

Handwashing

Dust and soil can get on your hands when you play. You should wash your hands with soap many times a day using the Six Steps of Handwashing:



1. **WET** your hands.



4. **RINSE**.



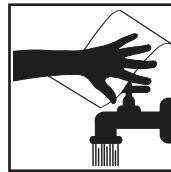
2. Add **SOAP** and lather.



5. **DRY** your hands with a clean towel.



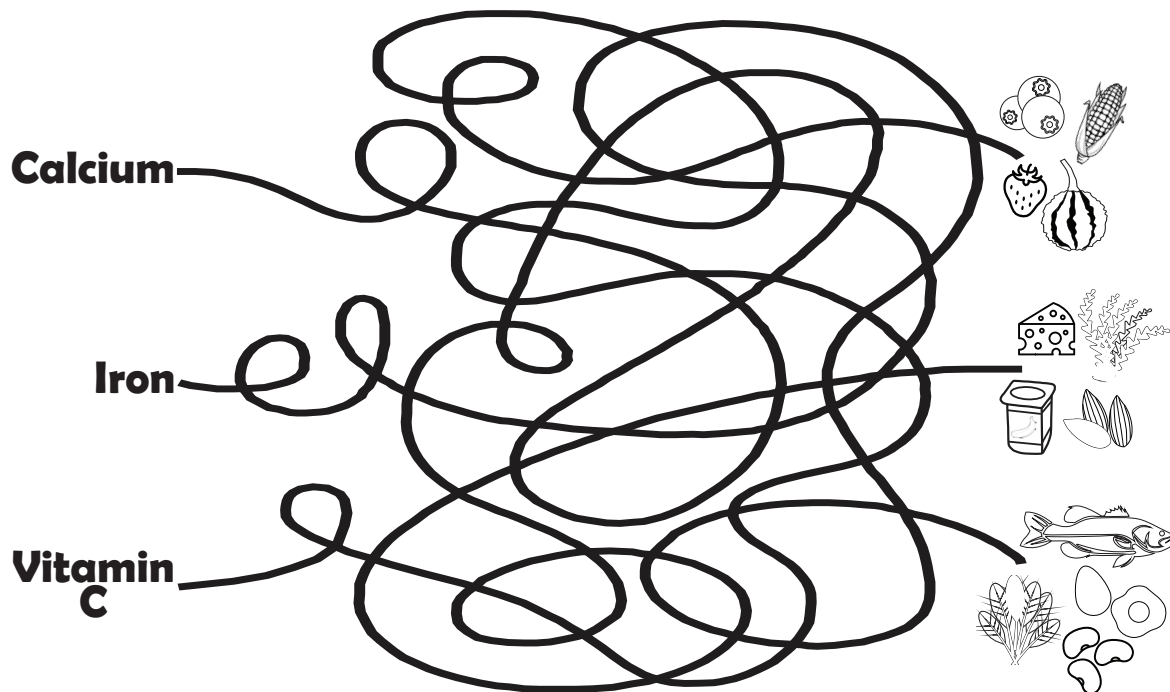
3. **SCRUB** and sing the Happy Birthday song twice.



6. Turn **OFF** the water with your towel.

Follow the Trail

Healthy foods with calcium, iron and vitamin C help our bodies grow. Follow the trails to find delicious foods with calcium, iron or vitamin C.



Vitamin C: Strawberries, blueberries, corn, squash

Calcium: Cheese, yogurt, almonds, seaweed

Iron: Beans, fish, spinach, eggs

Word Search

Calcium, iron and vitamin C are found in fruits, vegetables and other healthy foods. Look for and circle healthy foods that have calcium, iron and vitamin C.



ALMONDS



CHEESE



SEAWEED



APPLE



CLAMS



SQUASH



BEANS



CORN



VENISON



BERRIES



RAISINS



YOGURT



BROCCOLI



ORANGE

