

HEALTH HEROES

Activity book



Facts and fun to keep
health heroes strong
and healthy!

KOHL'S ♥ Cares

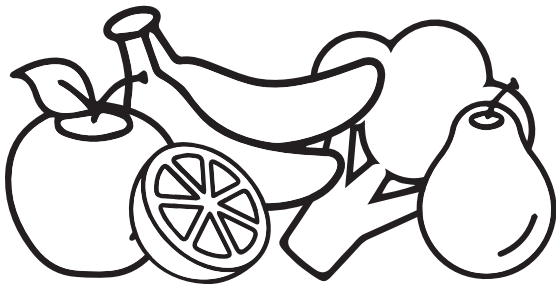
 **Children's
Hospital**
of Richmond at **VCU**

Be a health hero by fueling and training your body to work at its best!

Invite family members to join you on this important mission.
Here's how you and your family can be health heroes:

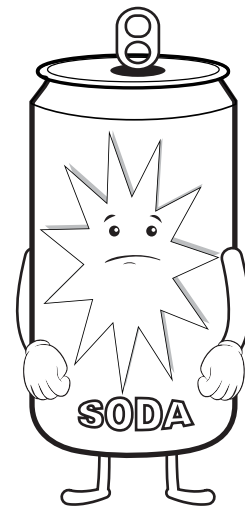
1

Eat 5 or more fruits and vegetables each day



