

HEALTHY HABITS

EAT HEALTHY

- Drink lots of water. It hydrates the skin and makes you feel great!
- Eat several servings of fruits and vegetables every day.
- Eat protein. Fish, poultry, pork, beef, or chicken give you muscle.
- Drink milk and eat dairy foods for strong bones and teeth.
- Limit the fats you eat. The body needs some fat for energy and to keep you warm, but too much can cause health problems when you're older.
- Avoid sugary drinks, sweets, caffeine, and junk food. Drink plain or sparkling water and eat vegetables instead.

GOOD SPORTSMANSHIP

- Play by the rules.
- Be a good winner and a good loser.
- Stay in shape—don't smoke or use drugs or alcohol.
- Show respect for the other team as well as your own.
- Encourage your team members.
- After the game, be courteous to the other team and shake hands.
- Listen to the coach and officials—don't argue or talk back.
- Take turns.
- Share equipment.
- Do your best and have fun!

PERSONAL HYGIENE

- Keep your body clean and healthy by practicing good hygiene. Shower or bathe several times a week and after strenuous activity when you perspire heavily.
- Keep your hair and scalp healthy by shampooing several times a week.
- Wash your hands often with soap and water, especially after coughing and sneezing and going to the rest room.
- Take good care of your hands and feet. Keep them clean and dry. Keep fingernails and toenails clean and trimmed.
- Practice good oral hygiene. Try to brush your teeth after every meal and after eating sweets. Floss daily between your teeth.
- Don't smoke or use drugs or alcohol. These will harm your body.
- Use practice good personal hygiene and healthy activities, and get plenty of sleep, good food, and better and look better. You are also less likely to become sick or have health problems.

ETIQUETTE

IN PUBLIC

- Treat others with kindness and respect.
- Hold the door open for someone.
- Be patient when waiting in line—wait for your turn.
- Say "please" and "thank you" to people who help you. Say "excuse me" if you bump into someone.
- Request politely when you need something.
- Smile!

AT HOME

- Be respectful of your parents and siblings.
- Be on time for meals and family events.
- Give everyone a chance to share their day.
- Use good table manners.

AT SCHOOL

- Treat your teachers and classmates with respect.
- Be respectful of school property. Only use your pencil sharpener in the classroom or in the playground if there is a designated place for it.
- Raise your hand and wait to be called on. Don't interrupt someone when they are speaking.
- Work quietly at your desk—don't bother other students.

EXERCISE

- Regular exercise keeps you fit and healthy, and helps your body burn excess fat. Exercise is essential to your health and helps you build strong muscles and your heart. Exercise also helps you sleep better, relax, and enjoy life more.
- Take precautions when exercising. Use proper technique. It's better to do it right than to do it wrong.
- Warm up before participating in any physical activity to avoid injury. Start and finish—don't stop your exercise or repeat yourself.
- Wear appropriate clothing, safety gear, and good sports shoes.
- Always drink lots of water before, during, and after exercise.
- Shower after exercising—your feet, shoes, and undergarments.
- Avoid smoking, drugs, and alcohol. It's not healthy!

Ibran's Food Diary

Breakfast: Whole wheat toast with sugar free jam

Snack: Apple sauce

Lunch: Pizza, salad

Dinner: Grilled Salmon, corn on the cob, asparagus

Josh's Food Diary

Breakfast: Cereal with milk, banana

Snack: Peanut butter crackers

Lunch: Chicken sandwich, peas and carrots, apple

Dinner: Hamburger with lettuce and tomato, French fries

Mary's Food Diary

Breakfast: Milk, toast, scrambled eggs

Snack: Baby carrots

Lunch: Turkey sandwich with mustard and lettuce, orange juice

Dinner: Grilled chicken pasta with marinara sauce, side salad

Jenny's Food Diary

Breakfast: Waffles with fruit topping, eggs, milk

Snack: punch

Lunch: Chicken nuggets, broccoli with cheese, apples

Dinner: Roast beef, mashed potatoes, peas and carrots

Components for This Bulletin Board Include:

- CD-410016 Health, Hygiene, & Good Manners Bulletin Board Set **NEW!**
- CD-5312 Purple 4" EZ Letters
- CD-1255 Big Rainbow Dots Scalloped Border
- CD-2576 Rainbow Dots Computer Paper

See coordinating



- Fruit Bingo
- Vegetable Bingo