

My Health Booklet

Become a Health Ambassador

Name: _____



10 Things Every Child Should
Know by the Age of 10

1st Grade

All About Me

Current Year _____ Age _____

My favorite food is _____

My favorite color is _____

My favorite thing to do in school is _____

My favorite thing to do at home is _____

My best friend's name is _____

My favorite music/song is _____

My favorite movie/tv show is _____

My favorite toy is _____

My favorite game/sport is _____

What I like best about my family is _____

When I grow up I would like to be a/an _____

Five things I would like to learn or do this year are:

1. _____

2. _____

3. _____

4. _____

5. _____

I pledge to do what it takes to care for my family's and my health.

Signature: _____



$$\textcircled{10} \times \textcircled{10}$$

- ① Eat Well**
- ② Keep Moving**
- ③ Be Aware**
- ④ Make Wise Choices**
- ⑤ Think Safety**
- ⑥ Keep it Clean**
- ⑦ Stay Balanced**
- ⑧ Navigate it**
- ⑨ Know Your Numbers**
- ⑩ Keep Growing**

1 EAT WELL

Kid's Healthy Eating Plate

Keep it colorful. Add more fruits and vegetables to your plate.



Choose sugar free drinks.
Water is best.
(7-8 8 ounce cups a day)



Make meals and memories together.



SANDOVAL
HEALTH
COLLABORATIVE
health happens here

SUGGESTED ACTIVITY:

1. Color your plate.
2. Cook together.
3. Add up your water.

Activities are available on next page.
Additional resources are listed in the resource index.



ACTIVITY:

MAKE A HEALTHY SNACK WITH YOUR FAMILY

Frozen Yogurt Pops



1 container of your favorite flavor of yogurt (8 oz)
small paper cups
wooden popsicle sticks
plastic wrap

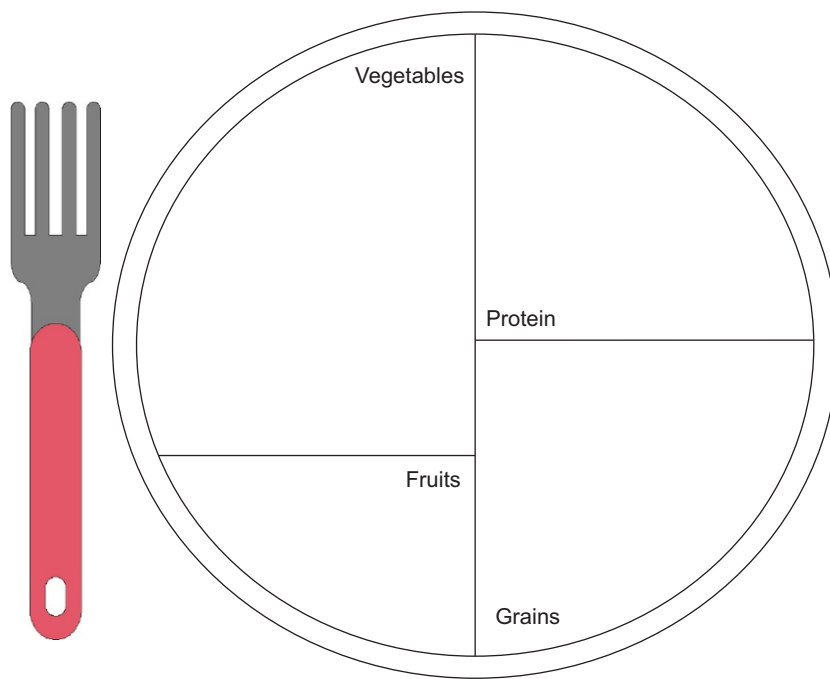
1. Pour yogurt into paper cups. Fill them almost to the top.
2. Stretch a small piece of plastic wrap across the top of each cup.
3. Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.
4. Put the cups in the freezer until the yogurt is frozen solid.
5. Remove the plastic wrap, peel away the paper cup, and eat your pop!

Peanut Butter and Apple Wraps

1 whole wheat tortilla (8 inch)
1/4 cup peanut butter, reduced-fat
2 tablespoons granola cereal
1/2 apple, sliced (suggest Red Delicious apple)
Directions

1. Lay tortilla flat and spread peanut butter over 2/3 of the tortilla leaving edges at sides
2. Sprinkle 2 Tablespoons granola over peanut butter.
3. Cut apple slices into small chunks and place them on top of the granola.
4. Fold over the edges of the tortilla and roll up "burrito style"

COLOR YOUR PLATE



COLOR THE NUMBER OF GLASSES OF WATER YOU HAD TODAY



<https://www.youtube.com/watch?v=WgUVtrzYtE>
<http://www.spatulatta.com/>



Sandoval Health Collaborative

② KEEP MOVING



Be active
at least 1 hour
each day

Be active together.

