

HEALTH ACTIVITY BOOK

Kindergarten

Cleveland Metropolitan School District Kindergarten Blizzard Science



DAY/PAGE NO.	DAY/PAGE NO.	DAY/PAGE NO.
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DAY 2 HB 64 AND THE EAR 2	Day 7 HB 67 AND THE MUSCULAR SYSTEM 7	Day 12 HB 55 AND STAYING SAFE 12
DAY 3 HB 66 AND THE SKELETAL SYSTEM 3	Day 8 HB 68 AND THE NERVOUS SYSTEM 8	Day 13 HB 14 HB 67
DAY 4 HB 69 AND THE DIGESTIVE SYSTEM 4	Day 9 HB 74; HB 75 AND THE OUTSIDE AND INSIDE OF A TOOTH 9	Day 14 GET SOME EXERCISE HB 40; HB 41; HB 42; HB 43 Do the President's Challenge! HB 44; HB 45
DAY 5 HB 71 AND THE CIRCULATORY SYSTEM 5	Day 10 HB 34; HB 35; HB 36 AND MY PYRAMID 10	Day 15 GET SOME EXERCISE HB 40; HB 41; HB 42; HB 43 Do the President's Challenge! HB 44; HB 45

Your Senses

You have five senses that tell you about the world. Your five senses are sight, hearing, smell, taste, and touch.

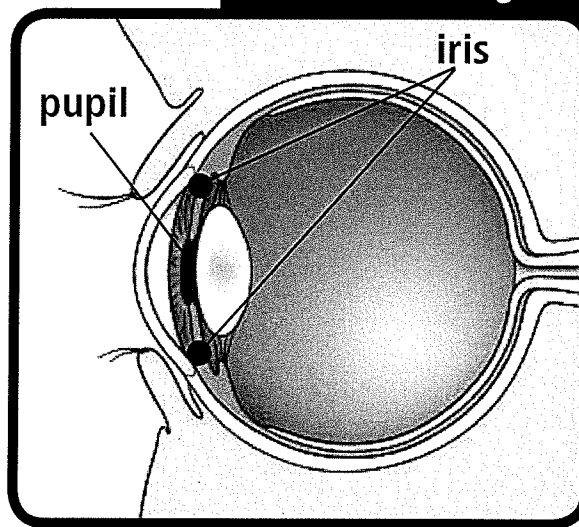
Your Eyes

If you look at your eyes in a mirror, you will see an outer white part, a colored part called the iris, and a dark hole in the middle. This hole is called the pupil.

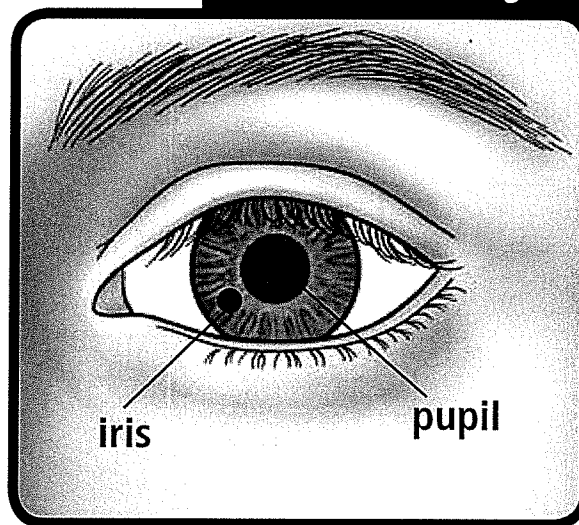
Caring for Your Eyes

- Have a doctor check your eyes to find out if they are healthy.
- Never look directly at the sun or at very bright lights.
- Wear sunglasses outdoors in bright sunlight and on snow and water.
- Don't touch or rub your eyes.
- Protect your eyes when you play sports.

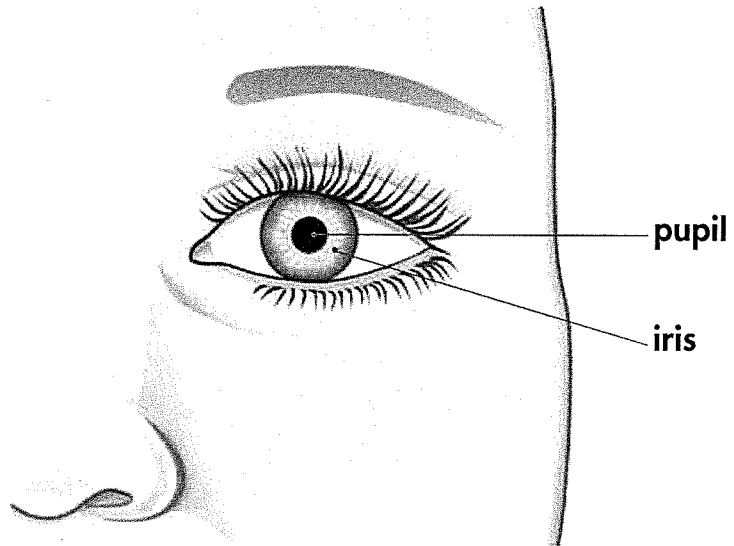
Inside of Eye



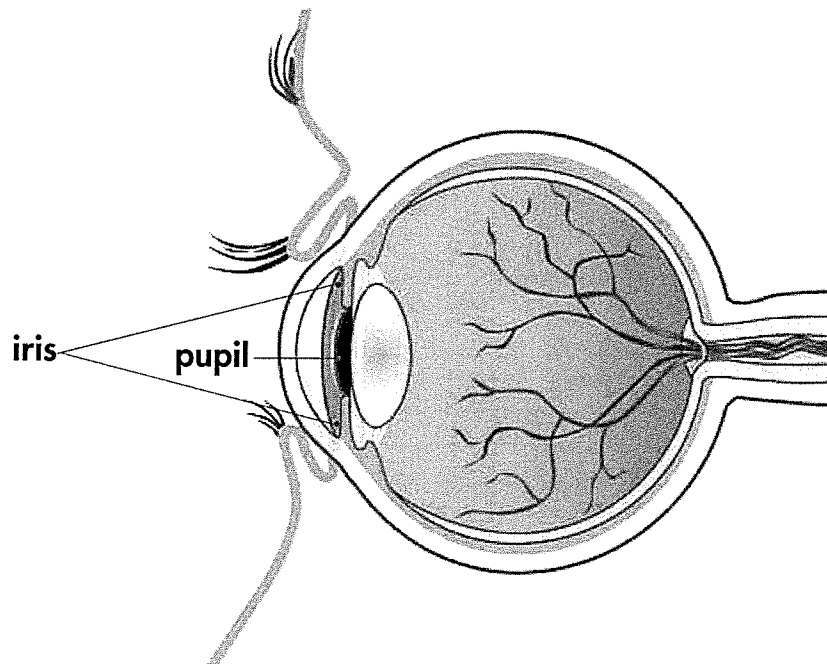
Outside of Eye



1 The Eye

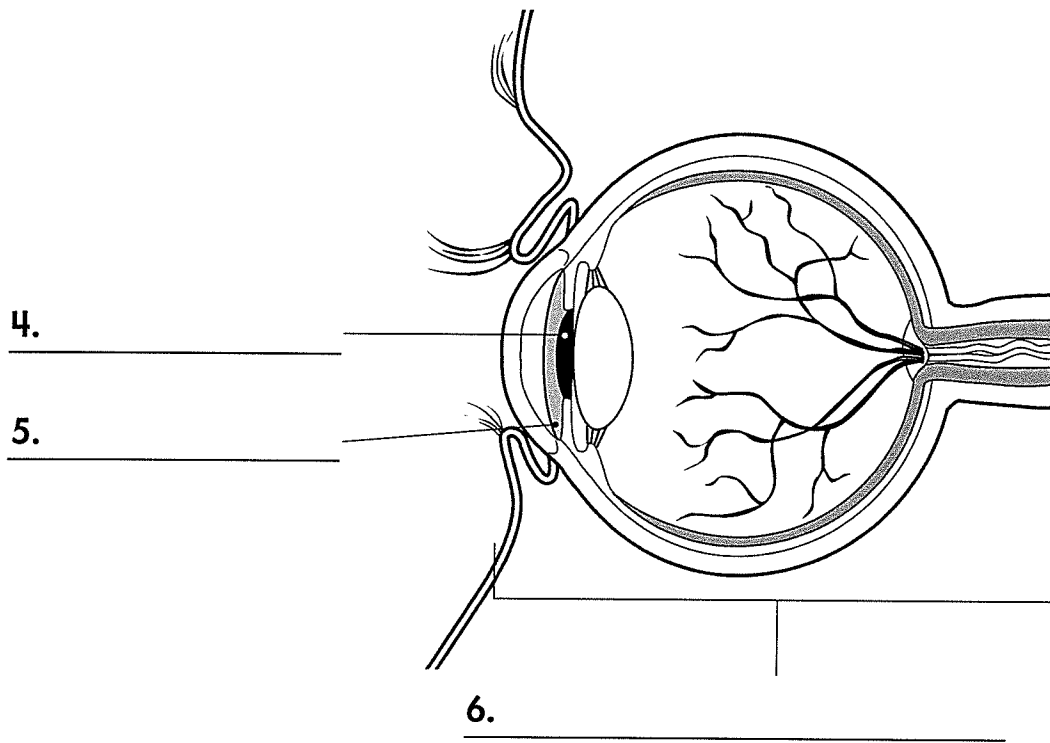
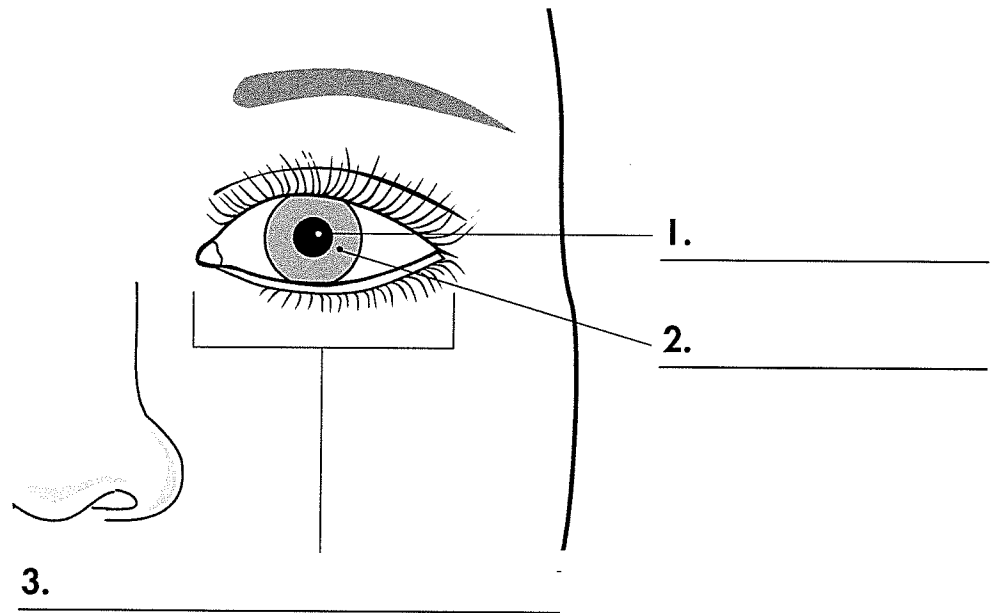


Outside of Eye



Inside of Eye

1 The Eye



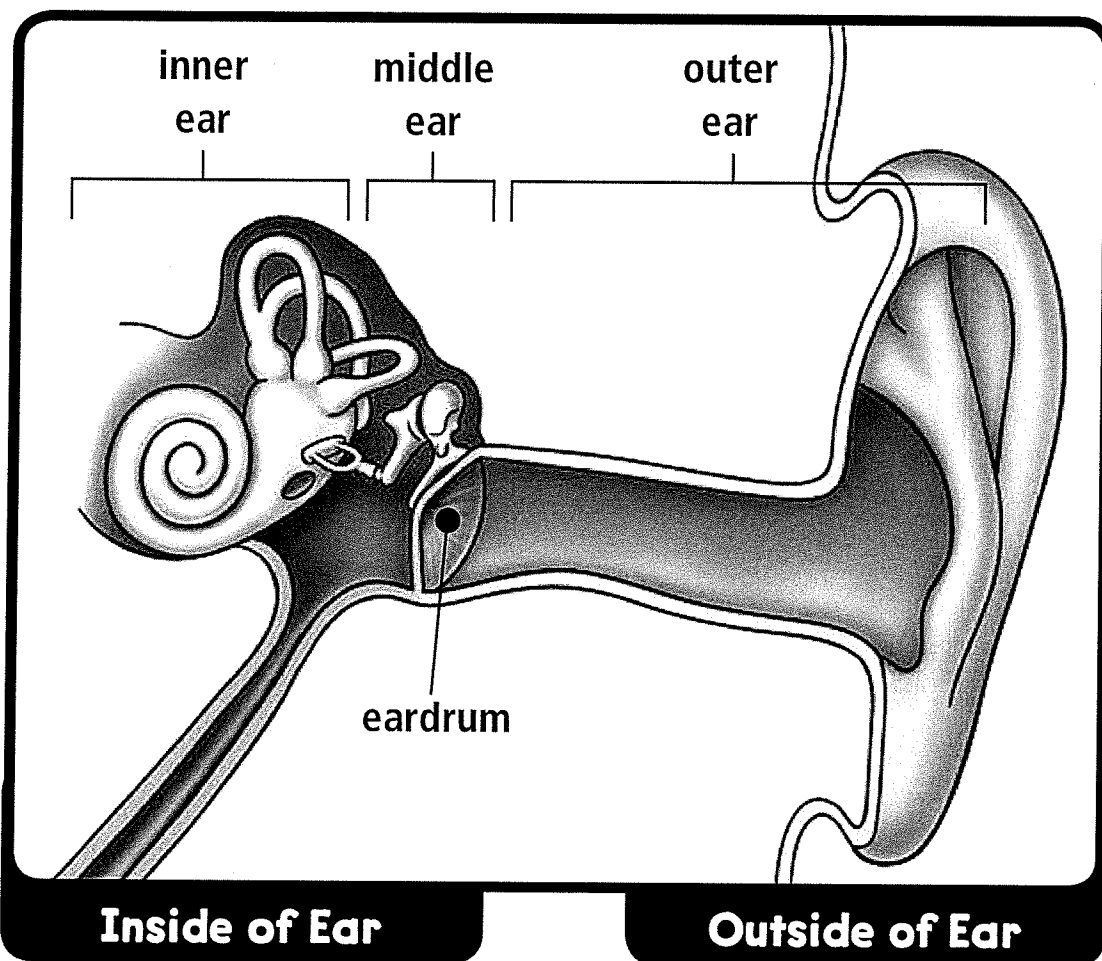
Your Senses

Your Ears

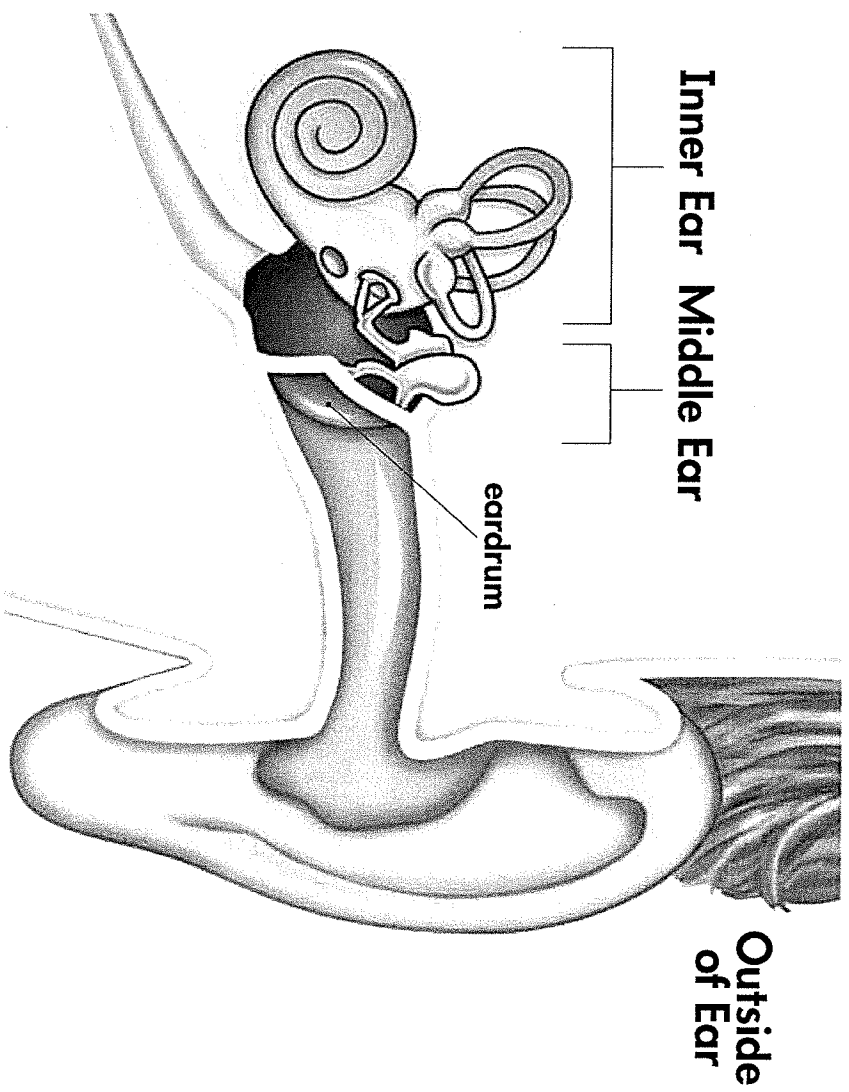
Your ears let you hear the things around you. You can see only a small part of the ear on the outside of your head. The parts of your ear inside your head are the parts that let you hear.