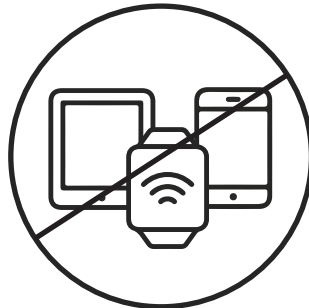
2

Limit sugar-sweetened beverages such as soda, punch and sports drinks



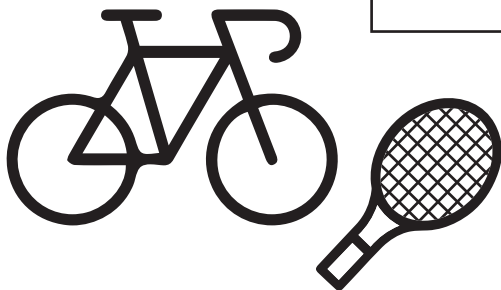
5

Eat meals as a family with screens off



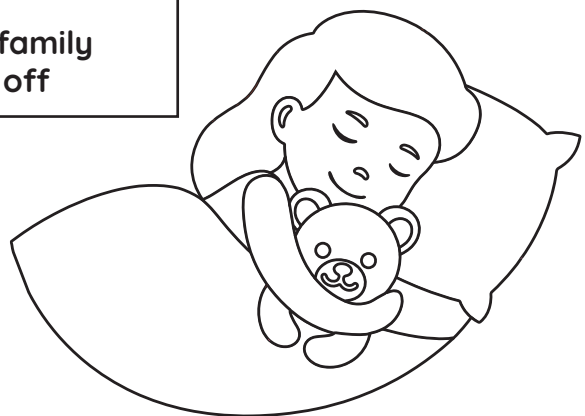
3

Be active for 60 minutes each day

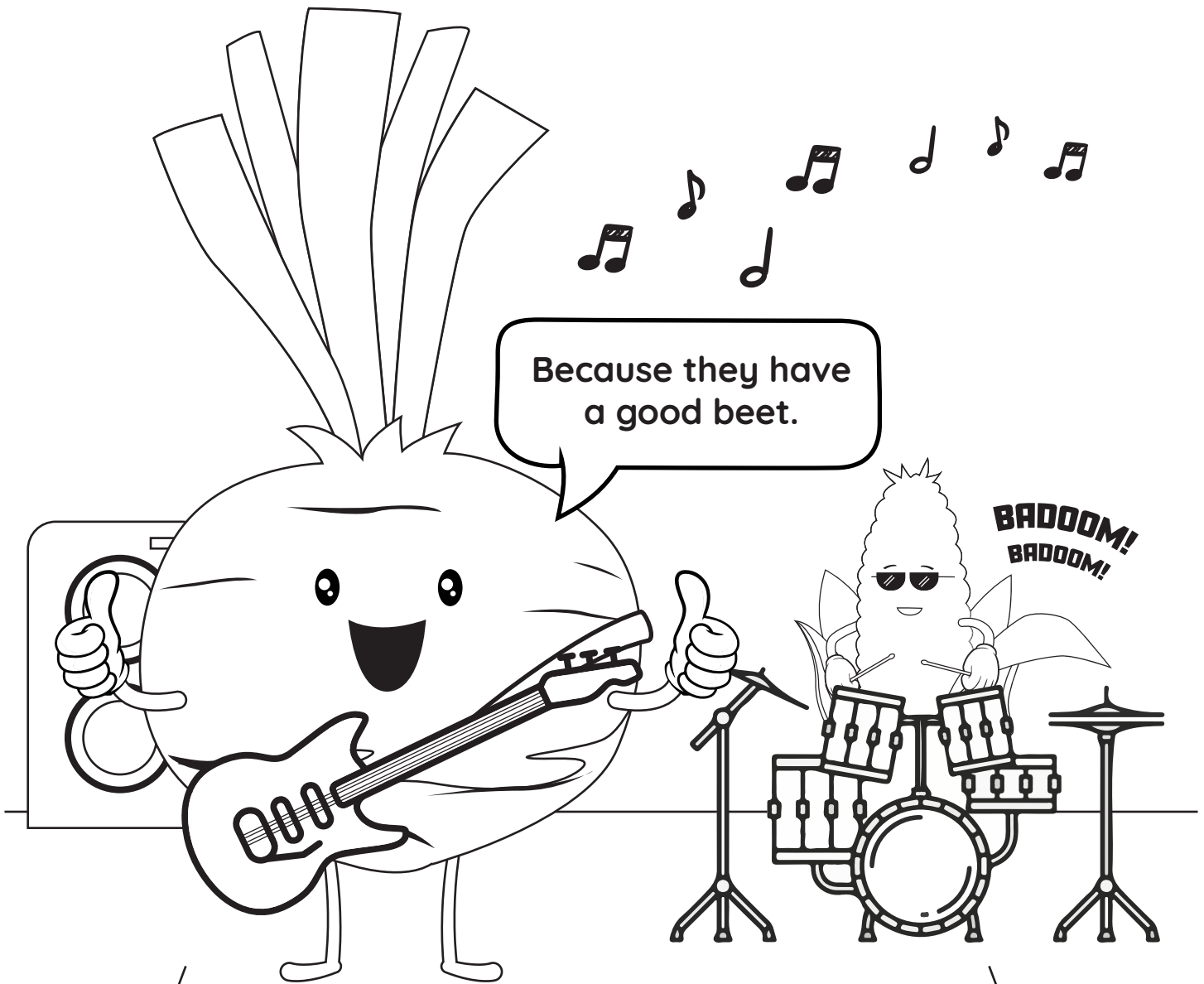


4

Get a least 9-12 hours of sleep every night



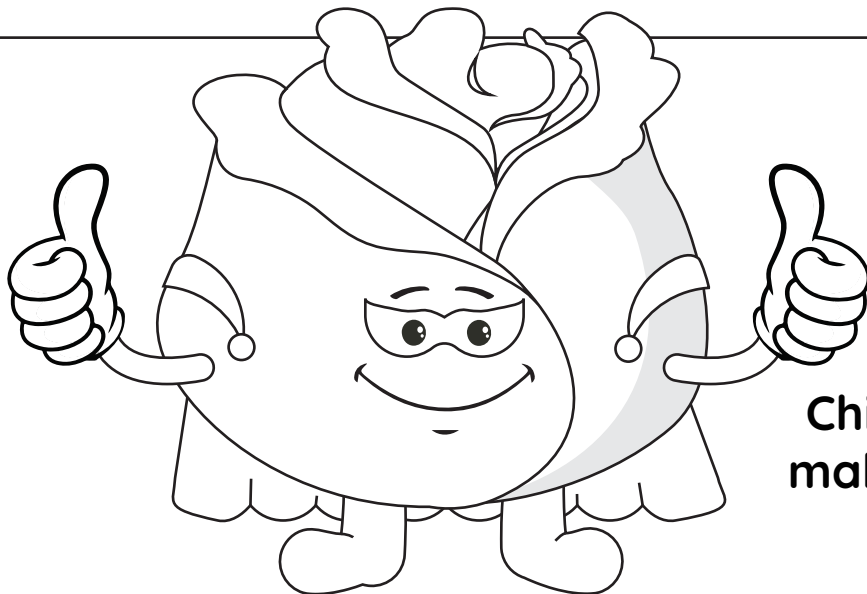
Why does everyone like a vegetable band?