Get to know our trails:
www.getmovingsandoval.com

SUGGESTED ACTIVITY:

1. Play outside with your family or friends.
2. Have an elder teach you a new game.

Activities are available on next page.
Additional resources are listed in the resource
index.



ACTIVITY:

Draw a picture of a game you played outside with your family or friends.



3

BE AWARE

The right choices count for a long and healthy life.

Eat less bad sugar.

6 teaspoons (25 grams) or less a day



(a 12 ounce soda = 9 teaspoons of sugar)



SUGGESTED ACTIVITY:

1. Circle the food or beverage with the least amount of sugar.

Activities are available on next page.
Additional resources are listed in the resource index.

ACTIVITY:

Circle the foods or beverage that contain “good” sugar and cross out the items that contain “bad” sugar.



STOP!

Please complete the survey at

<https://healthsandoval.com/grade-1-sections-1-3/>

④ MAKE WISE CHOICES



Do the right thing.

Be helpful to others.



SUGGESTED ACTIVITY:

1. What did you do to help others today?
2. Color the "Say NO To Drugs" Picture.

Activities are available on next page.
Additional resources are listed in the resource index.

ACTIVITY:

What did you do to help others today?

Color the picture:

Say **NO** to
DRUGS!



5 THINK SAFETY



Wear your helmets and pads.



Stranger Danger



Wear sunscreen. The most important time to wear sunscreen is from 10:00 in the morning to 4:00 in the afternoon when the sun's rays are the strongest.

SUGGESTED ACTIVITY:

1. Which activity requires a helmet?
2. Code Word (next page)

Activities are available on next page. Additional resources are listed in the resource index.

ACTIVITY:

Which activities require a helmet?



Identify a Family Safety Code Word

Work with your family to identify a family safety code word. If you are approached by a stranger and the stranger wants you to go with him or her, ask him or her for the code word.



⑥ KEEP IT CLEAN

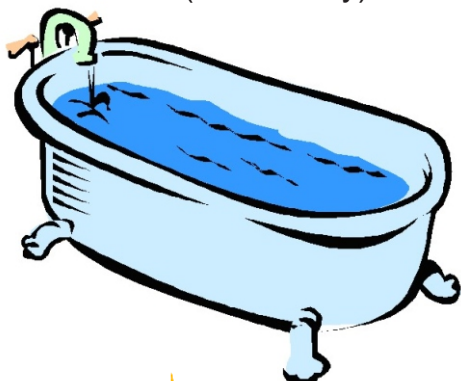
Wash your hands.



Cough Right.



Shower or take a bath
(Once a day)



Brush
your teeth.
(Twice a day)

SUGGESTED ACTIVITY:

1. When should you brush your teeth, shower and wash your hands?

Activities are available on next page.
Additional resources are listed in the resource index.

ACTIVITY:

When should you brush your teeth?



When should you shower or take a bath?



When should you wash your hands?



What else do you do to stay clean?



STOP!

Please complete the survey at

<https://healthsandoval.com/grade-1-sections-4-6/>

7 STAY BALANCED

Be kind to
yourself
and others.



Sleep
8-10 hours.



Hurt or down?
Let a trusted adult know.

SUGGESTED ACTIVITY:

1. Be kind checklist
2. Who do you talk to when...?

Activities are available on next page.
Additional resources are listed in the resource
index.

ACTIVITY:

What have you done to be kind today?

_____ Helped a friend

_____ Washed the dishes

_____ Held the door open for
someone

_____ Made your bed

_____ Said something nice

_____ Picked up your toys

_____ Took care of a sister or
brother

_____ Helped cook a meal

To whom do you talk to when...

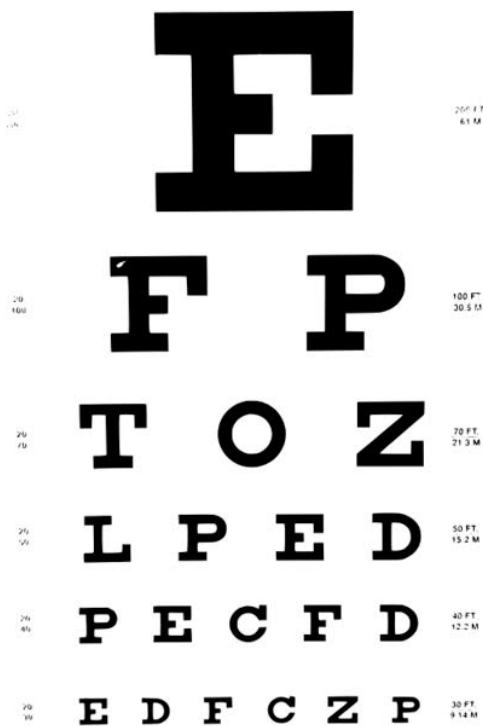
Sad _____

Scared _____

Sick _____



⑧ NAVIGATE IT



Go to the Doctor
(Yearly Well Child Check)

**Visit your
dentist.**
(Every 6 months)



**Vision and hearing
screenings**



SUGGESTED ACTIVITY:

1. Important dates and names
2. Navigate your way to the doctor through the maze.

Activities are available on next page.
Additional resources are listed in the resource index.