Caring for Your Ears

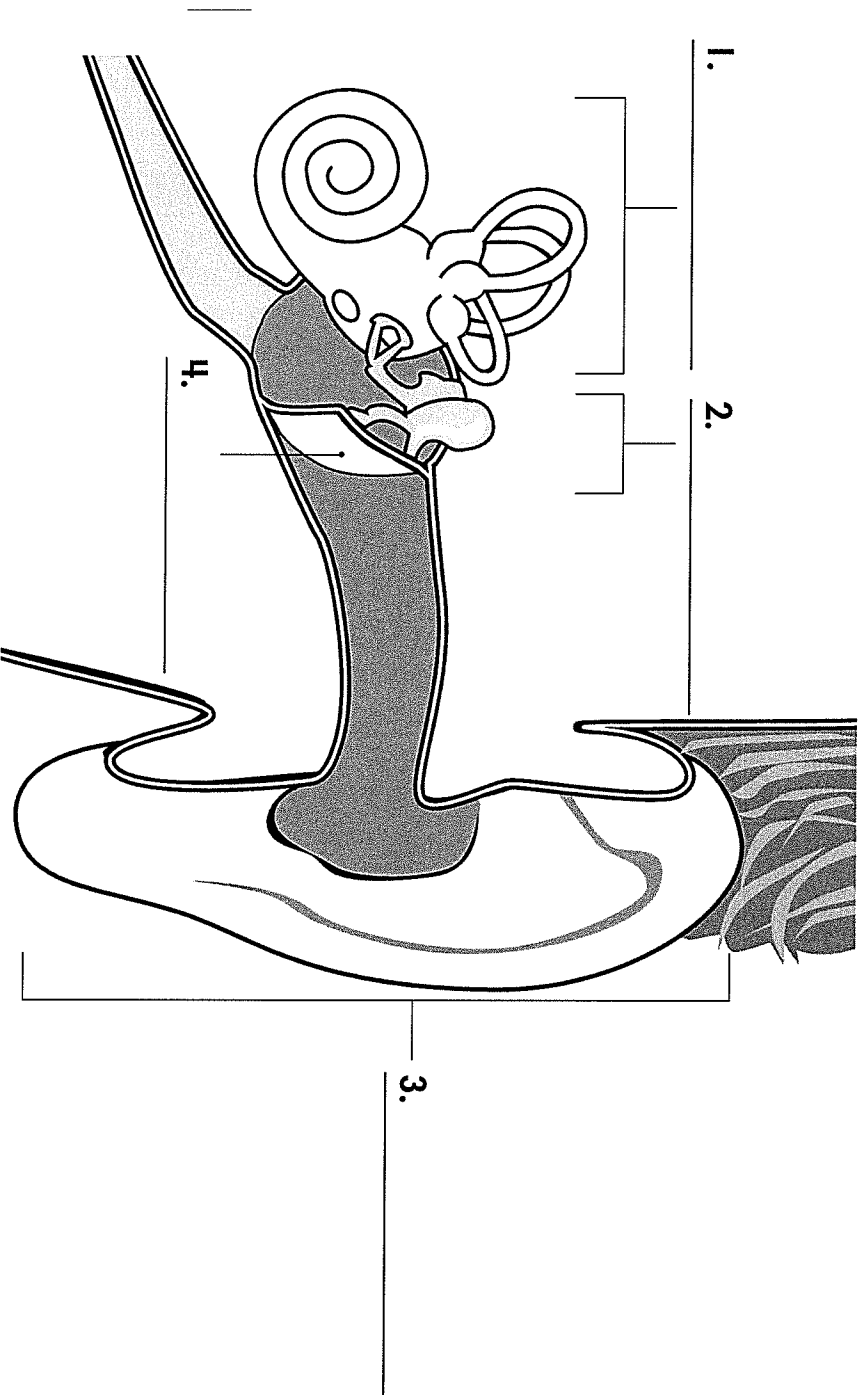
- Have a doctor check your ears.
- Avoid very loud noises.
- Never put anything in your ears.
- Protect your ears when you play sports.



2 The Ear



2 The Ear



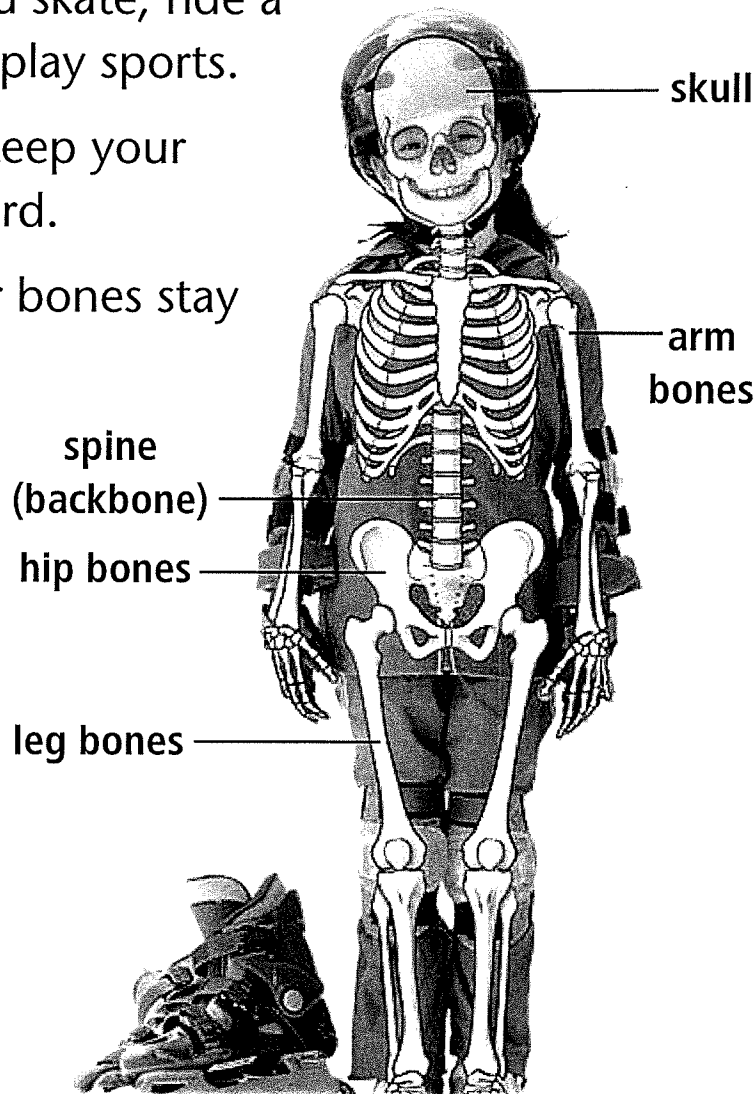
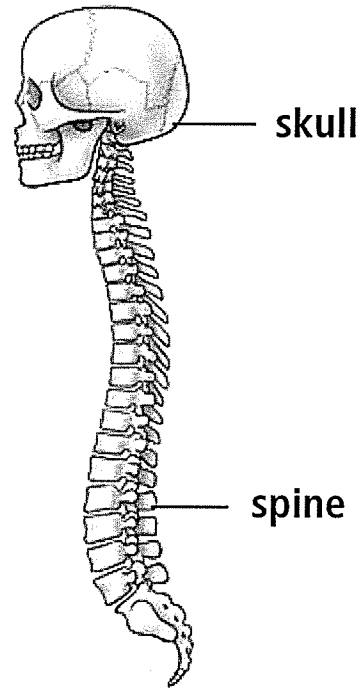
Your Skeletal System

Inside your body are many hard, strong bones. They form your skeletal system. The bones in your body protect parts inside your body.

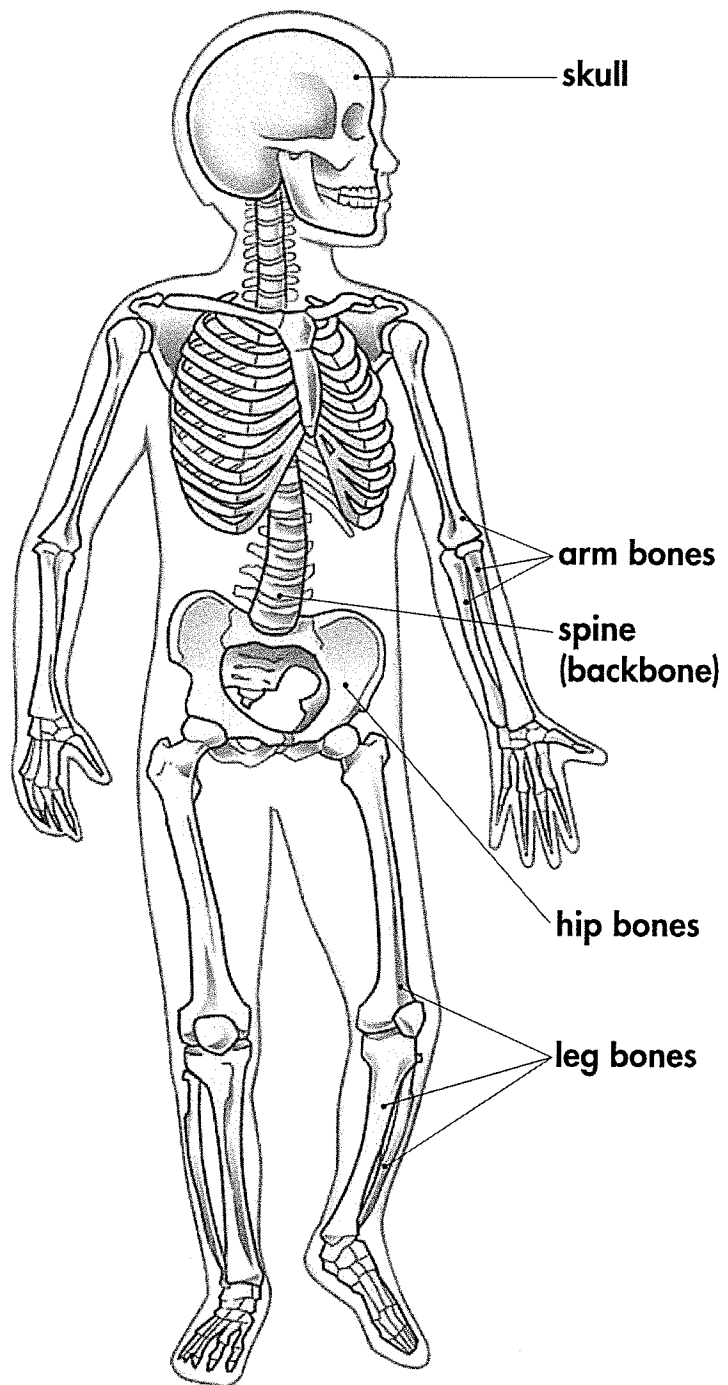
Your skeletal system works with your muscular system to hold your body up and to give it shape.

Caring for Your Skeletal System

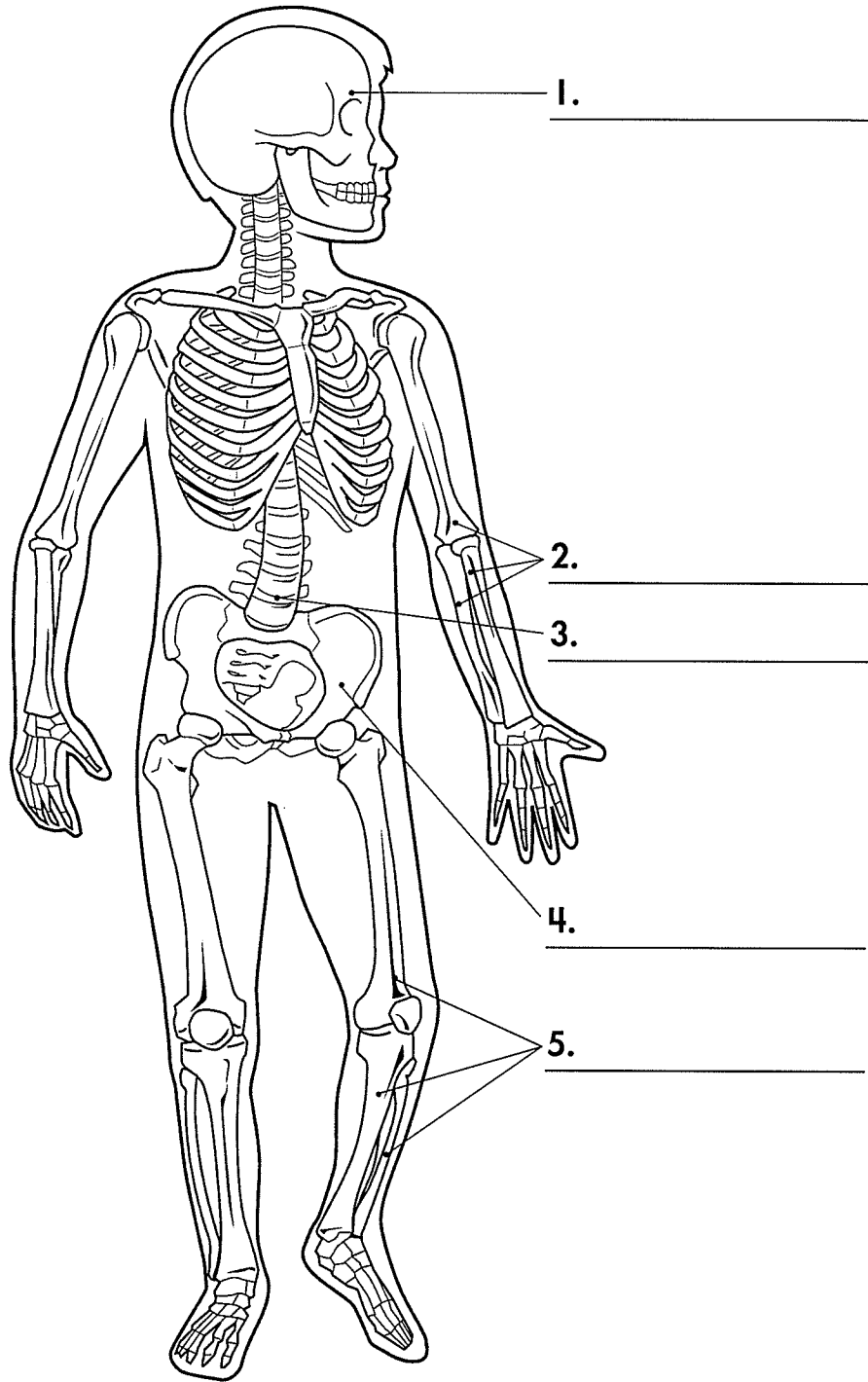
- Always wear a helmet and other safety gear when you skate, ride a bike or a scooter, or play sports.
- Eat foods that help keep your bones strong and hard.
- Exercise to help your bones stay strong and healthy.
- Get plenty of rest to help your bones grow.



3 The Skeletal System



3 The Skeletal System



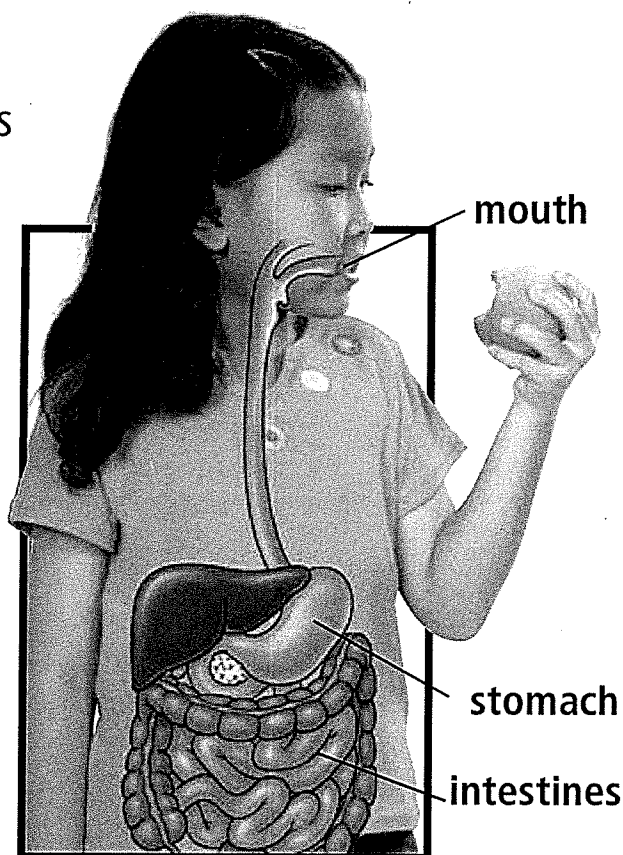
Your Digestive System

Your digestive system helps your body get energy from the foods you eat. Your body needs energy to do things.