Hero tip #1

Fruits and vegetables are power-packed with nutrients and vitamins that health heroes need to help their bodies grow strong and stay healthy. To keep you at your best, make sure to include fruits and veggies at each meal. They make great snacks too! Choose to eat a piece of fruit over drinking fruit juice. When turned into juice, fruit loses a lot of its nutritional power. For canned fruits, select those that are stored in their own juices to avoid added sugar.

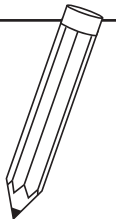
What did the salad say to the shy lunch?



Lettuce be friends.

Chips and sweets can't make you laugh. Choose veggies instead.

Write your own fruit or veggie joke.



Can't think of anything?
Here are a few ideas to get you started.

Try coming up with the rest of the joke.

Don't you carrot all?

I'm corn-fused!

Mushrooms are fun guys.
(fungi)

WORD SEARCH



Find these healthy fruits and vegetables hidden below!
Circle the words when you find them.

Q J Z N Y A U W E A Z U H I
W C Z T B O C C N V O E H V
G A U B R J U C B R P N Y T
V R H Y O T C O R A N G E O
E R O R T O U F R K N E P U
L O G E A C M G S S B A W L
P T L L M I B I G N L C N P
P F W E O R E O N I O N V A
A B O C T P R J J L A A U X
H Y T E V A R T W H G Z H I

Apple
Cucumber
Lettuce

Tomato
Banana
Onion

Apricot
Celery
Orange

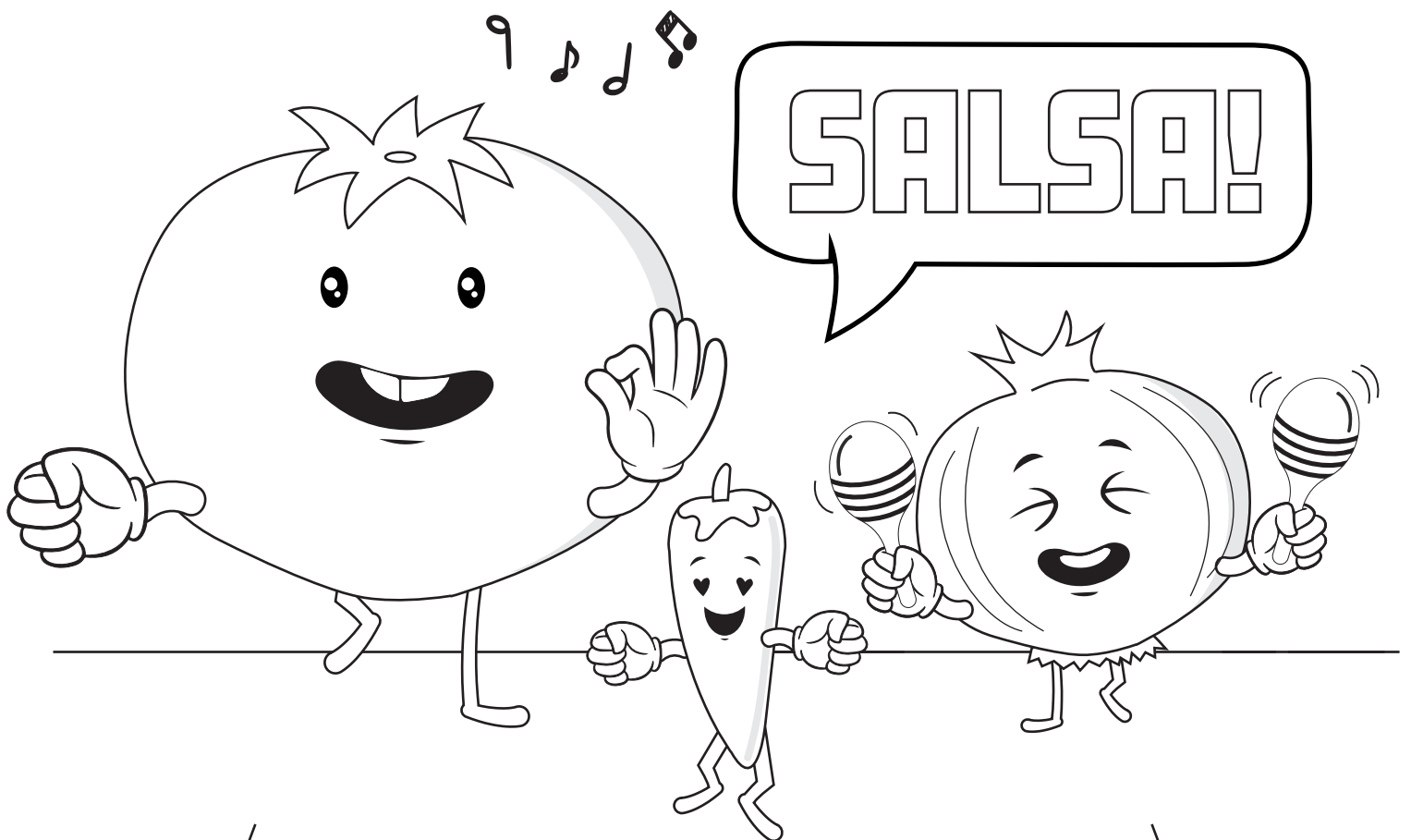
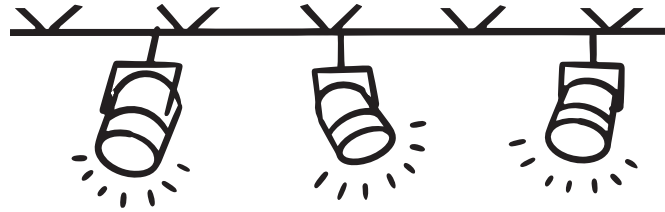
Carrot
Grape
Beet

