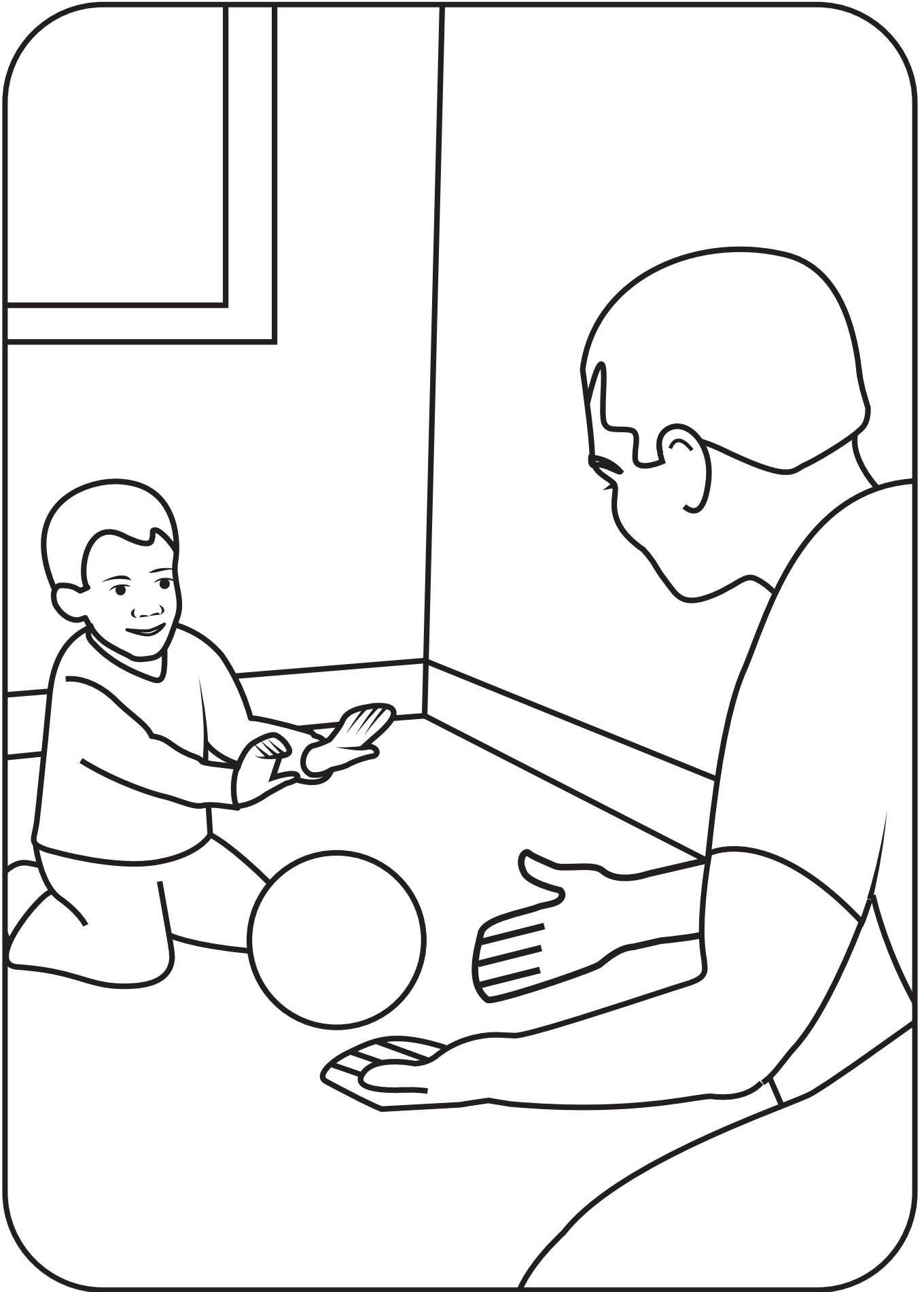




**When I was a baby, my mom held me and talked to me.**



**Playing helps my brain.**



**My dad and I like to play together.**



**I like to read stories with my family.