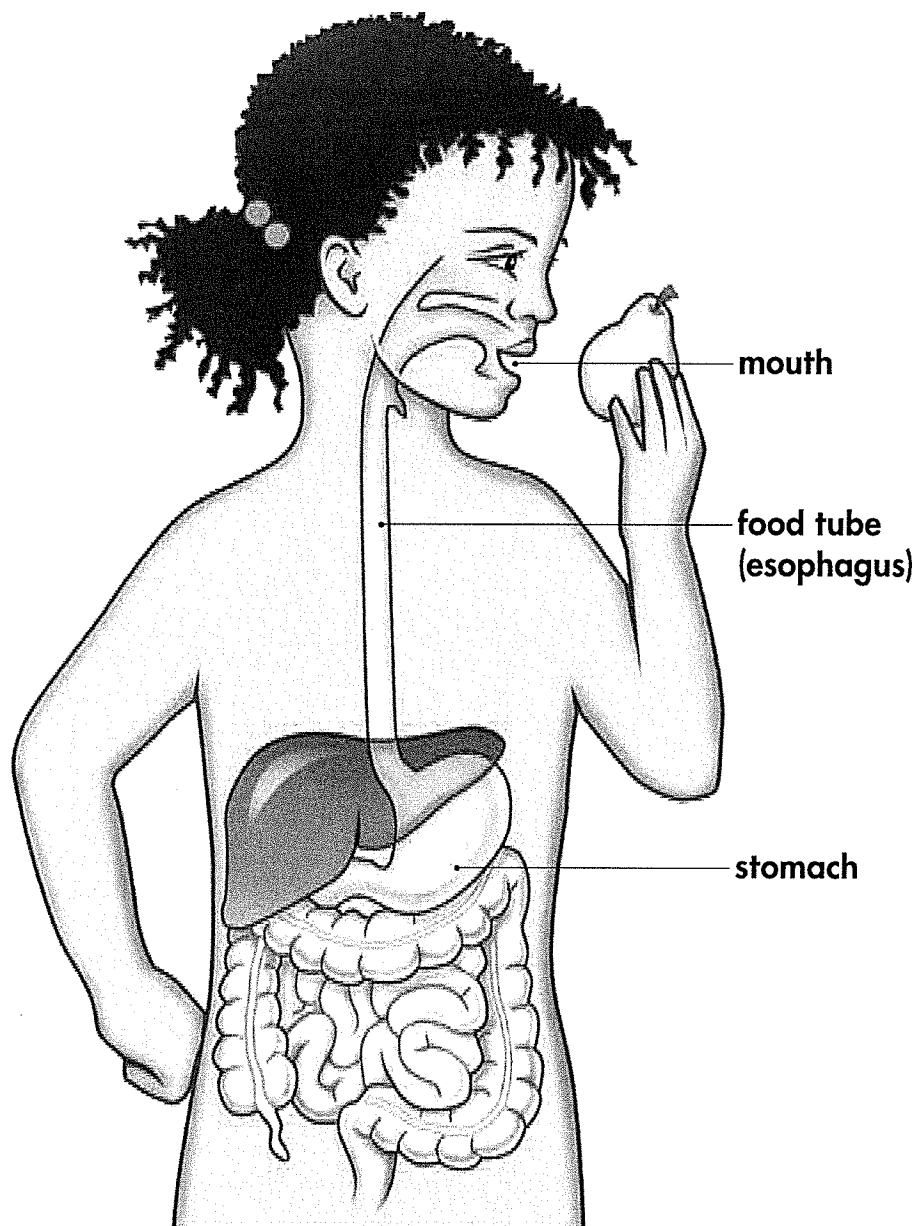
When your body digests food, it breaks the food down. Your digestive system keeps the things your body needs. It also gets rid of the things your body does not need to keep.

Caring for Your Digestive System

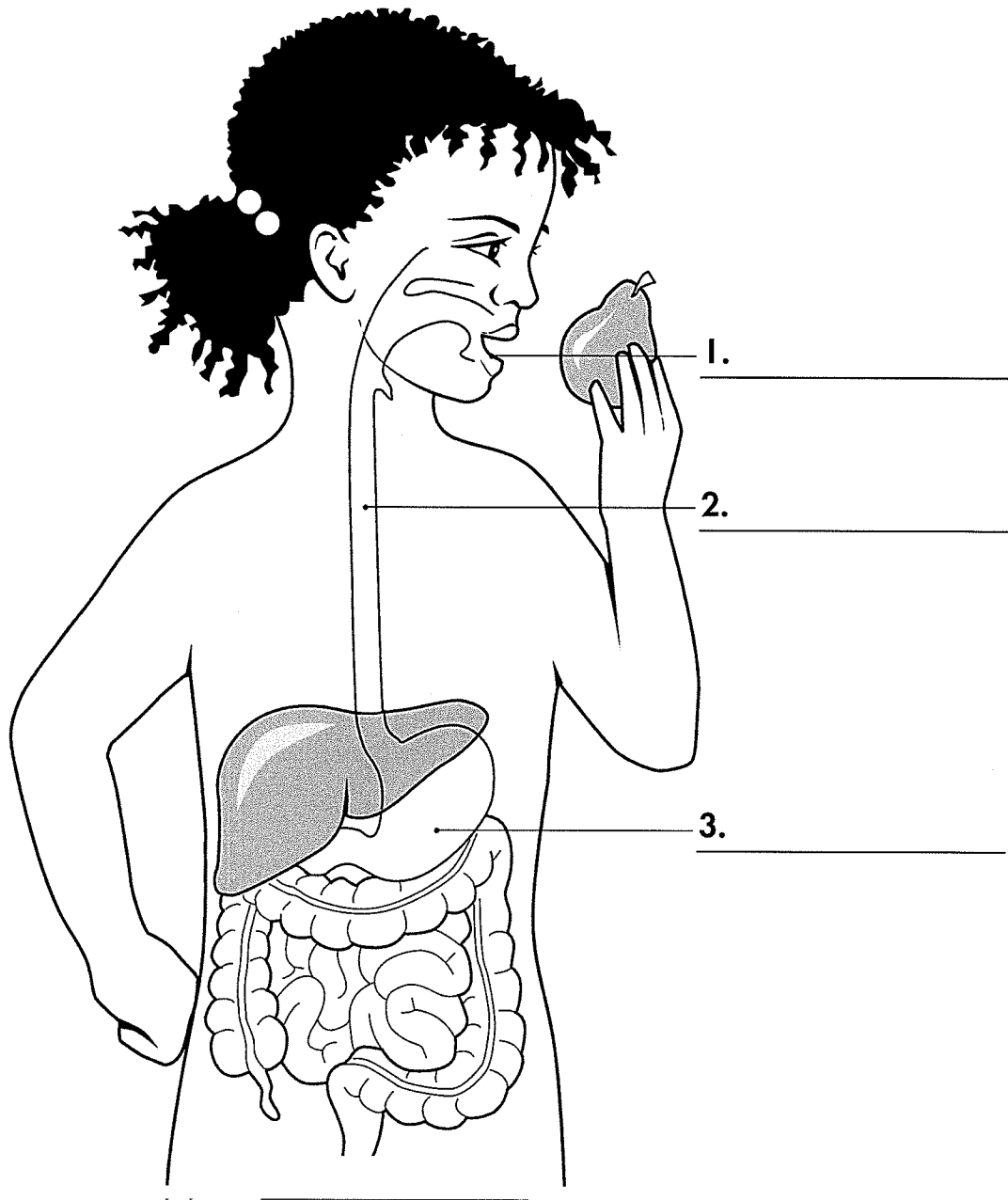
- Brush and floss your teeth every day.
- Wash your hands before you eat.
- Eat slowly and chew your food well before you swallow.
- Eat vegetables and fruits. They help move foods through your digestive system.



4 The Digestive System



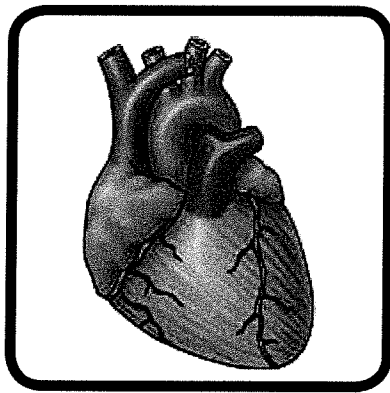
4 The Digestive System



Your Circulatory System

Your circulatory system is made up of your heart and your blood vessels. Your blood carries food energy and oxygen to help your body work. Blood vessels are small tubes. They carry blood from your heart to every part of your body.

Your heart is a muscle. It is beating all the time. As your heart beats, it pumps blood through your blood vessels.

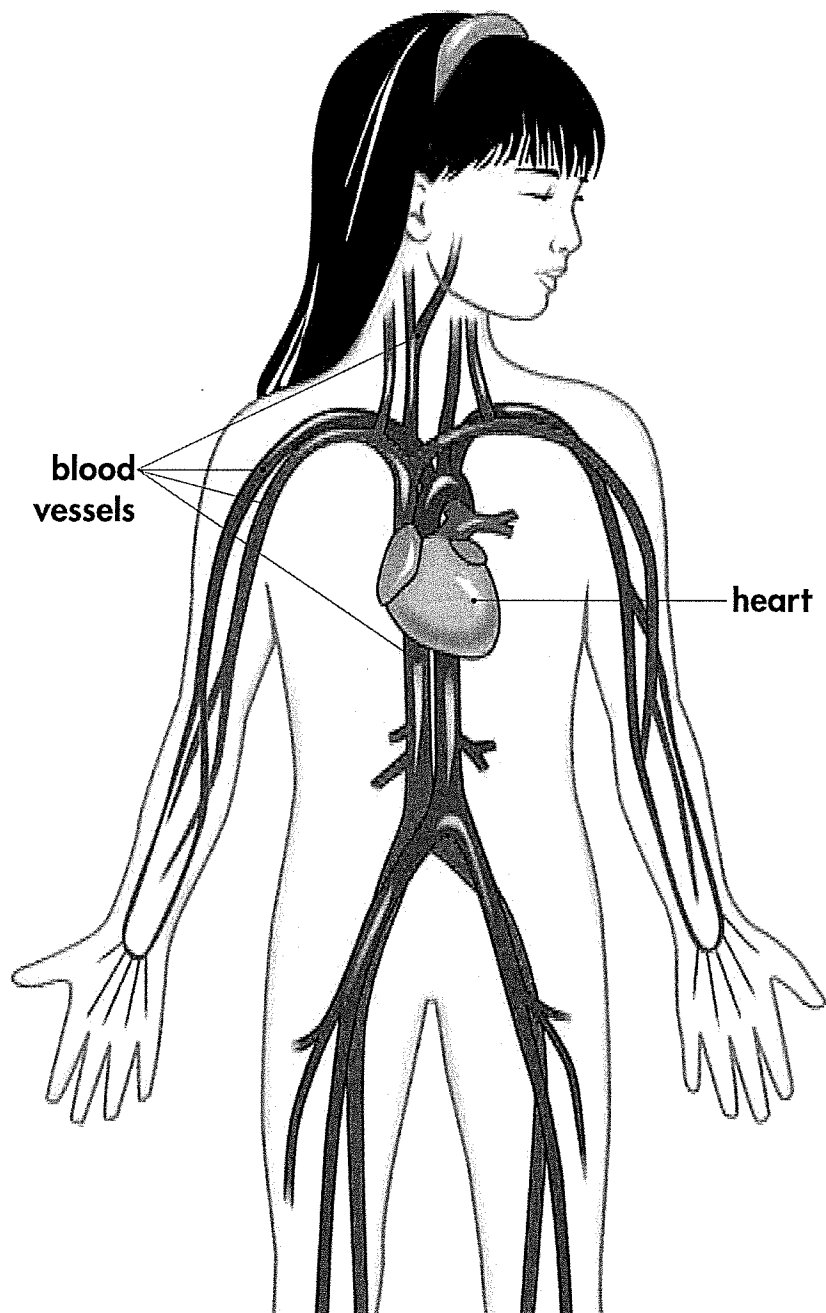


Caring for Your Circulatory System

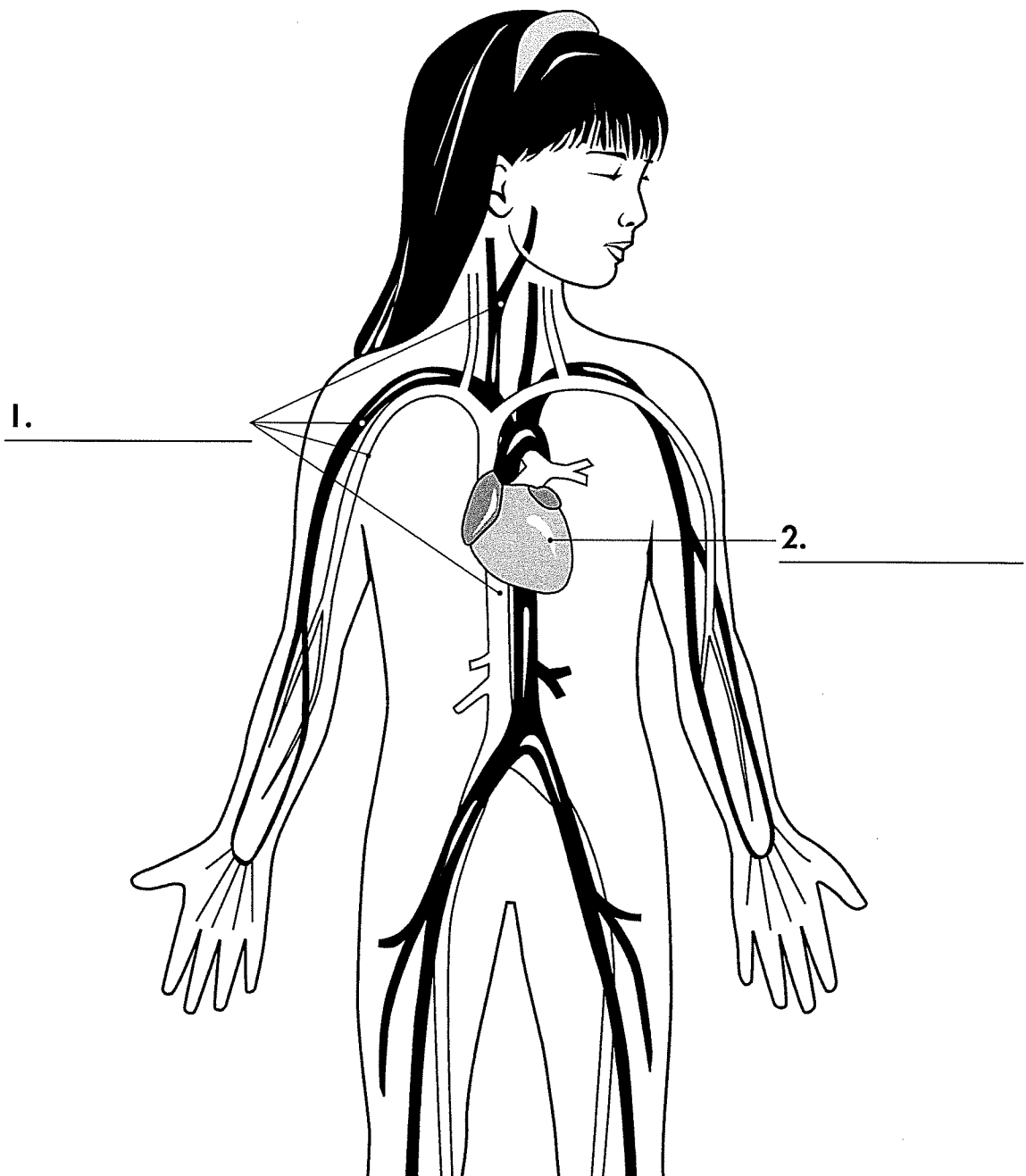
- Exercise every day to keep your heart strong.
- Eat meats and green leafy vegetables. They help your blood carry oxygen.
- Never touch anyone else's blood.