LET'S DRAW



Draw a picture of new fruits and vegetables you'd like to try.

What is a tomato's favorite dance?





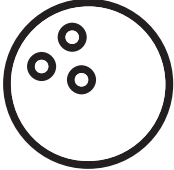
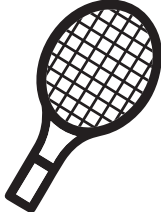




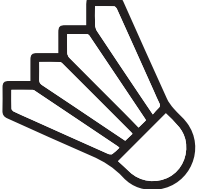



Hero tip #2

Health heroes stay healthy and fit with 60 minutes of exercise or active play every day. Activity helps keep all parts of a hero's body strong including the heart, lungs, muscles, bones and brain. Every minute of activity will make you stronger and there are lots of fun choices... jumping, running, walking, dancing, riding your bike, swimming and more! How can you and your family be more active together and make sure you're ready for the next adventure?

WORD MATCH

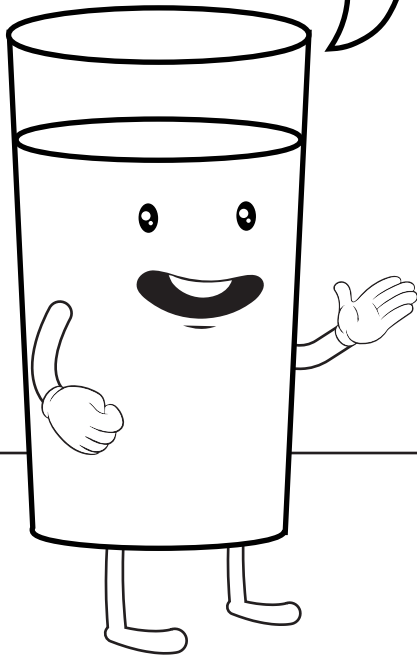
Directions: Write the name of the sports equipment on the numbered line and then draw an arrow from the equipment on the left to the matching piece on the right.

1 _____			A _____
2 _____			B _____
3 _____			C _____
4 _____			D _____
5 _____			E _____
6 _____			F _____

Knock, knock.