ACTIVITY:

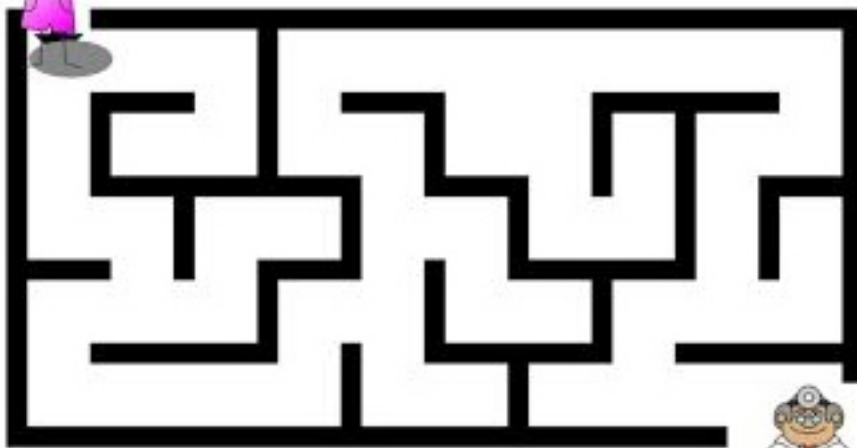
Important Dates & Names

Name of Doctor _____

Name of Community
Health Representative _____

Date of last Well Check _____

Find your way through the maze to get to the doctor



9

KNOW YOUR NUMBERS

Address



Phone Number of Local
Police Officer or Community
Health Representative



Phone Number and
Emergency Contact



Bus Number

SUGGESTED ACTIVITY:

1. Complete "Know Your Numbers"

Activities are available on next page.

Additional resources are listed in the resource index.

ACTIVITY:

Know Your Numbers

Bus Number: _____

Phone Numbers:

911 Emergency Contact

Local Police Officer: _____

Community Health Representative: _____

Home Phone: _____

Address:

Home Address: _____

In case of an emergency:

Emergency Contact Name: _____

Emergency Contact Number: _____



STOP!

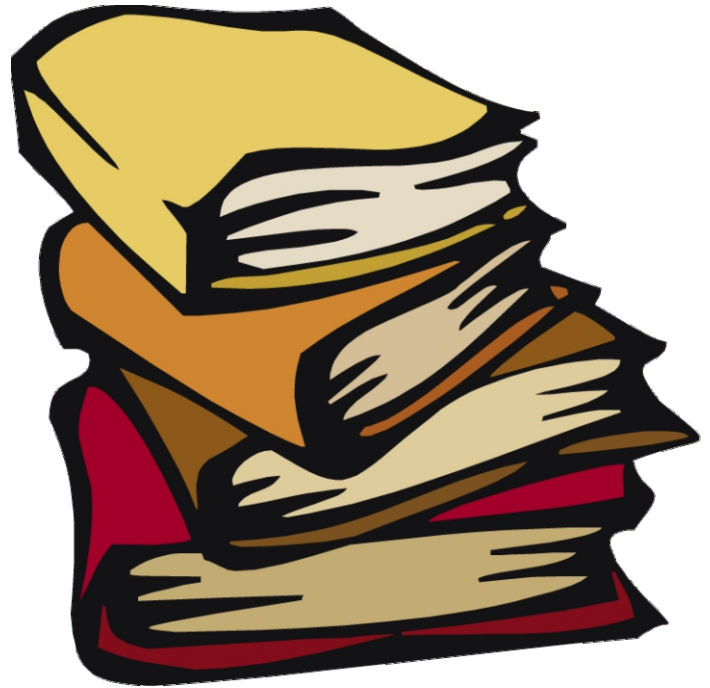
Please complete the survey

<https://healthsandoval.com/grade-1-sections-7-9/>

10 KEEP GROWING



Keep learning.



Read together.

SUGGESTED ACTIVITY:

1. “Reading is Fun” activity (next page)
2. What are you going to do to stay healthy tomorrow?

Activities are available on next page.
Additional resources are listed in the resource index.

ACTIVITY:

Reading Is Fun

What is your favorite book and with whom can you share it?

How many books have you read this year? _____

List the books you have read:

What are you going to do to stay healthy tomorrow?