5 The Circulatory System



5 The Circulatory System

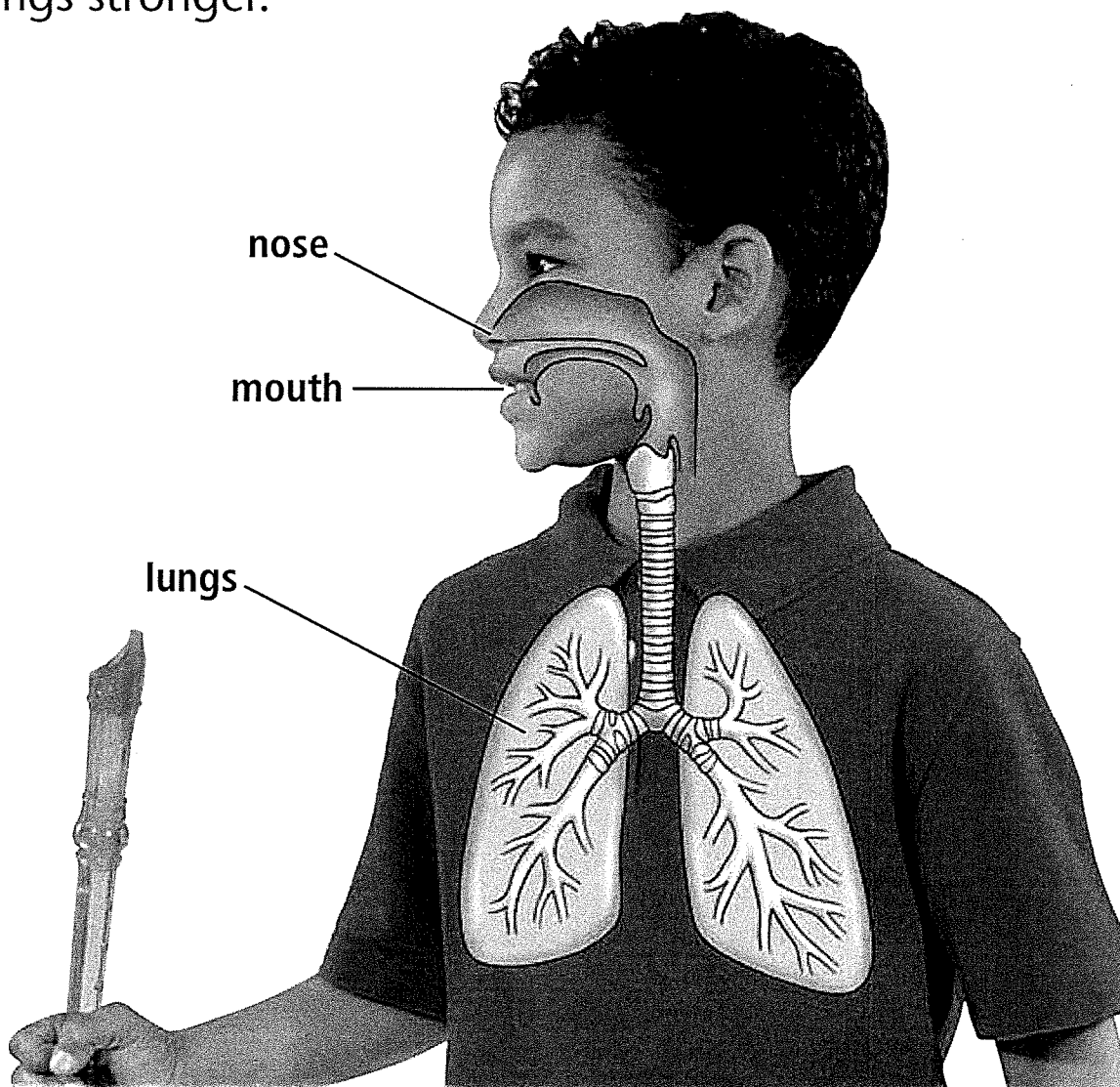
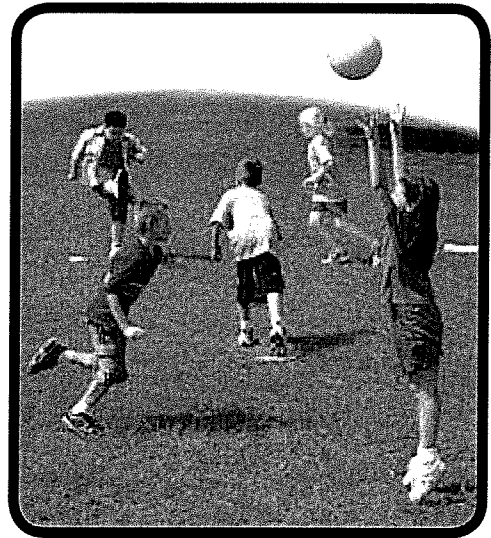


Your Respiratory System

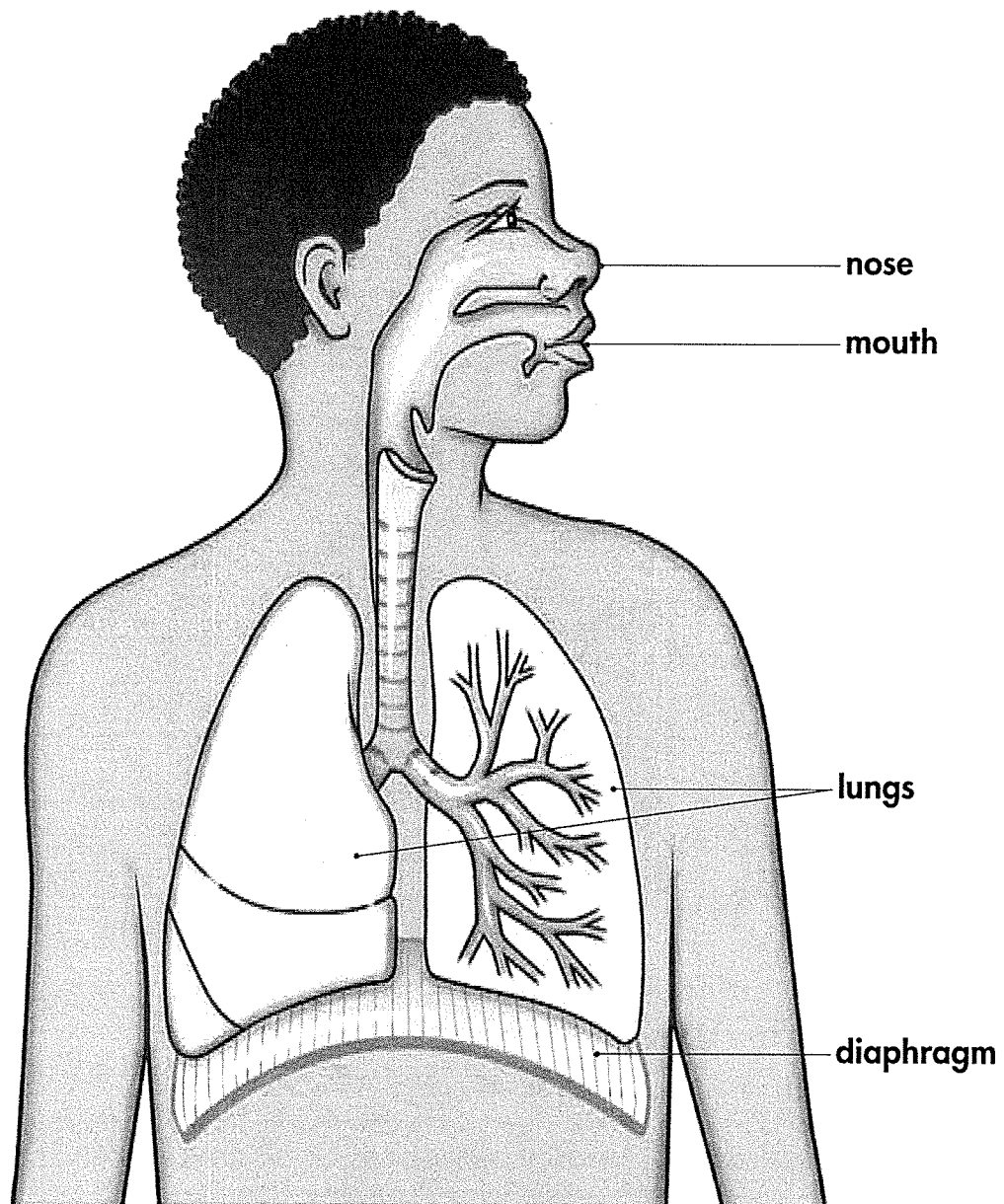
You breathe using your respiratory system. Your mouth, nose, and lungs are all parts of your respiratory system.

Caring for Your Respiratory System

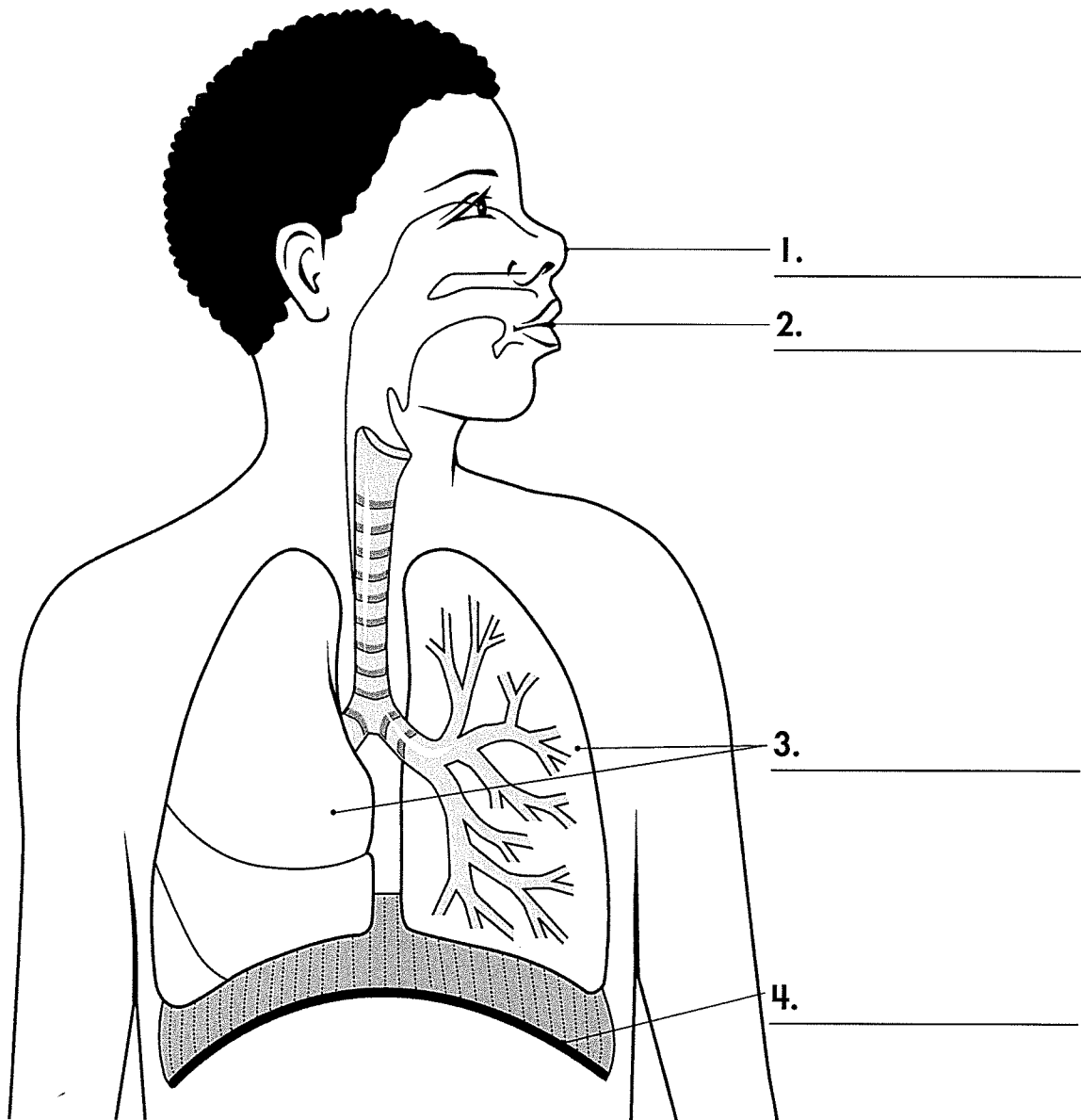
- Never put anything in your nose.
- Never smoke.
- Exercise enough to make you breathe harder. Breathing harder makes your lungs stronger.



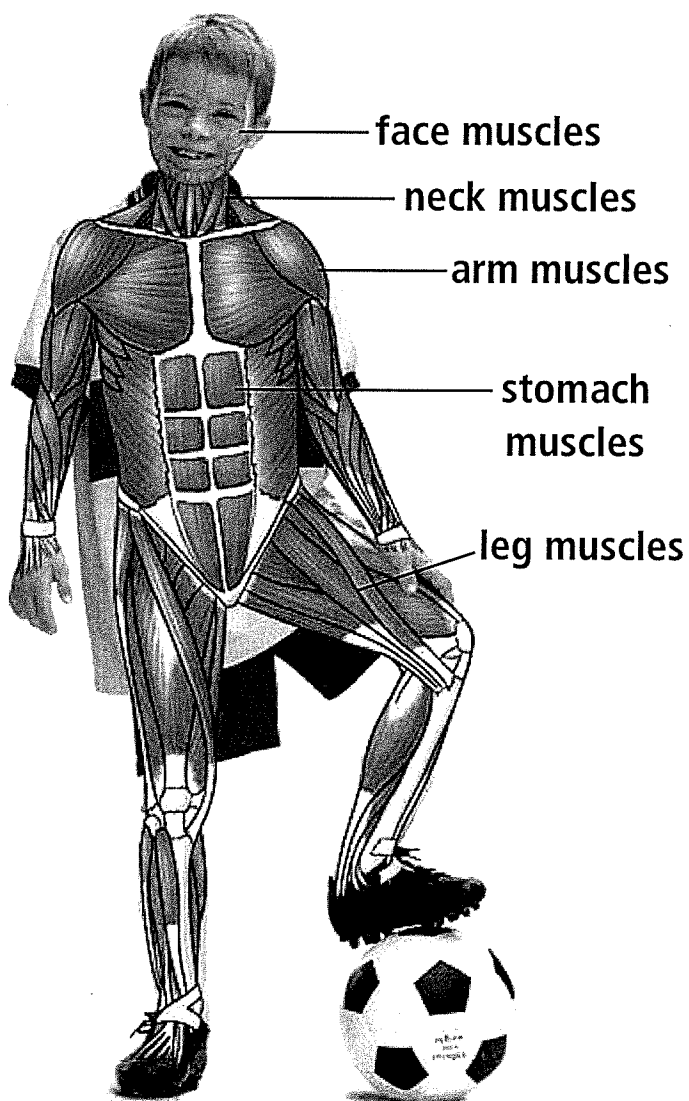
6 The Respiratory System



6 The Respiratory System



Your Muscular System



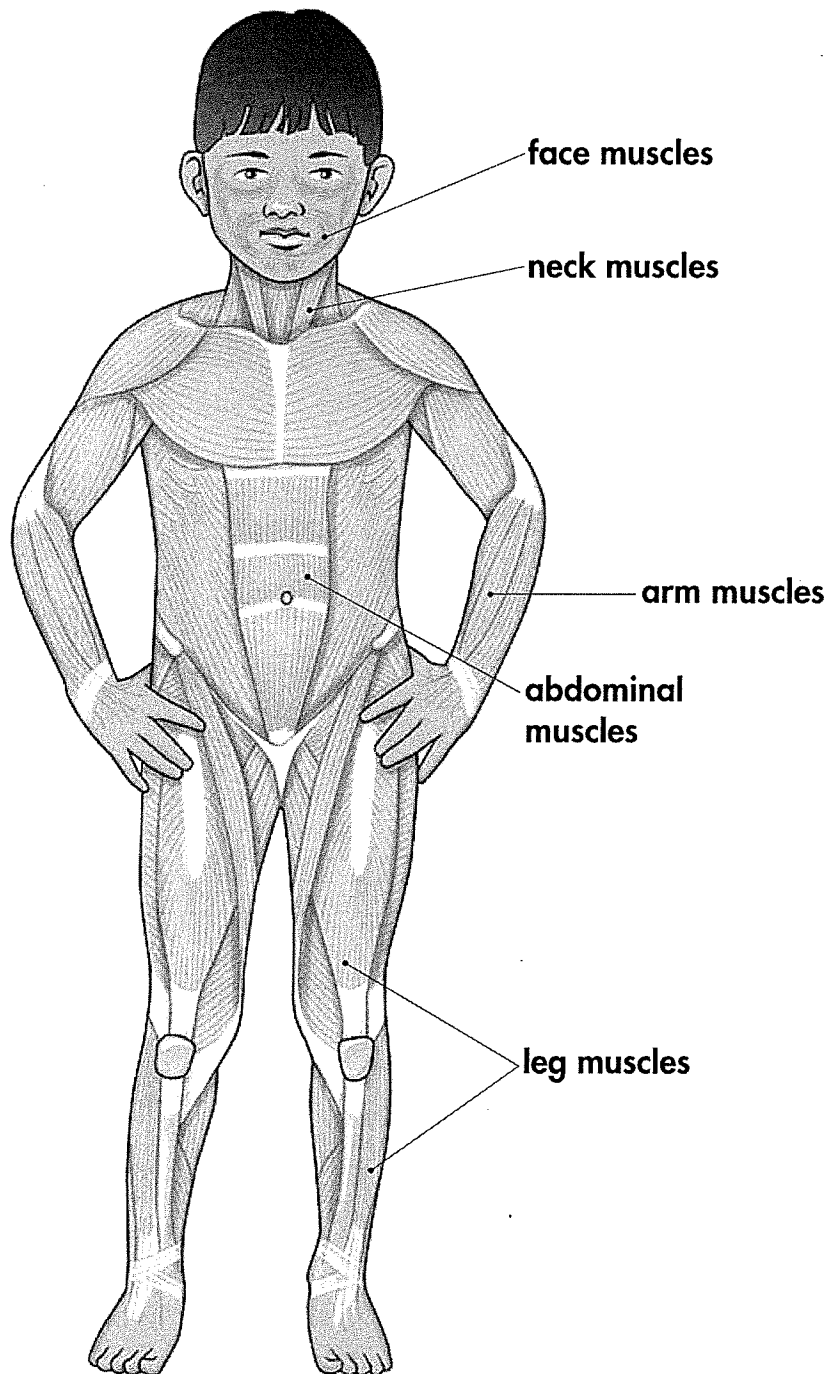
Your muscular system is made up of the muscles in your body. Muscles are body parts that help you move.