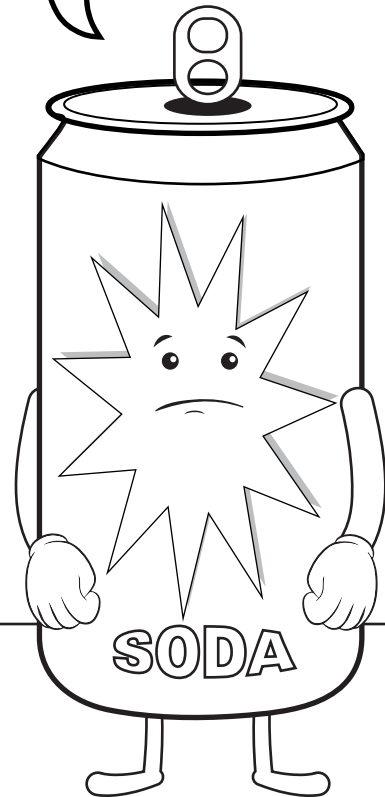
Water.

Water you doing
with all that
sugar in you?



Who's there?

Water who?

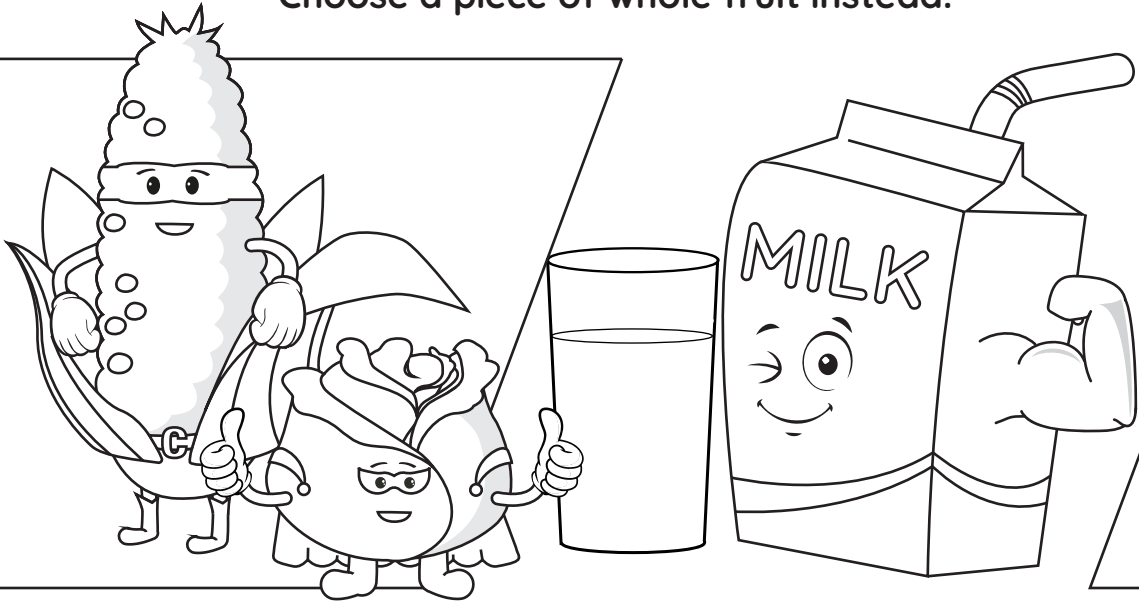


Hero tip #3

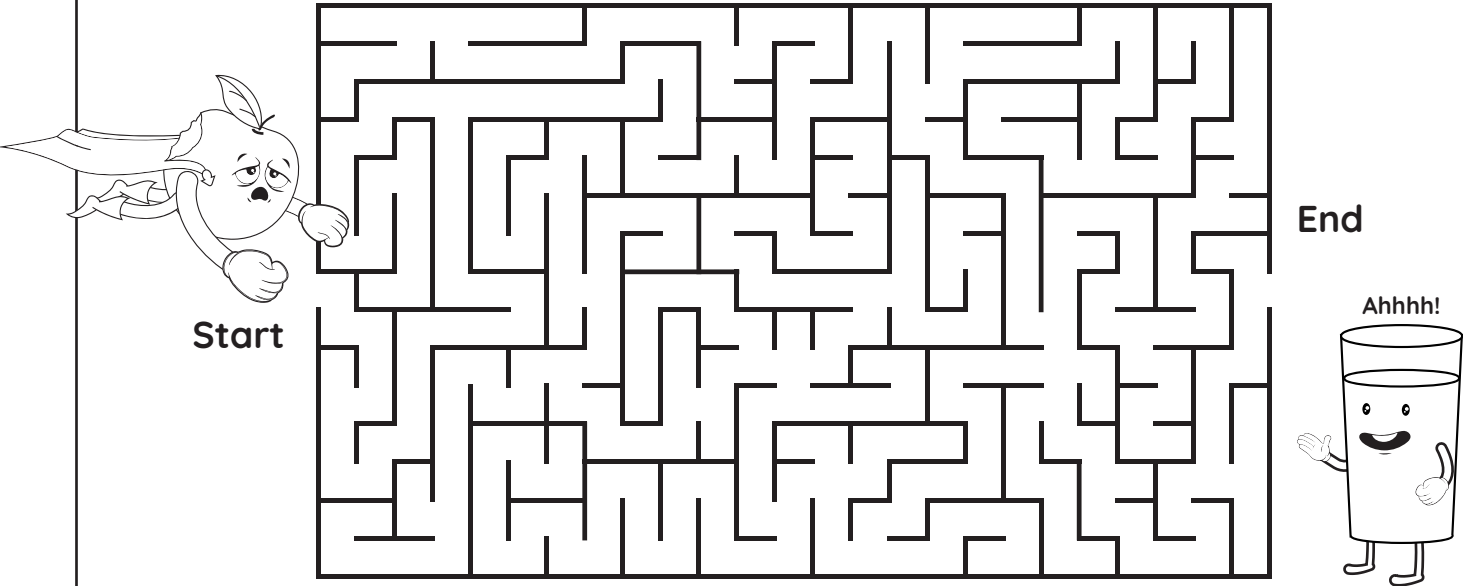
Heroes stay healthy by choosing water instead of
sugary drinks (including juice)!