**





**My mom helps me when I feel sad or scared.**

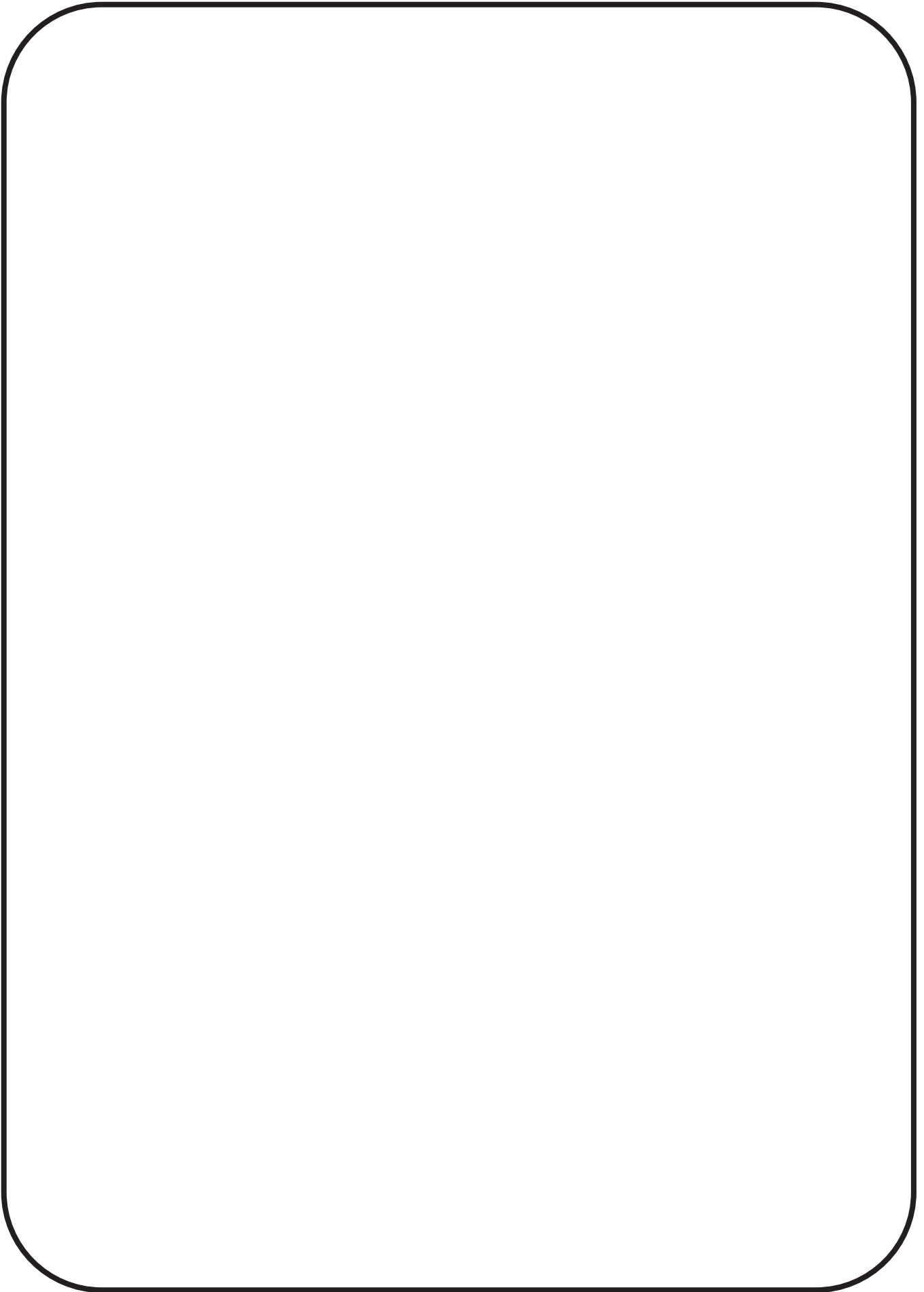
# Family Picture Matching

Draw a line to match the pictures.





**Being healthy helps me feel good.**



**Now draw your family!**