Caring for Your Muscular System

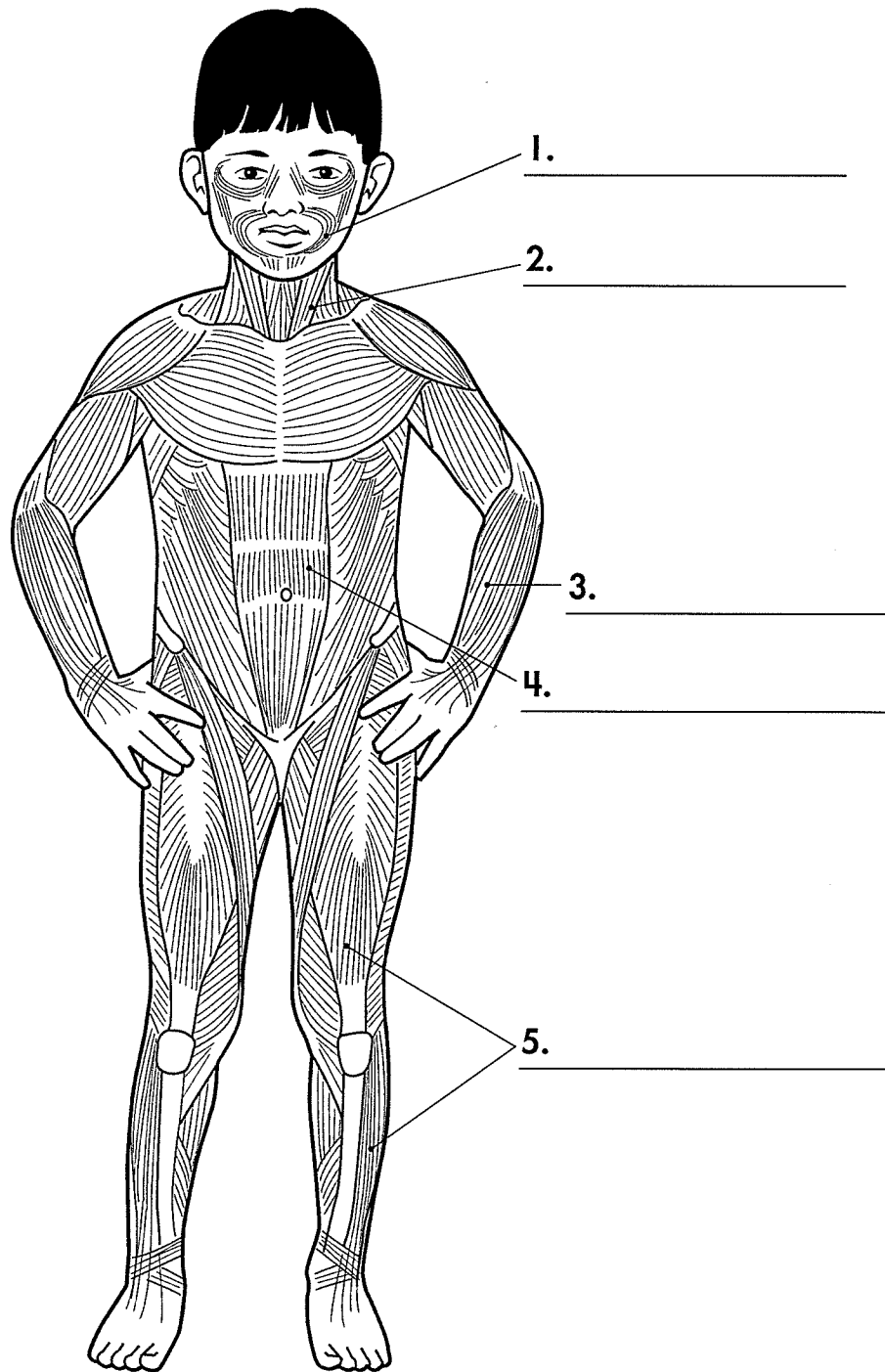
- Exercise to keep your muscles strong.
- Eat foods that will help your muscles grow.
- Drink plenty of water when you play sports or exercise.
- Rest your muscles after you exercise or play sports.



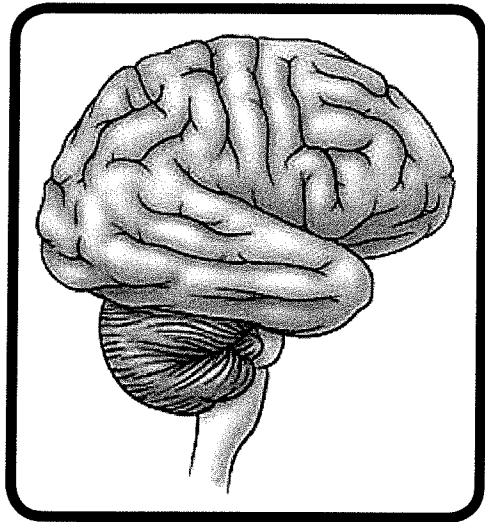
7 The Muscular System



7 The Muscular System



Your Nervous System



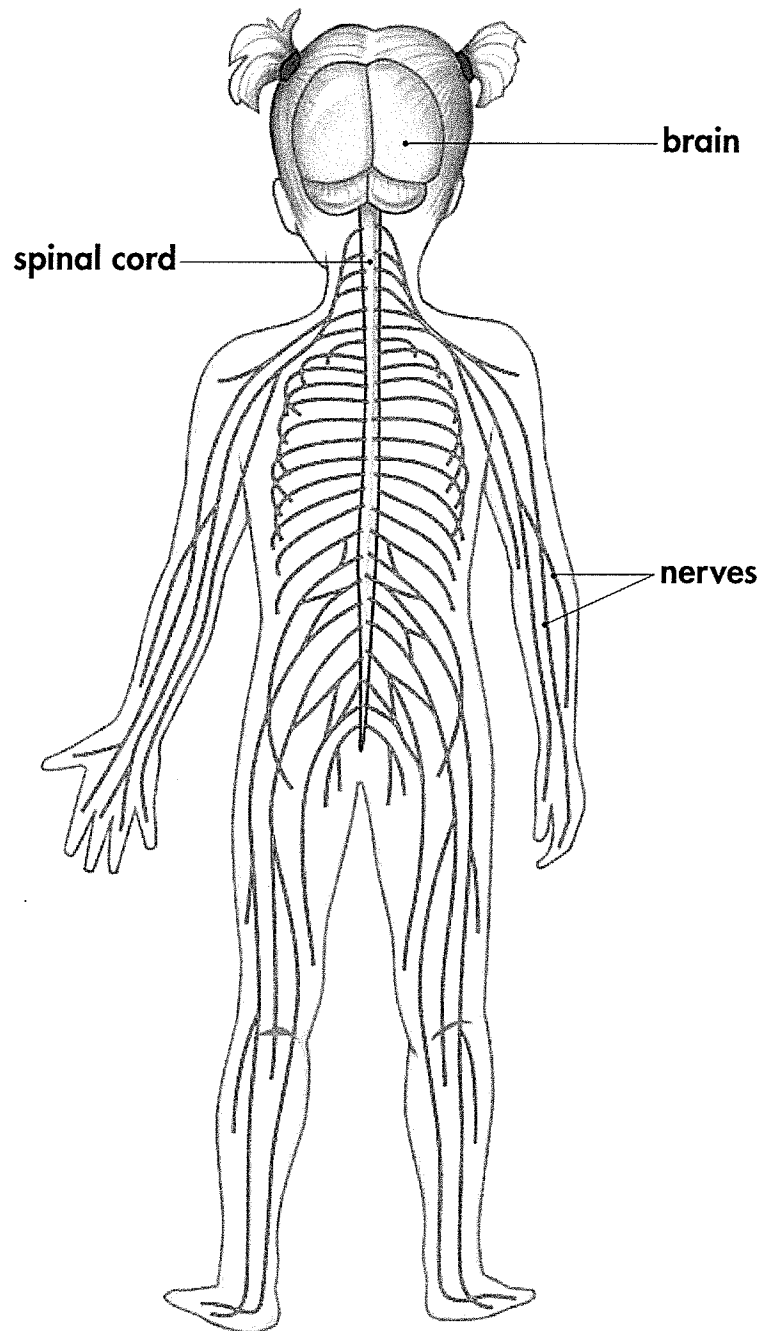
Your brain and your nerves are parts of your nervous system. Your brain keeps your body working. It tells you about the world around you. Your brain also lets you think, remember, and have feelings.

Caring for Your Nervous System

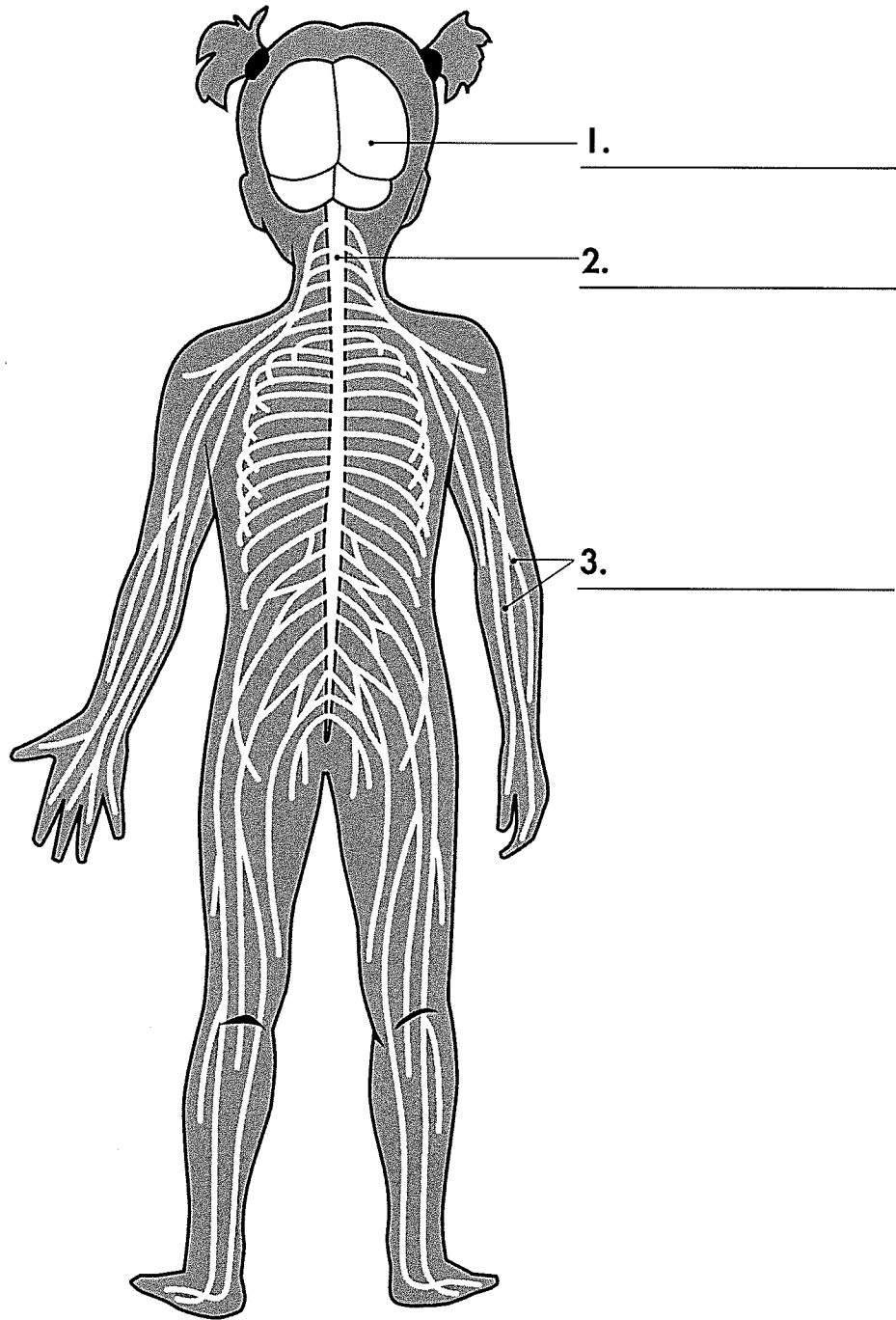
- Get plenty of sleep. Sleeping lets your brain rest.
- Always wear a helmet to protect your head and your brain when you ride a bike or play sports.



8 The Nervous System

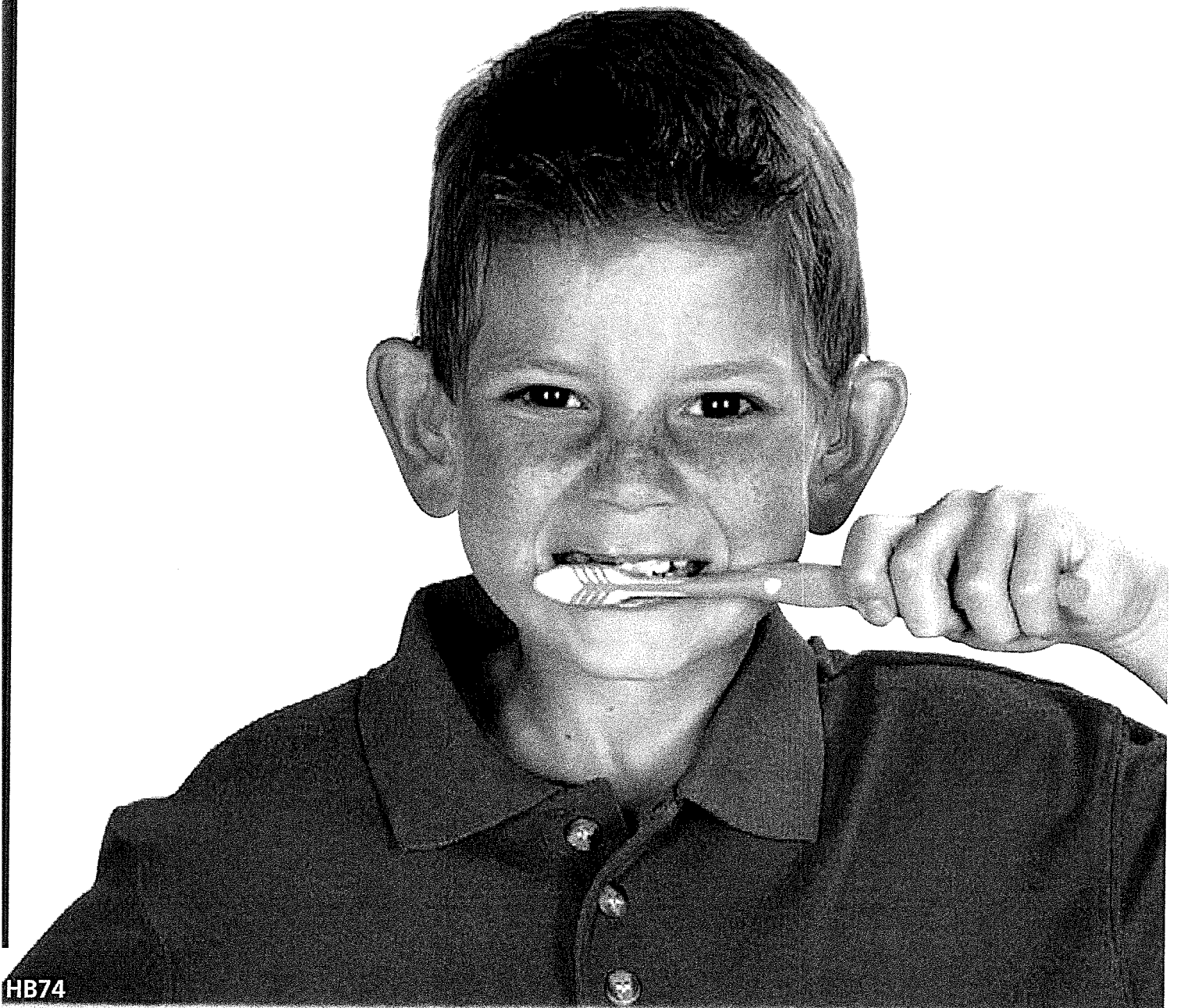


8 The Nervous System



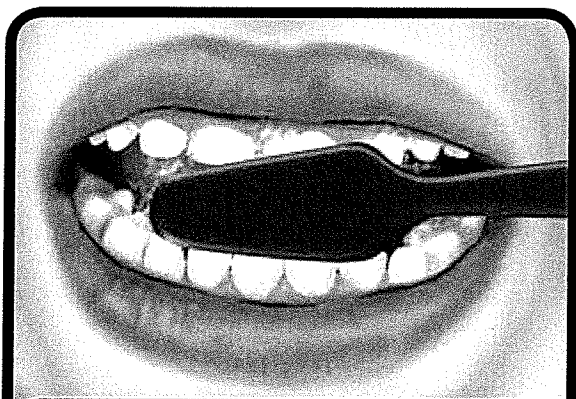
Caring for Your Teeth

Brushing your teeth and gums keeps them clean and healthy. You should brush your teeth at least twice a day. Brush in the morning. Brush before you go to bed at night. It is also good to brush your teeth after you eat if you can.

