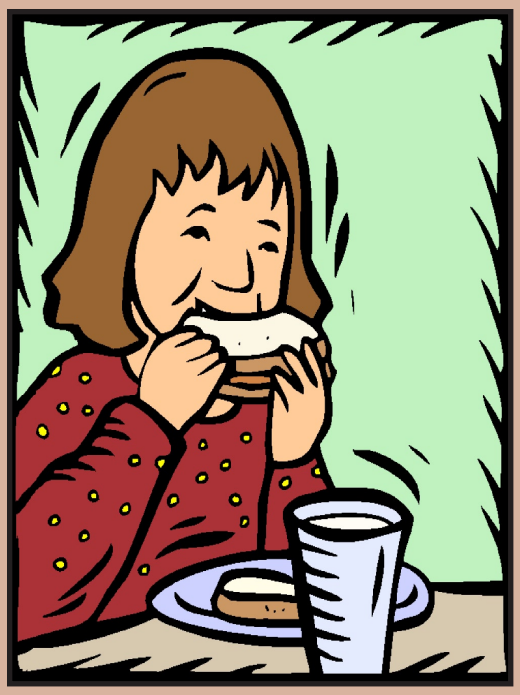
Fact Sheet - Elementary/Middle Grades

Department of Health and Human Services
Centers for Disease Control and Prevention

Express Your Health!

September 2005



Healthy Eating

A body needs nutrients (like vitamins, minerals, and proteins) to grow and be healthy. Those nutrients should come mainly from the food you eat. Just as cars need gasoline to run, your body needs food to keep it going. But not just *any food*. To be your healthiest and feel your best, you need to give your body the right kinds and amounts of fuel.

Tip: Healthy snacks include raisins, fruit juice, trail mix, and fresh fruit like bananas, oranges, and grapes.

Food and Nutrition
www.bam.gov/sub_foodnutrition/index.html

You and Your Pet

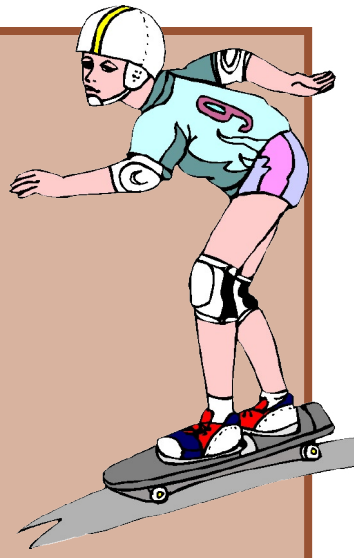
Pets provide many benefits to humans. They comfort us and can be good friends. However, some animals can also pass diseases to people. These diseases are called zoonoses (pronounced *zo o nó sez*).

Although animals can carry germs, you are not likely to get sick from touching or owning a cat, dog, bird, or horse. Learn how to properly take care of your pet and how to help keep them healthy.

Tip: Wash your hands with soap and running water after petting or playing with your pet.

Healthy Pets, Healthy People
www.cdc.gov/healthypets/

Express Your Health!



Have Fun and Be Active

Everyone should have a favorite action. Ya know... something that you love to do. Whether it's running, jumping, dancing, catching a baseball, shootin' hoops, or going for a walk, there are so many fun activities to choose from!

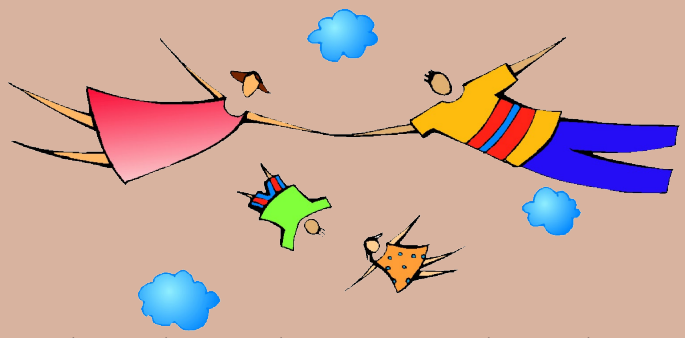
There are lots of ways to be active! Pick one, two, or three! One fun game is Hip-Hop Scotch. It's a new version of Hop Scotch. You draw boxes, but instead of numbers, you write in dance moves- like *spin*, *bounce*, *step*, or *shake*. Whatever dance you land on, you do it. If it lands on a question mark, do anything!

Being active helps keep your body strong.

Tip: Get at least 60 minutes of physical activity (like walking briskly, playing tag, or jumping rope) most, preferably all, days of the week. Don't overdo it or hurt yourself. Move that body!

VERB: It's What You Do
www.verbnow.com

What's in Your Family Health History?



Did you know that certain physical features are passed on in families, such as curly hair or dimples? Risks for certain diseases like asthma, cancer, and heart disease also run in families. Everyone's family history is different.

To learn about your family health history, ask your parents or other adults about major health conditions that your grandparents, parents, aunts and uncles, or brothers and sisters had or have now.

Tip: Knowing your family health history can help you reduce your risk of developing health problems. To help stay healthy, don't smoke, be active and fit, and eat foods that are good for you, including fruits and vegetables.

Using Family History to Promote Health
www.cdc.gov/genomics/public/famhistMain.htm