Hero tip #4

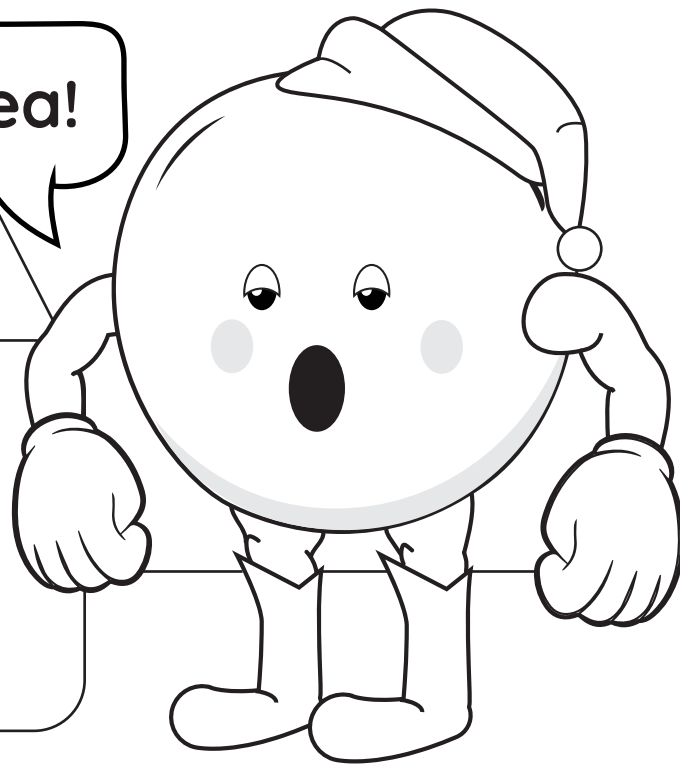
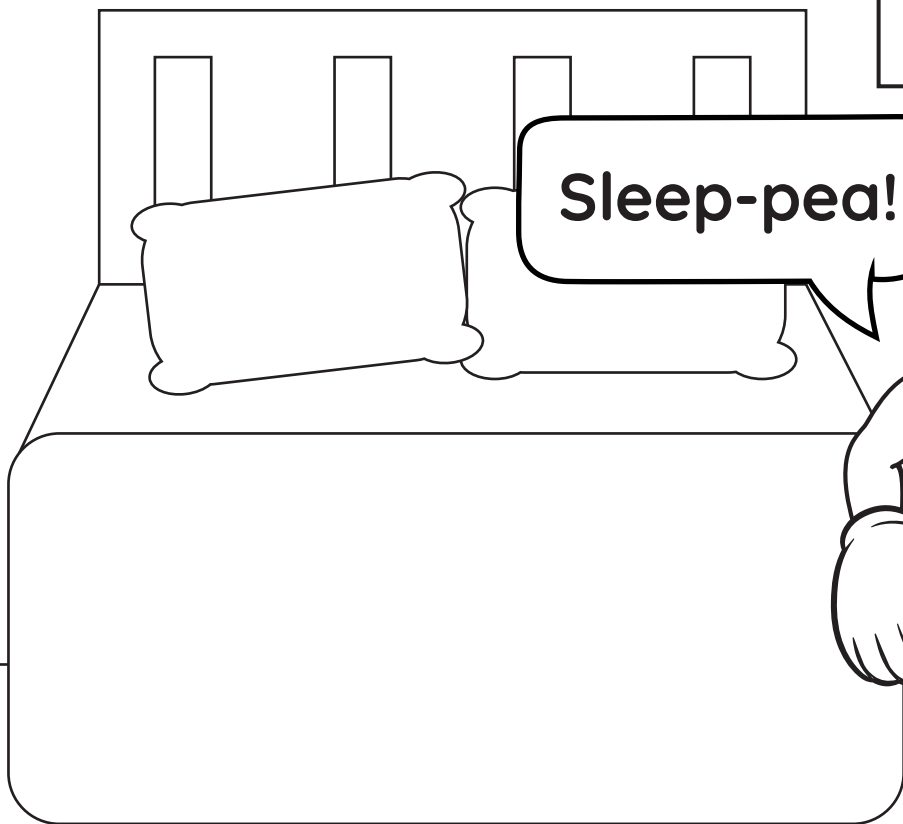
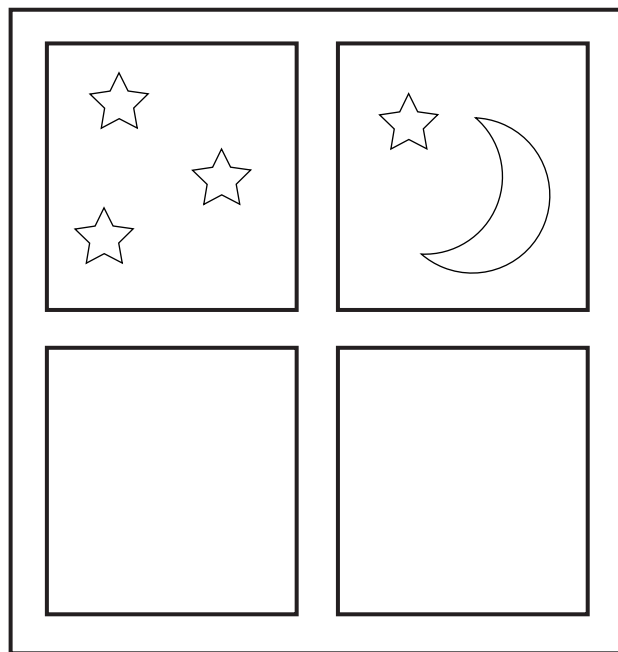
Water and unflavored milk are the best drinks for health heroes. Sugar-sweetened beverages like sodas, punch, sweet tea and sports drinks don't give you the type of energy your body needs. Make it your mission to avoid drinking sugary beverages! Limit 100% fruit juice too. Choose a piece of whole fruit instead.



This health hero has been active and is thirsty. Help him get to the glass of water.



What do you call a very tired pea?



Hero tip #5

Younger health heroes feel their best with 9-12 hours of sleep each night. To make sure you're energized the next day, keep televisions, phones and other screens off and out of your bedroom at night.

Family meals

Gather all the heroes in your home to eat a meal together! Family meals at home are a great way to make sure your whole family is at their best at school, work and play. Share a meal together, with the television and other screens off, and talk about everyone's challenges and adventures, both big and small.

Draw a picture of your family at dinner, enjoying your favorite meal!



WORD SCRAMBLE

Unscramble the letters for items 1 through 9 below to spell words that are important for health heroes to stay healthy. For an extra challenge, unscramble 9 through 14 to spell a new fruit or vegetable you could try.