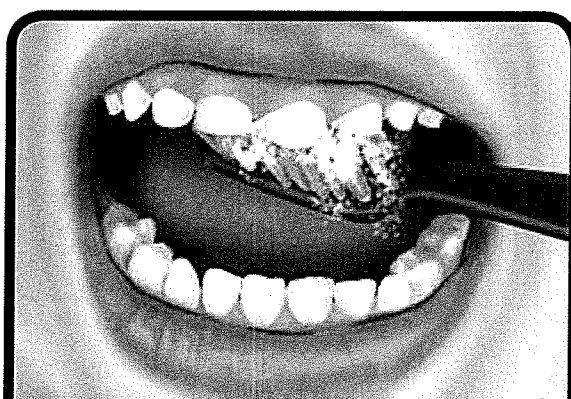


Brushing Your Teeth

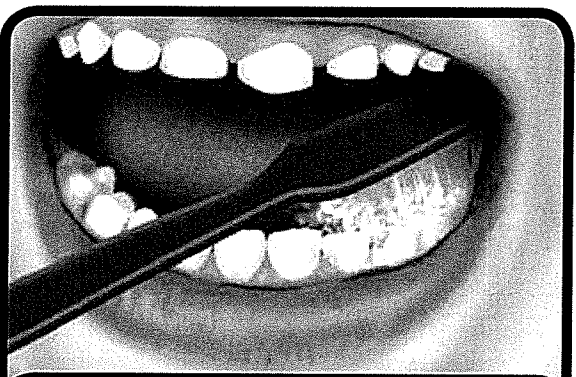
Use a soft toothbrush that is the right size for you. Always use your own toothbrush. Use only a small amount of toothpaste. It should be about the size of a pea. Be sure to rinse your mouth with water after you brush your teeth.



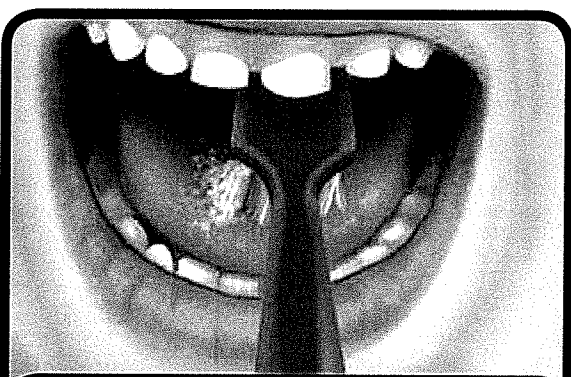
1 Brush the outsides of all of your teeth.



2 Brush the insides of all of your teeth.

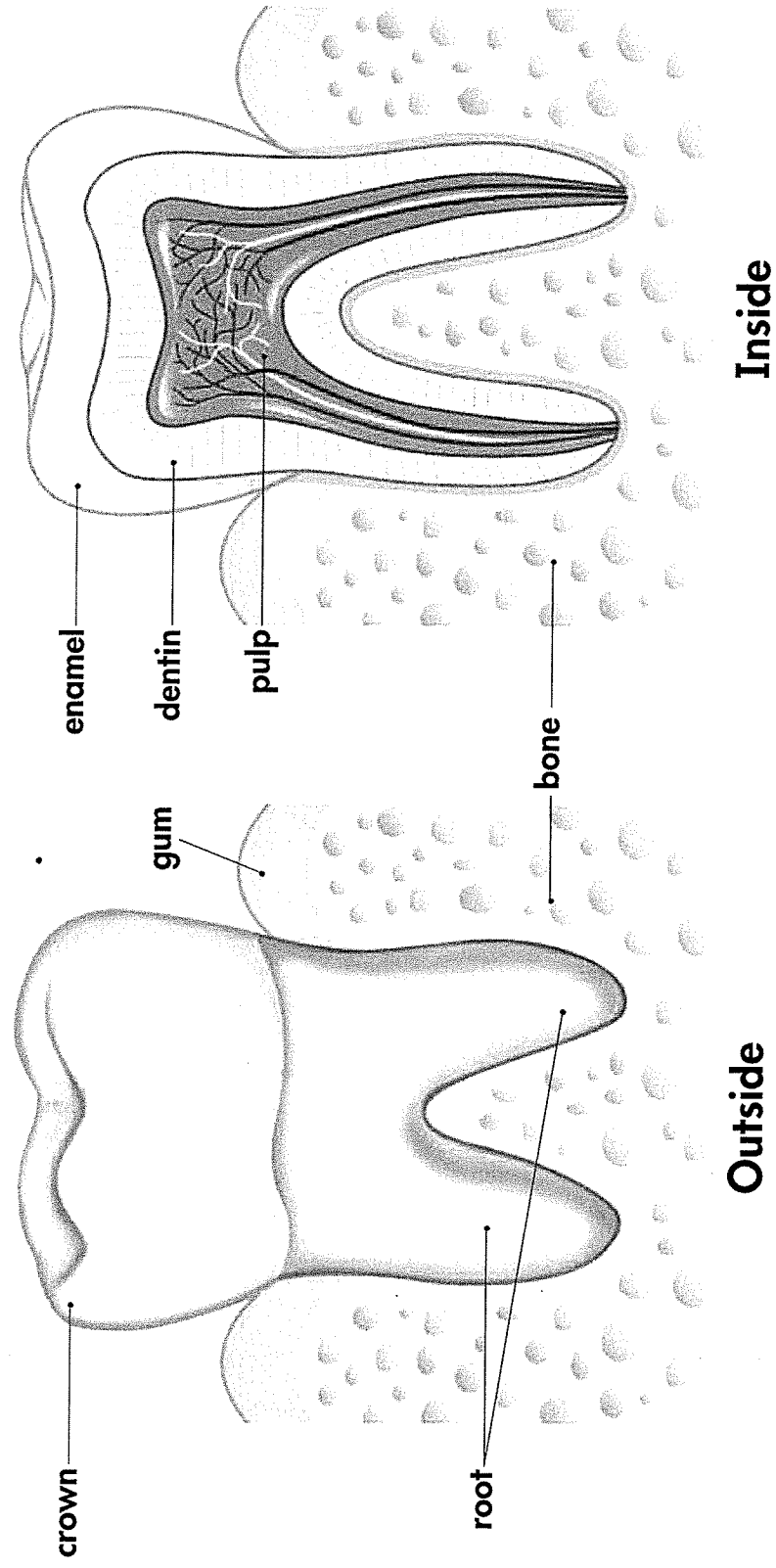


3 Brush the flat parts of your back teeth.



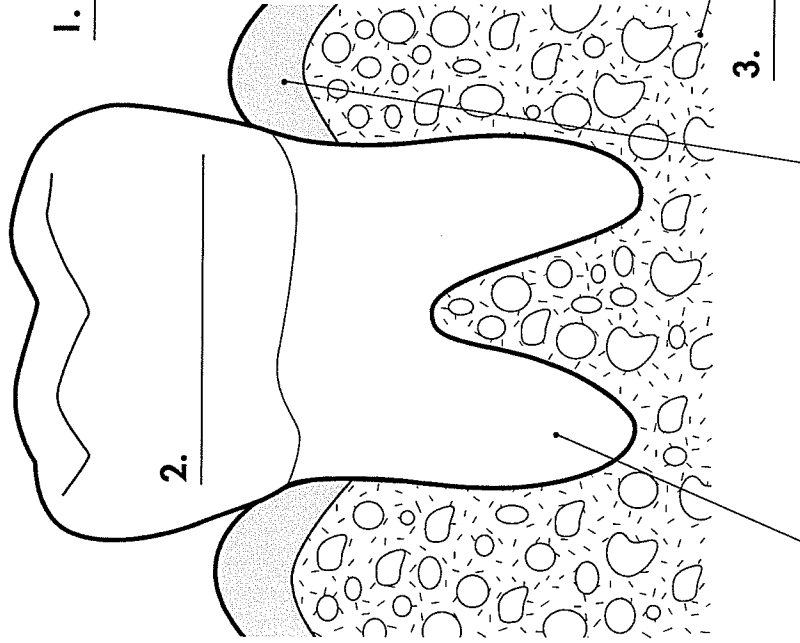
4 Brush your tongue.

9 The Outside and Inside of a Tooth

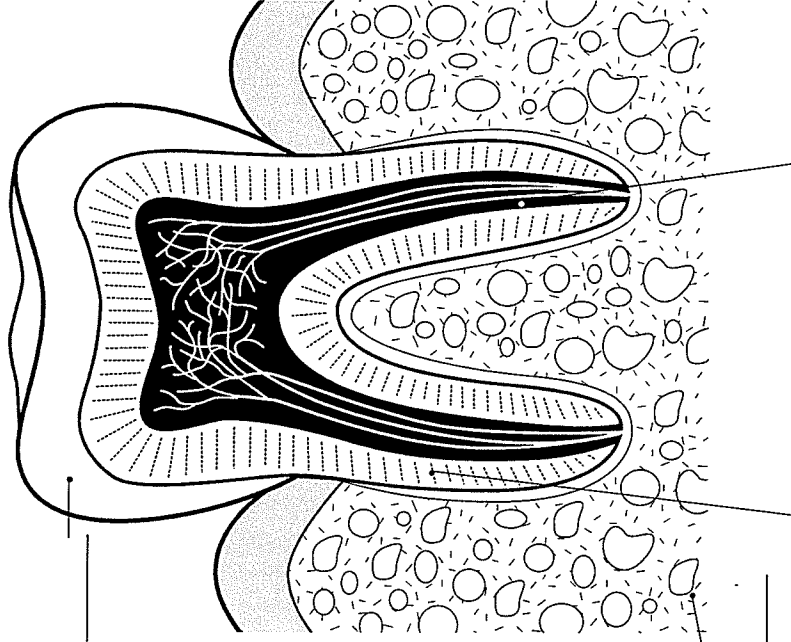


9 The Outside and Inside of a Tooth

Outside



Inside



4.

5.

3.

6.

7.

Eating Right Dietary Guidelines for Americans

These guidelines come from the United States Department of Agriculture (USDA). Use them to have good nutrition and to make healthful choices.

Aim for Fitness

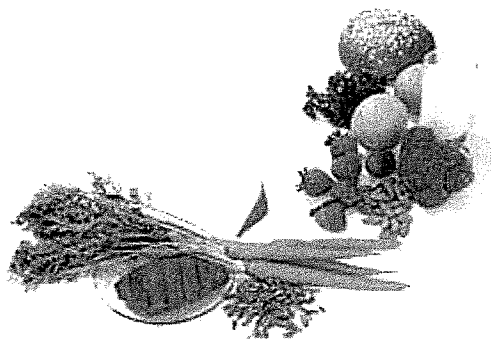
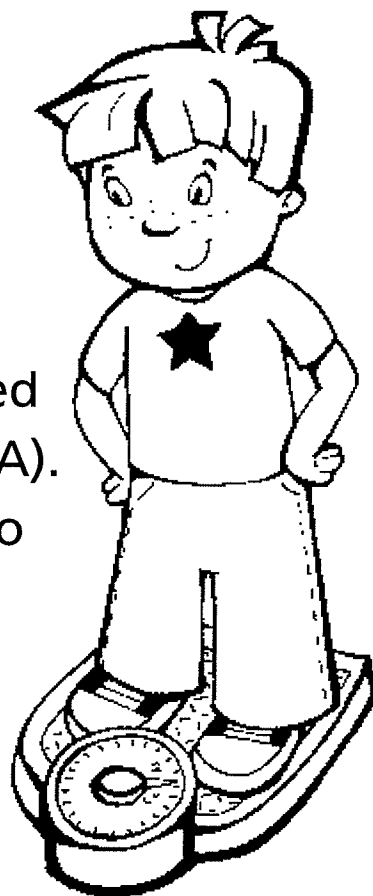
- Try to stay at a healthy weight.
- Be physically active each day.

Build a Healthy Base

- Use MyPyramid to help you make healthful food choices.
- Each day, choose a variety of fruits, vegetables, and grains such as whole wheat and brown rice.
- Keep food safe to eat.

Choose Sensibly

- Choose foods with low fat and low sugar.
- Choose foods with low salt.
Use less added salt.



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Eating Right Fight Bacteria

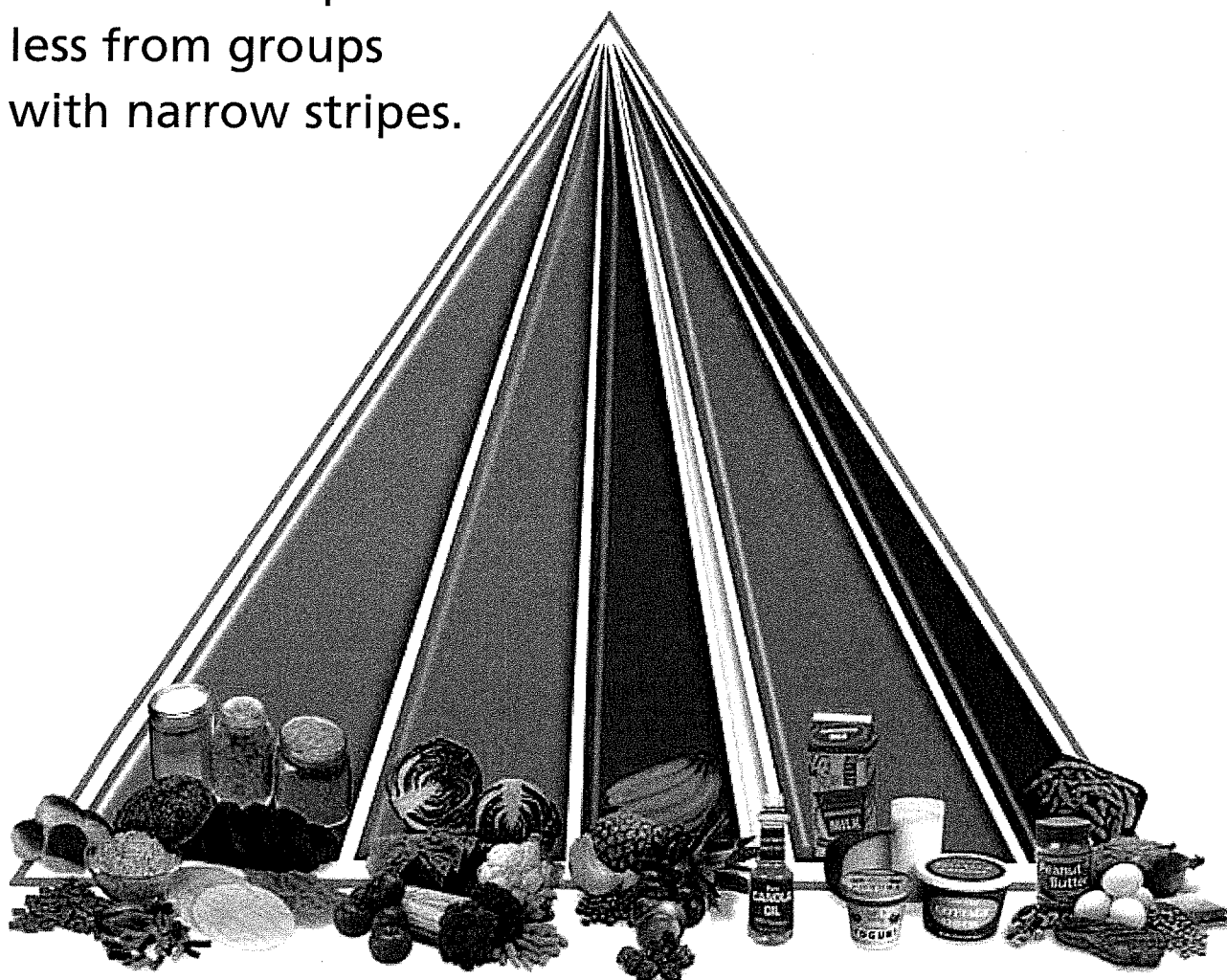
Eating spoiled food or undercooked meat can make you ill. To keep your food safe, follow the steps shown in the picture below. And remember—when in doubt, throw it out!



