

*Express Your Health!*TM

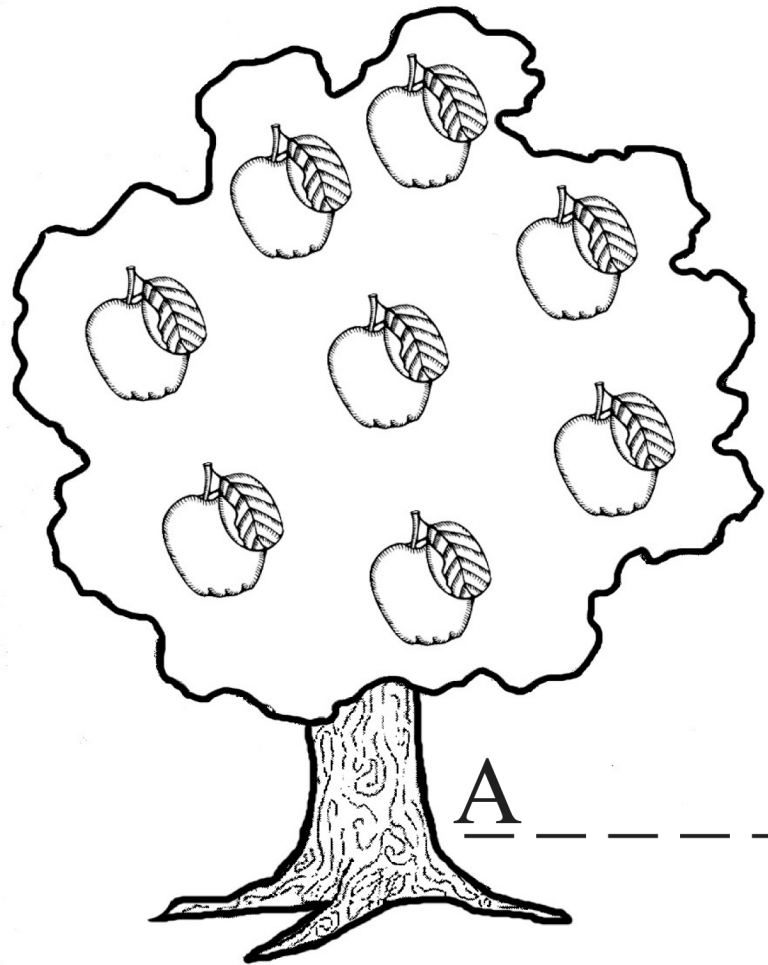


Fruits and Vegetables are Healthy Foods

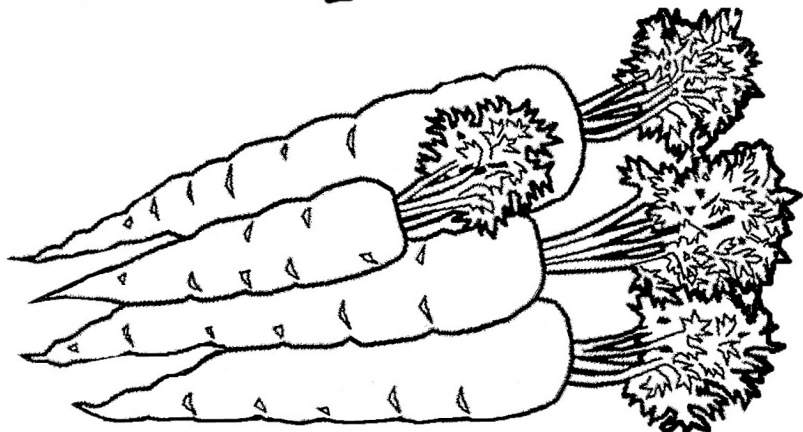
A great step to being healthier is to eat fruits and vegetables every day. Color and write the names of the fruits and vegetables we eat to stay healthy.



B _____



A _____



C _____

Express Your Health!™

Healthy Snacks

All kids need strong, healthy bones now and when they're older.

Ask an adult to help you make these yummy treats!

Individual Cheese Pizzas

Ingredients:

- 1 package English muffins or loaf of Texas-style bread
- 1 jar of pizza sauce
- Shredded low-fat, part-skim mozzarella cheese
- Other desired toppings
- Parmesan cheese

Directions:

- Separate English muffins into halves.
- Spread desired amount of pizza sauce on each half.
- Top with mozzarella cheese and other desired toppings.
- Broil until cheese is bubbly.
- Sprinkle on Parmesan cheese.

Connect the dots to reveal treats that help make strong bones.



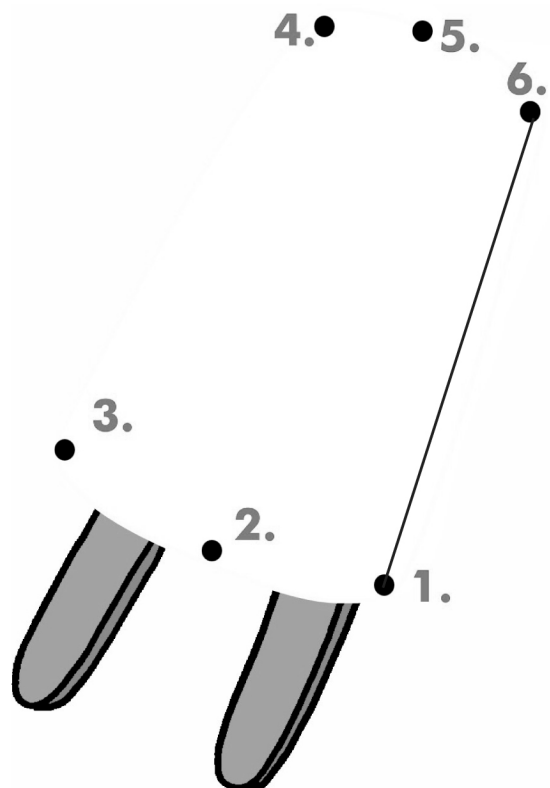
Yogurt Popsicles

Ingredients:

- 1 cup plain low-fat or fat-free yogurt
- 1 banana, sliced
- 1 tsp. vanilla
- 1 cup fruit juice or fruit chunks

Directions:

- Blend ingredients together and pour into small paper cups and freeze.
- Place a plastic spoon or popsicle stick in each cup when yogurt mixture is half frozen.
- To serve, turn upside-down and run hot water over it until the popsicle slips out. Use the cup as a holder.
- This recipe makes 4-5 small popsicles.



Bone Health

www.cdc.gov/nccdphp/dnpa/bonehealth

Powerful Bones, Powerful Girls

www.cdc.gov/powerfulbones

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The Safe Way

Draw a circle around the picture that shows the safe way to ride in a car.



Draw a rectangle around the picture that shows the safe way to ride a bike.



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Kids Walk to School

The crossing guard is helping the school children walk safely across the street. Color them!

