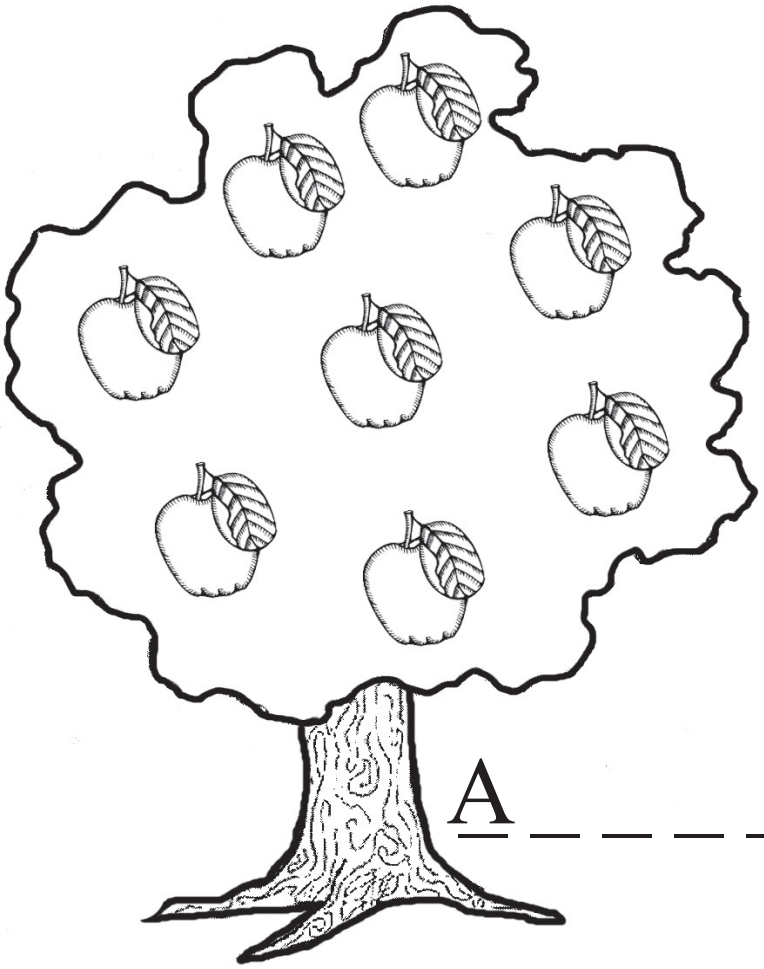
Express Your Health!™

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.



A _ _ _ _ _

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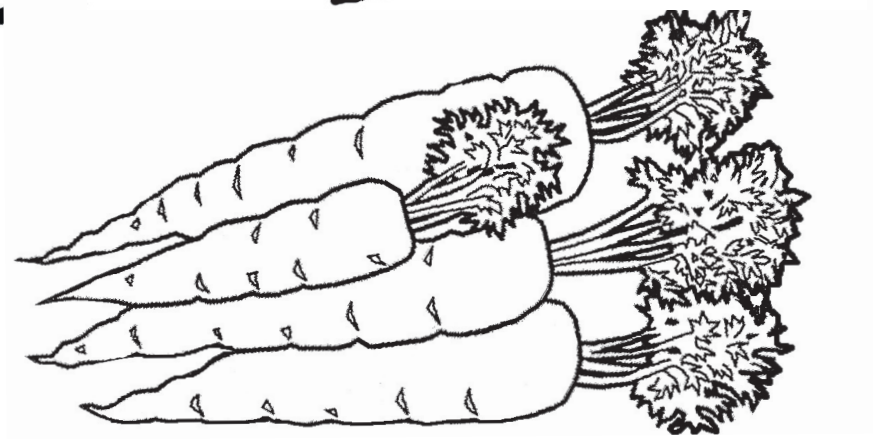


C _ _ _ _ _ _

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

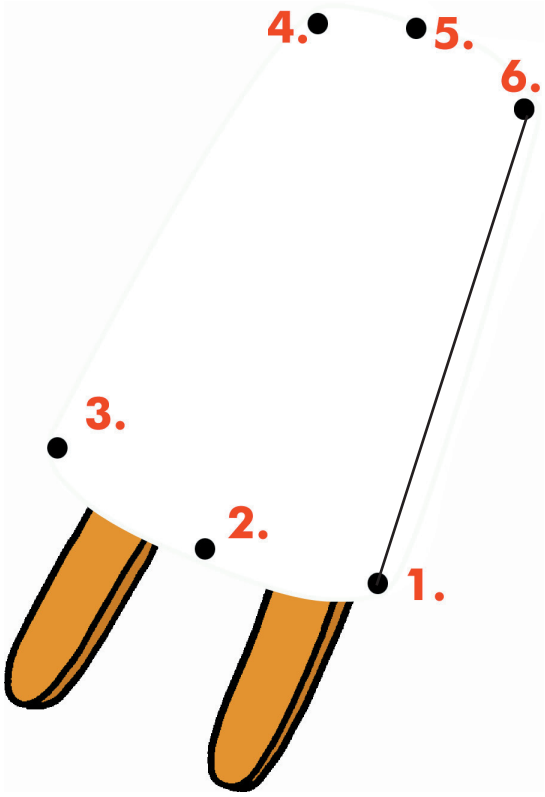
Ingredients:
1 cup plain low-fat or fat-free yogurt
1 banana, sliced
1 tsp. vanilla
1 cup fruit juice or fruit chunks

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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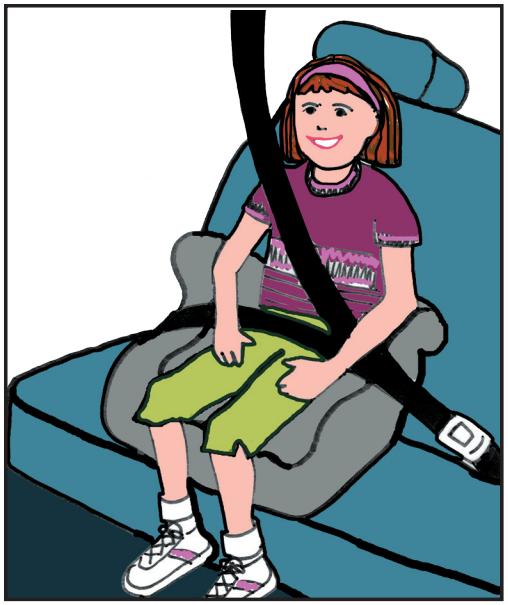
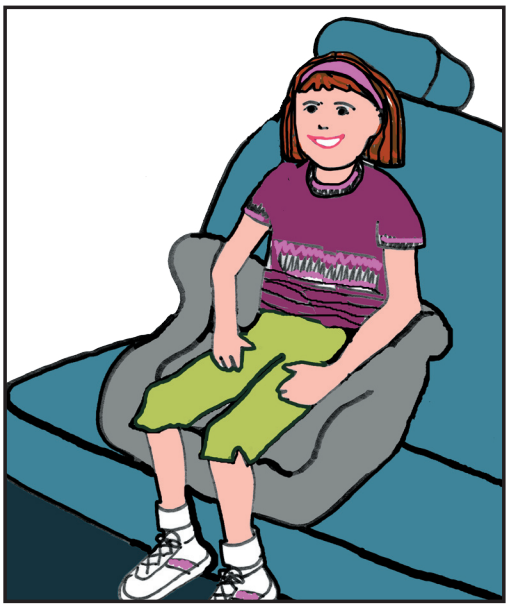
The Safe Way

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.

Express Your Health!™

Kids Walk to School

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

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