Eating Right

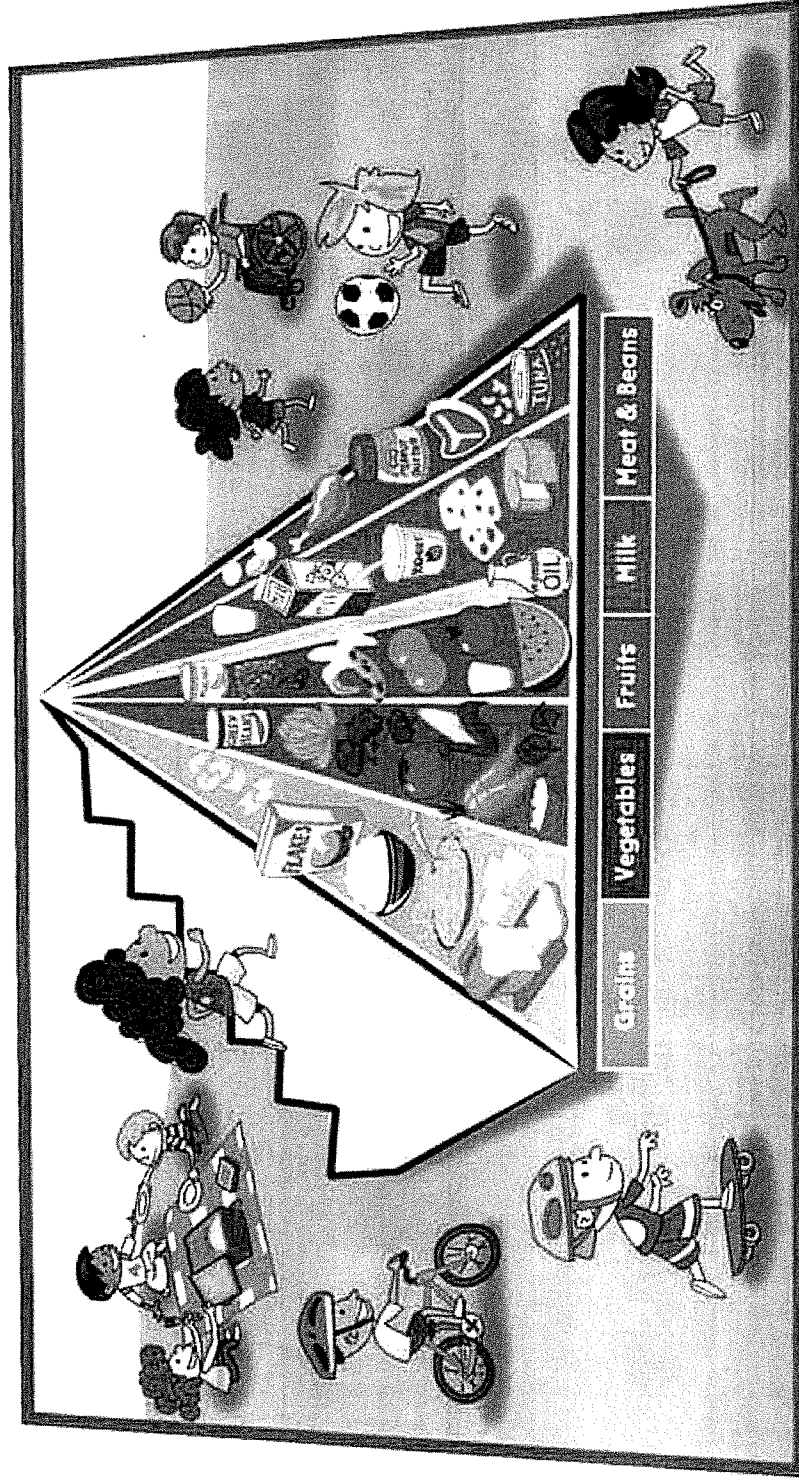
MyPyramid

It is important to eat foods from all the food groups. MyPyramid helps you choose healthful foods in the right amounts. You should eat more from food groups with wide stripes and less from groups with narrow stripes.

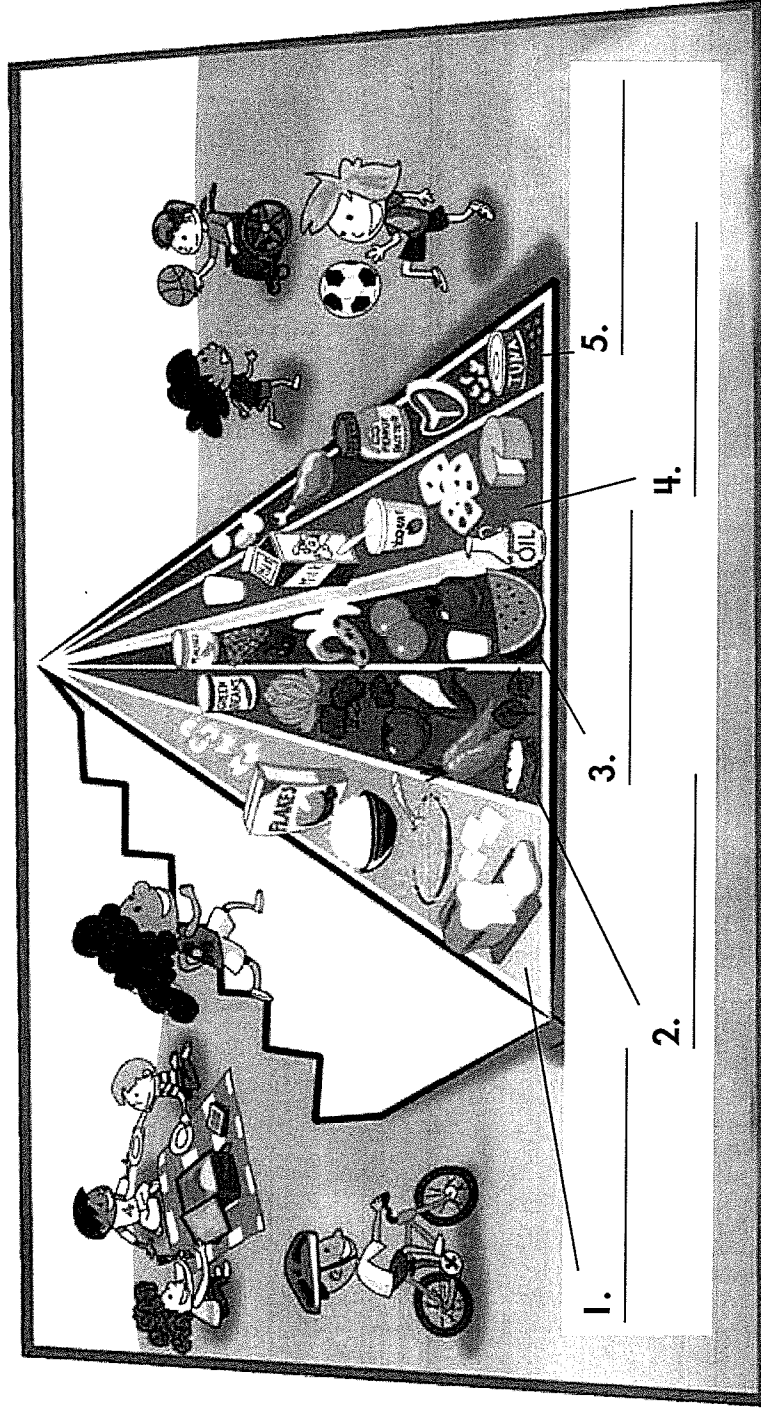


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10 MyPyramid



10 MyPyramid



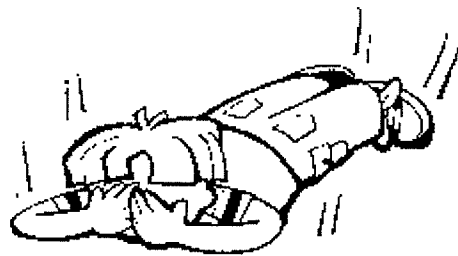
Fire Safety

You can stay safe from fires. Follow these safety rules.

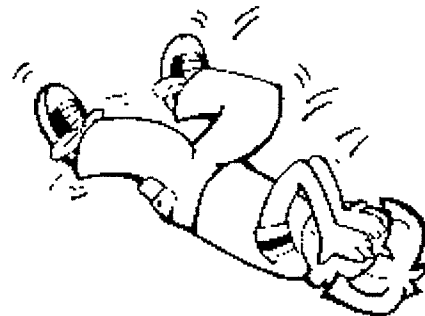
- Never play with matches or lighters.
- Be careful around stoves, heaters, fireplaces, and grills.
- Don't use microwaves, irons, or toasters without an adult's help.
- Practice your family's emergency plan.
- If there is a fire in your home, get out quickly. Drop to the floor and crawl if the room is filled with smoke. If a closed door feels hot, don't open it. Use another exit. Call 911 from outside your home.
- If your clothes catch on fire, use Stop, Drop, and Roll right away to put out the flames.



① **Stop** Don't run or wave your arms.

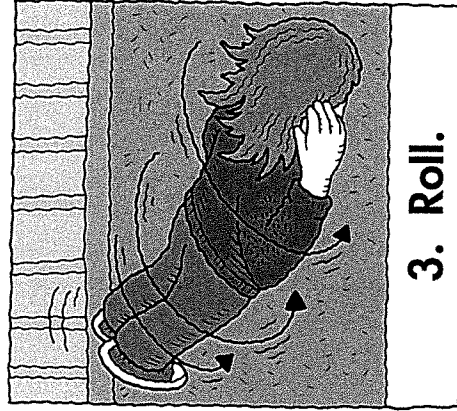
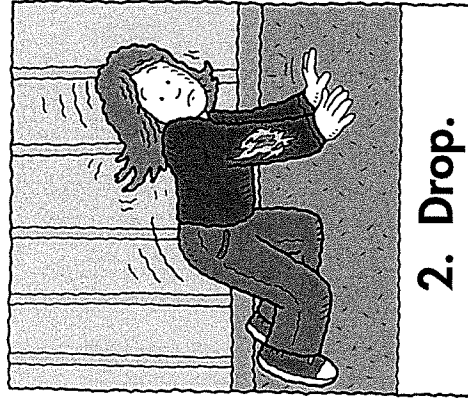


② **Drop** Lie down quickly. Cover your eyes with your hands.

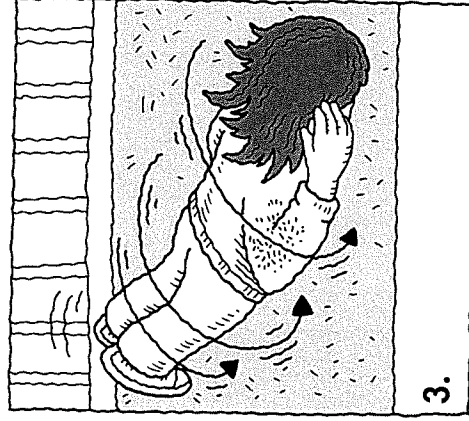
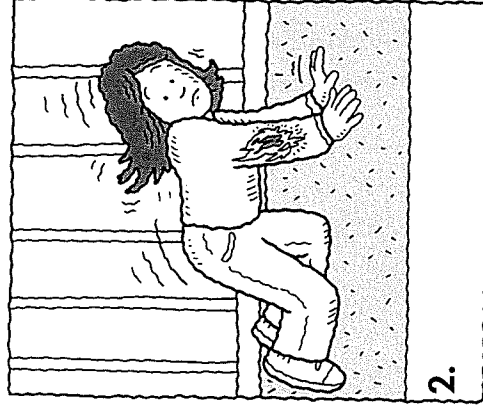
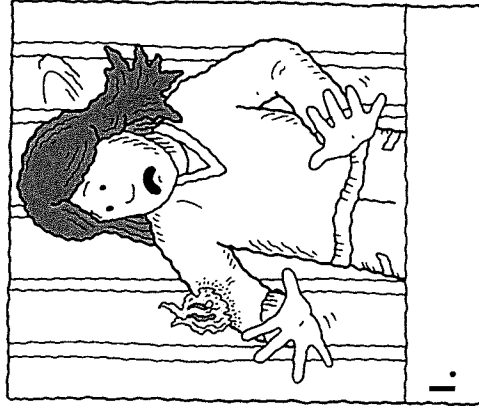


③ **Roll** Roll back and forth to put out the fire.

11 Stop, Drop, Roll



11 Stop, Drop, Roll



Health and Safety

Stranger Danger

Be safe. Follow these rules.

- Never talk to strangers.
- Never go anywhere with a stranger.
- Do not open the door if you are home alone.
- Do not tell anyone on the telephone that you are home alone unless you are calling 911.
- Do not give your name, address, or phone number to a stranger.
- If you are lost, tell a police officer, a guard, or a store clerk.

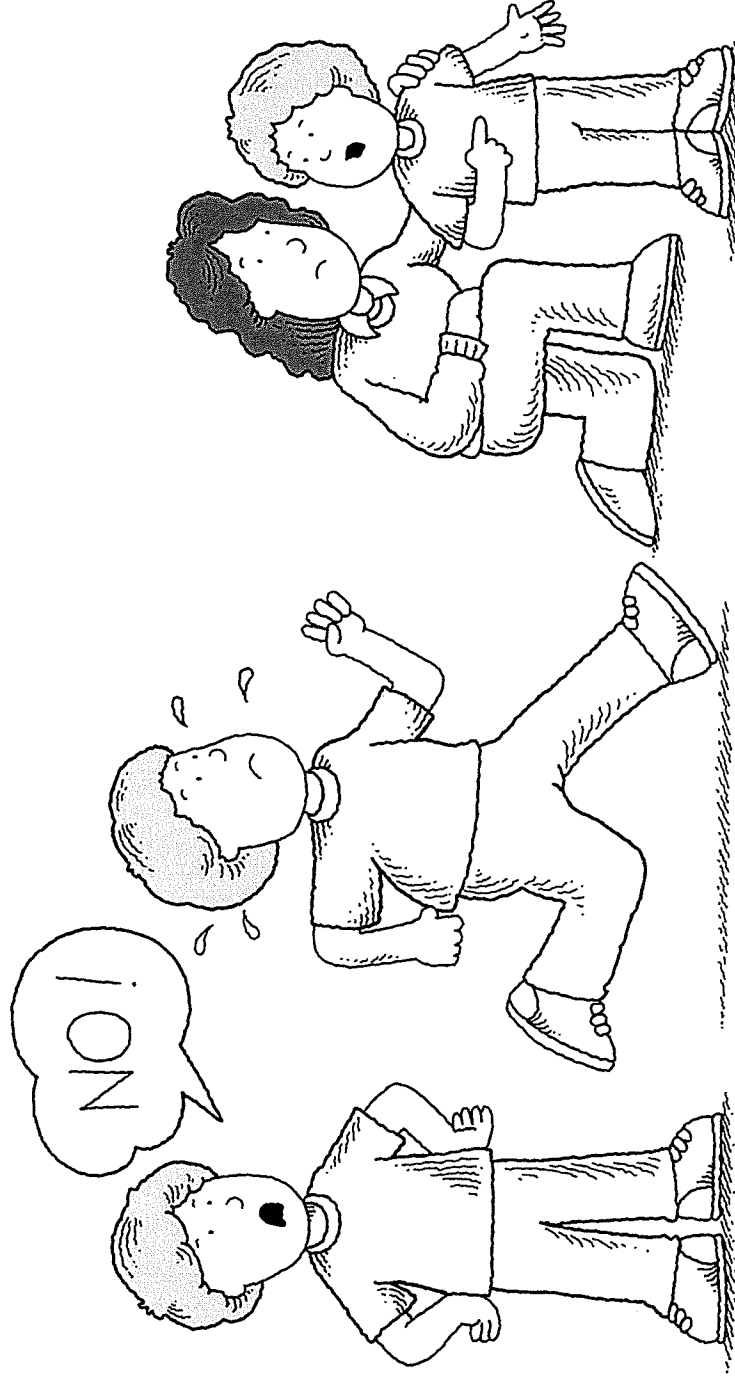


12 Staying Safe

1. Say NO.
2. Get away.
3. Tell someone.



12 Staying Safe



1. _____

2. _____

3. _____

Getting Exercise

Warm-Up and Cool-Down Stretches

Warm up your muscles before you exercise. Spend at least five minutes stretching. You can use any of the stretches shown here. Hold each stretch while you count to 15. Repeat each stretch three times. Remember to start exercising slowly.

Slow down at the end of exercise. Then repeat some of these stretches for about two minutes. Stretching after exercise helps your muscles cool down.