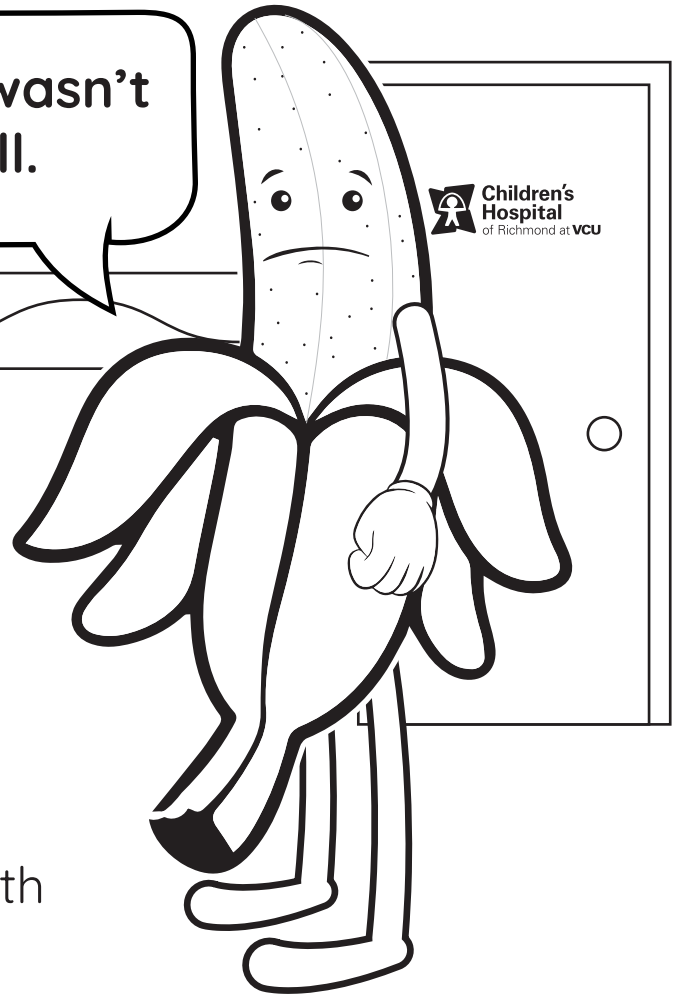
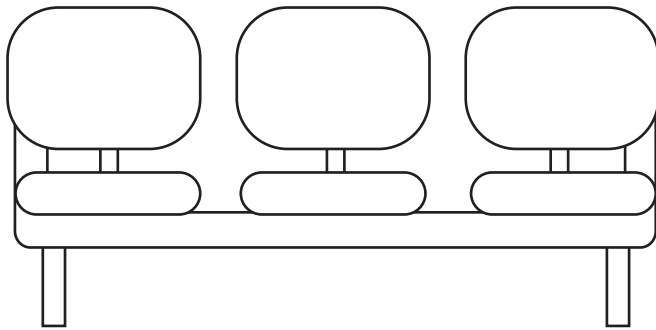
- | | | | |
|------------|----------|--------------|-----------|
| SRTFUI | 1. _____ | LIFMYA ALSEM | 8. _____ |
| EELAVEBTGS | 2. _____ | NCZUIICH | 9. _____ |
| ERTAW | 3. _____ | LCRCOOIB | 10. _____ |
| ILKM | 4. _____ | APAGSSARU | 11. _____ |
| ITYICAVT | 5. _____ | ACDAOOV | 12. _____ |
| CSEIERX | 6. _____ | NAINEERG | 13. _____ |
| SEEPL | 7. _____ | LAPEP | 14. _____ |

Answers: 1. Fruits, 2. Vegetables, 3. Water, 4. Milk, 5. Activity, 6. Exercise, 7. Sleep, 8. Family meals, 9. Zucchini, 10. Broccoli, 11. Asparagus, 12. Avocado, 13. Tangerine, 14. Apple

Why did the banana go to the doctor?



Because I wasn't peeling well.



Keep kids “peeling” well by having regular check-ups with their doctor.

For more information about how to keep your little hero healthy and at their best, check in with their pediatrician. Our Healthy Lifestyles Center can provide services to support your family in making dietary, activity and other behavior changes to achieve and stay at a healthy weight.

Learn more at chrichmond.org/healthhero