

Brain Power!



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## Eating Healthy

**NIDA**

Fats,  
Oils, &  
Sweets



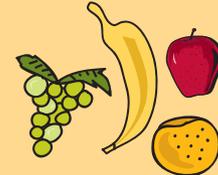
Meat,  
Poultry, Fish,  
Dry Beans,  
Eggs, & Nuts



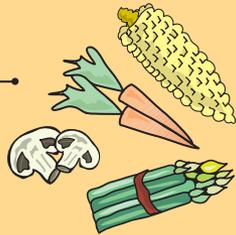
Milk,  
Yogurt,  
& Cheese



Fruit



Vegetables



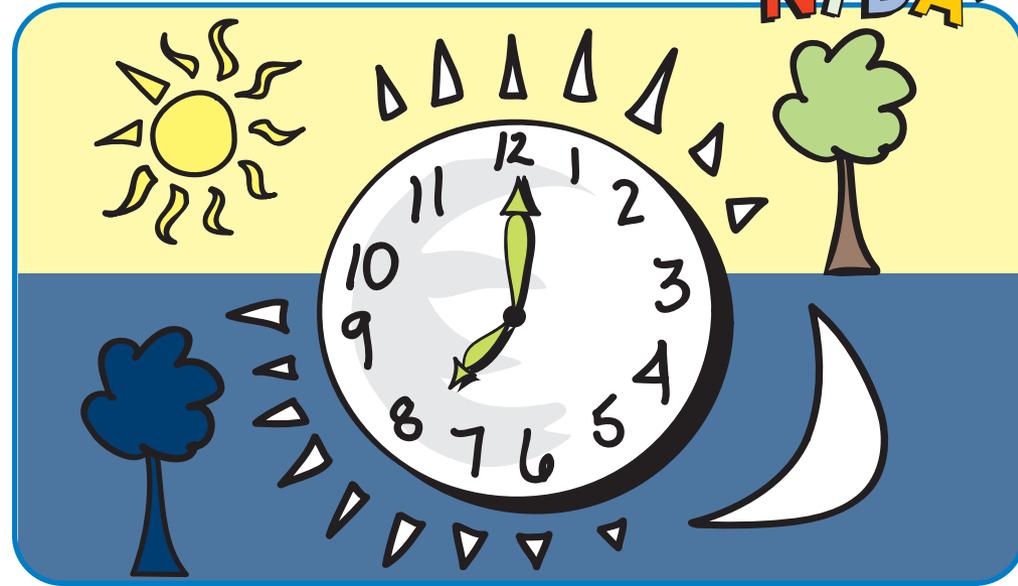
Bread,  
Cereal, Rice,  
& Pasta



What you eat is a very important part of staying healthy. You should eat nutritious foods from each of the food groups. This will help keep your brain and body healthy.

## Sleep

**NIDA**



Sleeping is an important part of staying healthy. Little kids need 10 hours of sleep every night. If you go to sleep at 8:00 p.m. every night and get out of bed in the morning at 6:00 a.m., you would be getting enough sleep to keep yourself healthy.

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## Exercise

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Children should exercise for at least 30 minutes each day. You can do several fun activities to get your daily exercise.

- ✓ Do some jumping jacks
- ✓ Draw a hopscotch court on the sidewalk with some chalk and play
- ✓ Throw a ball with your friends
- ✓ Play a game of kickball
- ✓ Ride your bike

## Safety

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Match the objects on the left with something to make them safer and healthier.



There are many ways to keep yourself safe. Some of the items above are unsafe or not as safe as they could be. Help each one become safer by matching it with the right equipment.

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# Keep Your Brain Healthy



## Word Bank

exercise

vegetables

five

helmet

toothbrush

three

bath

ten

brain

bad

Playing soccer and basketball is good \_\_\_\_\_.

I eat \_\_\_\_\_ meals a day.

I sleep for \_\_\_\_\_ hours each night.

There are \_\_\_\_\_ food groups.

Always wear a \_\_\_\_\_ when you ride your bike or scooter.

Use your \_\_\_\_\_ twice a day to keep your teeth clean.

Take a \_\_\_\_\_ to keep your body clean.

Eating healthy and exercising help my \_\_\_\_\_.

Too much sugar is \_\_\_\_\_ for me.

Carrots, celery, and cucumbers are all \_\_\_\_\_.