

# STAYING SAFE IS IMPORTANT!

Protecting your body from harm is something you need to remember at all times.

## *Do you know...*

- ➡ ...you should stay in a booster seat while riding in any car until you are 4'9" tall?
- ➡ ...you should wear a helmet whenever you ride a bike, skateboard or scooter?
- ➡ ...motorized things like 4-wheelers and motor bikes should be ridden only with an adult and while everyone is wearing a helmet?
- ➡ ...you should never swim without an adult present?
- ➡ ...how to call your parents or another adult if you need help and they are not around?
- ➡ ...what to do if an adult or older child is making you feel scared?

*Talk with your parents if you have any questions about these!*



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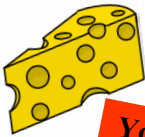
Whoa, you're

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# Healthy Choices

**Your body needs to have these things every day!**

Did you know you should eat 5 servings of fruits and vegetables every day? A serving size of most fruits and vegetables is about the amount you can put in the palm of your hand, so it's not as much as you think!



**Your body is growing fast! Dairy products give you lots of calcium for strong bones and protein for strong muscles. You should have 3 servings of dairy products every day!**



**Playing outside helps keep your muscles strong and your heart healthy. You should do 60 minutes of outside activity every day!**

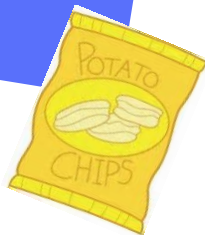


**You should have these things in only small amounts or not very often at all!**

Foods like pizza, chicken nuggets, fries and burgers are very high in an unhealthy fat that can make your heart sick if you eat them too often. Try to limit these kinds of foods to once a week.



Desserts and snack foods like chips are sometimes foods, too. They don't have healthy vitamins and they have too much sugar. You shouldn't eat these every day.



**Water or milk are the best drinks for your body. Drinks like soda, sport drinks or even juice have unhealthy sugar that don't give the right kind of energy your body needs.**