▲ Leg Stretch

Extend one leg behind you. Keep the toes of that foot pointed up.

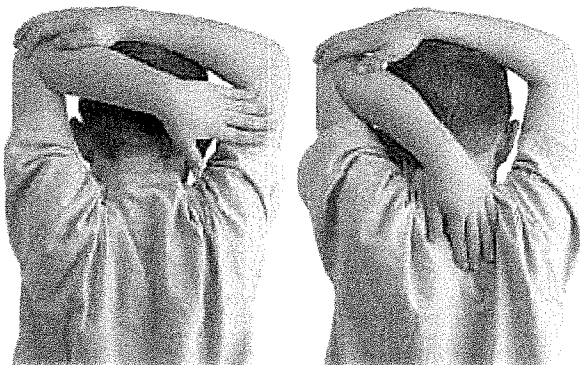


◀ Sit-and-Reach Stretch

Bend forward at the waist. Keep your eyes on your toes.

▼ Upper-Back and Shoulder Stretch

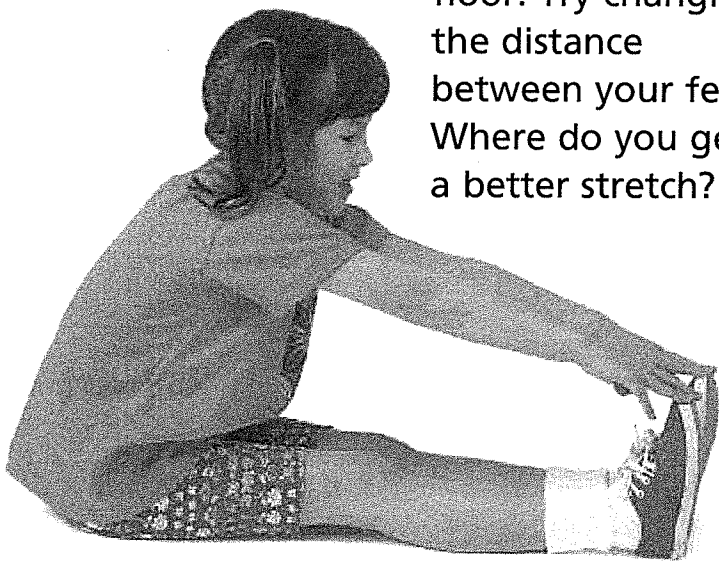
Try to stretch your hand down so that it rests flat against your back.



- **Thigh Stretch** Keep both hands flat on the ground. Lean as far forward as you can.



- ▼ **Calf Stretch** Keep both feet on the floor. Try changing the distance between your feet. Where do you get a better stretch?



- ◄ **Shoulder and Chest Stretch** Pull your hands slowly toward the floor. Keep your elbows straight, but don't lock them.

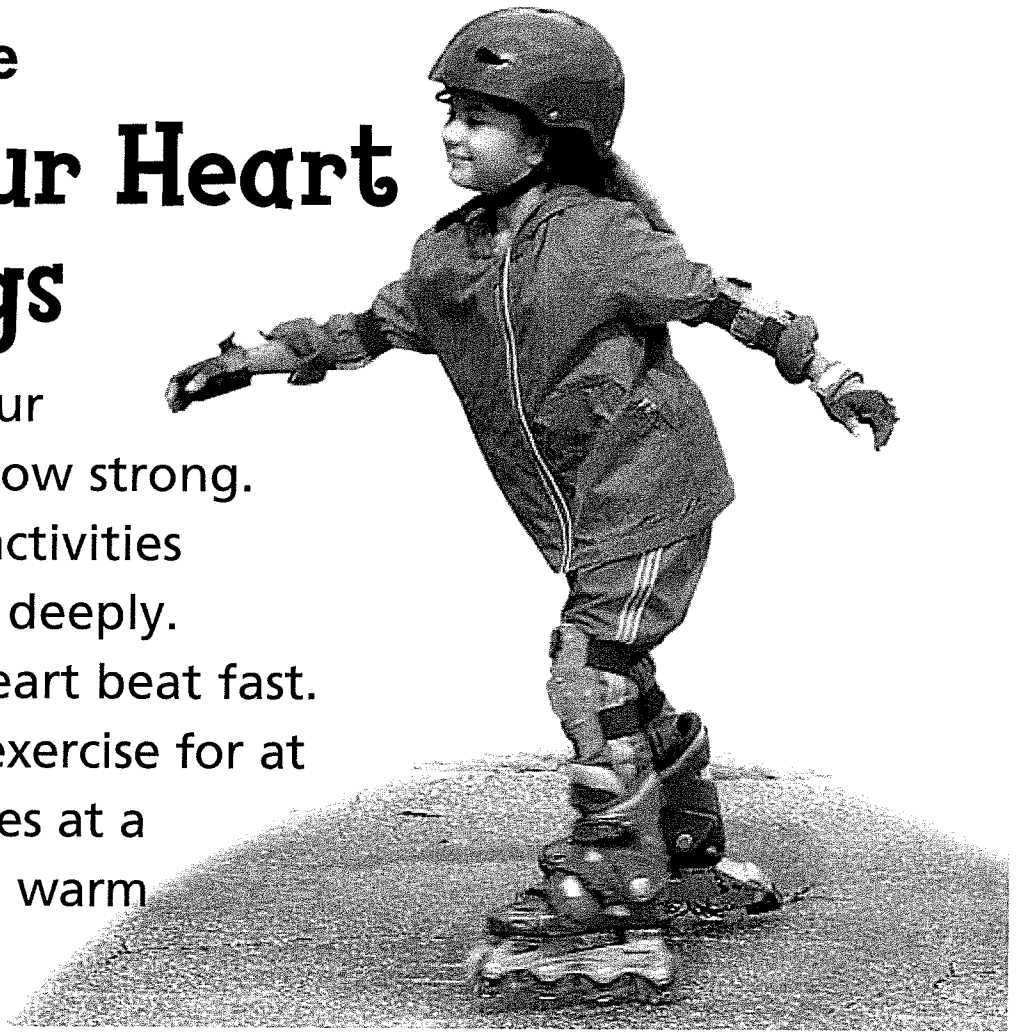


Tips for Stretching

- Never bounce. Stretch gently.
- Breathe normally to get the air you need.
- Never stretch until it hurts. You should feel only a slight pull.

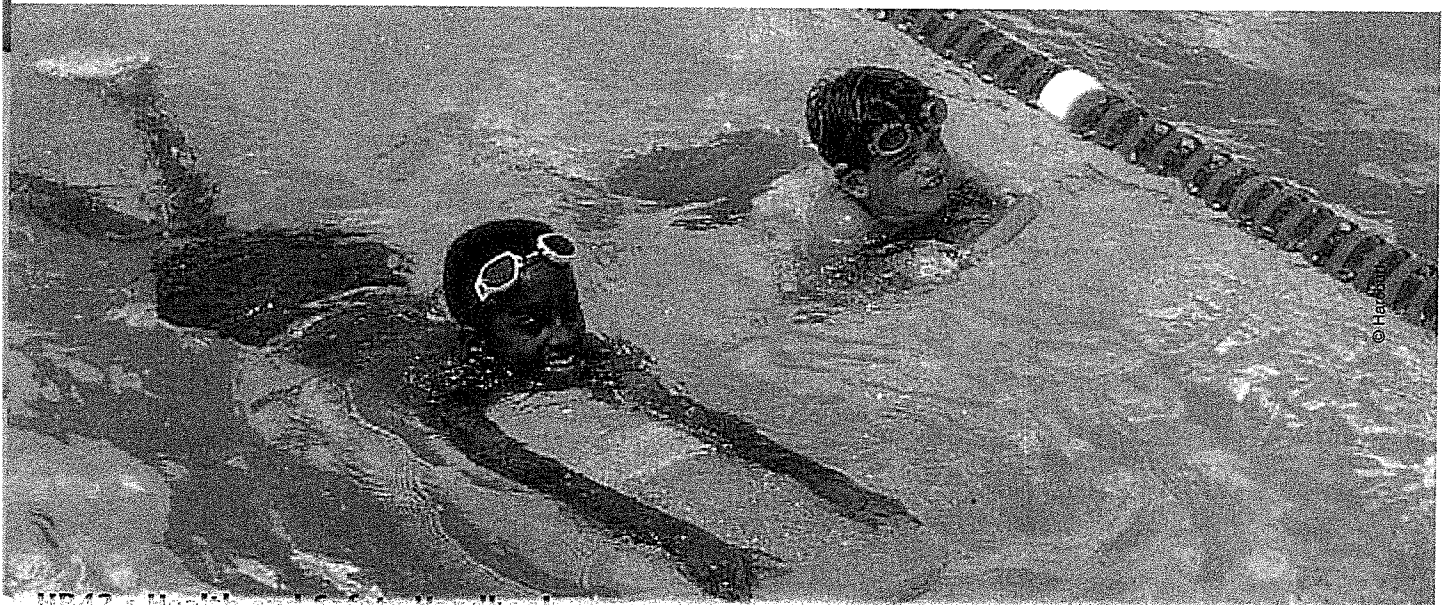
Getting Exercise Build Your Heart and Lungs

Exercise helps your heart and lungs grow strong. The best exercise activities make you breathe deeply. They make your heart beat fast. You should try to exercise for at least twenty minutes at a time. Remember to warm up first and cool down at the end.



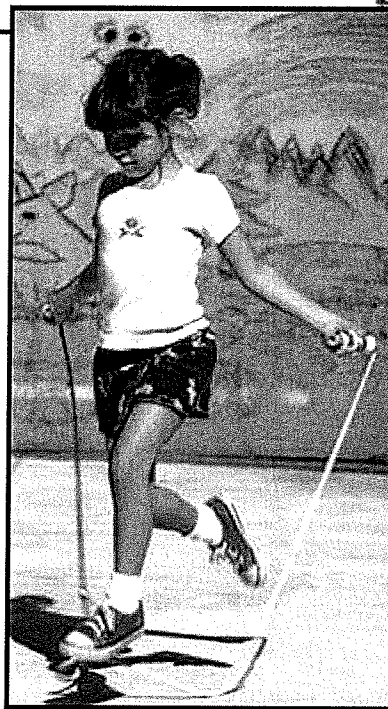
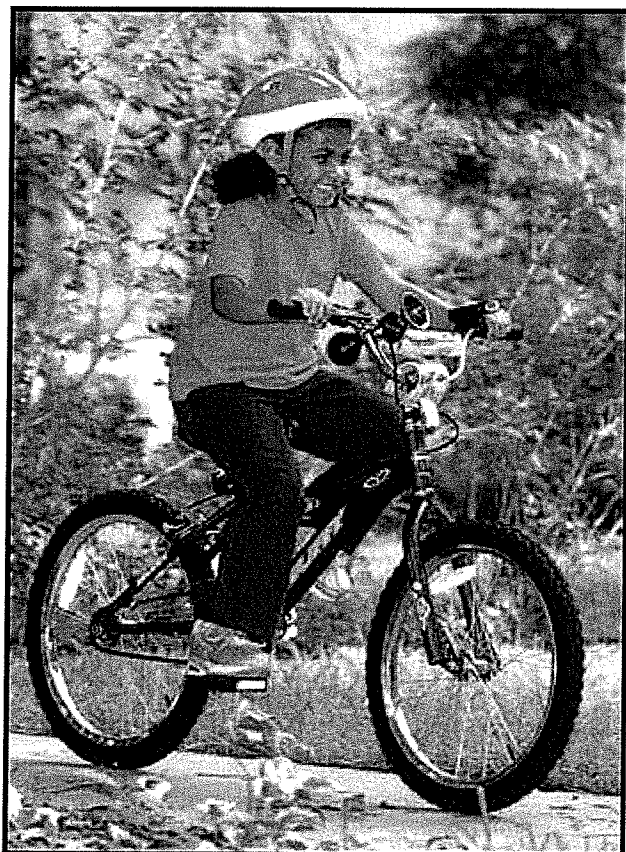
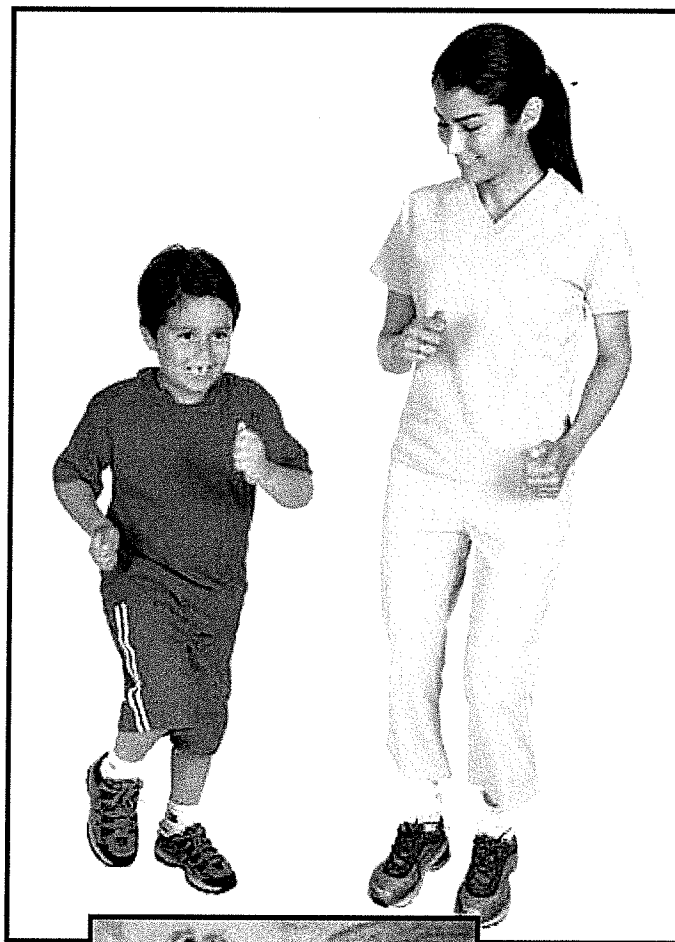
▼ **Swimming** If you are not a strong swimmer, use a kickboard to get a good workout. Remember to swim only when a lifeguard is present.

▲ **Skating** Always wear a helmet, elbow and knee pads, and wrist guards. Learn to skate, stop, and fall correctly.



► **Walking** A fast walk can help build your heart and lungs. Wear shoes that support your feet. Walk with a friend for extra fun!

▼ **Riding a Bike** When you ride your bike, your exercise really gets you somewhere! Follow bike safety rules, and always wear your helmet. See pages HB48–HB49 for information on safety rules and bike helmets.



▲ **Jumping Rope** Jumping rope is good for your heart and your lungs. Always jump on a flat surface. Wear shoes that support your feet.

Getting Exercise

The President's Challenge

The President's Challenge is a physical fitness program for children ages six to seventeen. There are five activities in the President's Challenge. Each activity tests the fitness of a different part of your body. Your teacher can tell you more about how to take the President's Challenge.



- ❶ **Curl-Ups or Sit-Ups** This exercise measures strength in the muscles below your stomach.

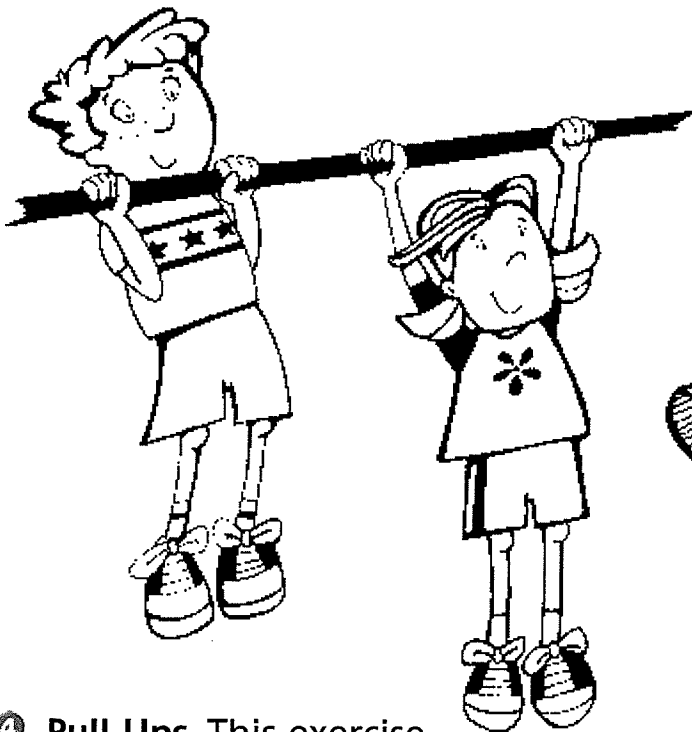
- ❷ **Shuttle Run** This exercise measures the strength of your legs. It also tests your heart and lungs.



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- ③ **One-Mile Run or Walk** This exercise measures the strength of your legs. It tests how long you can exercise without getting too tired.



- ④ **Pull-Ups** This exercise measures strength in the muscles of your arms and shoulders.



- ⑤ **V-Sit Reach** This exercise measures how easily the muscles of your legs and back can stretch.