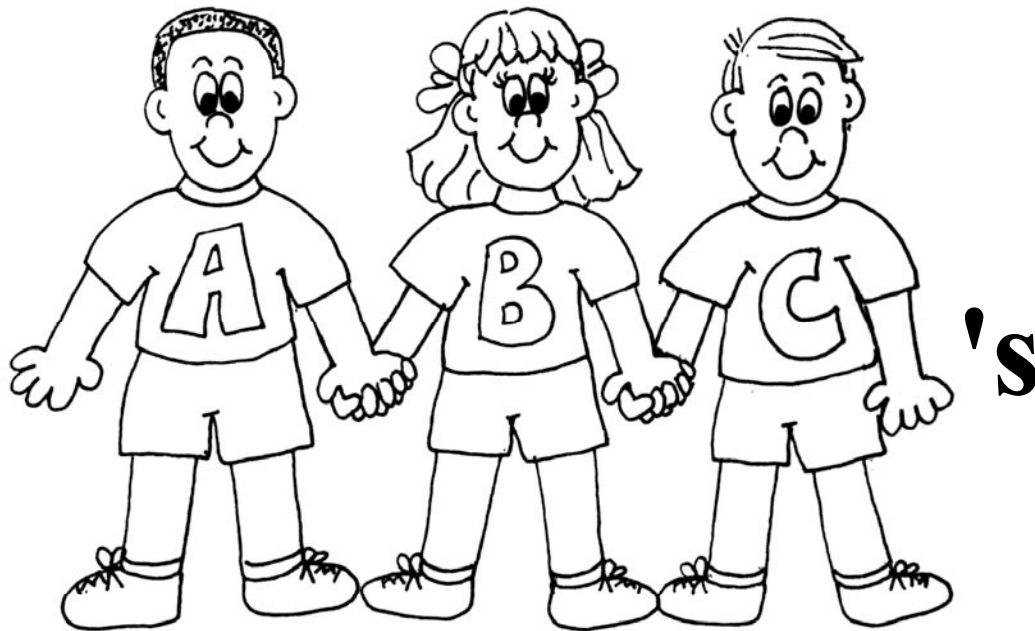


THE



OF GOOD HEALTH

Coloring Book

Written and illustrated by Sara Luckhaupt, B.A.
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College of Medicine and Public Health
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Ohio Department of Health
and the National Health Service Corps

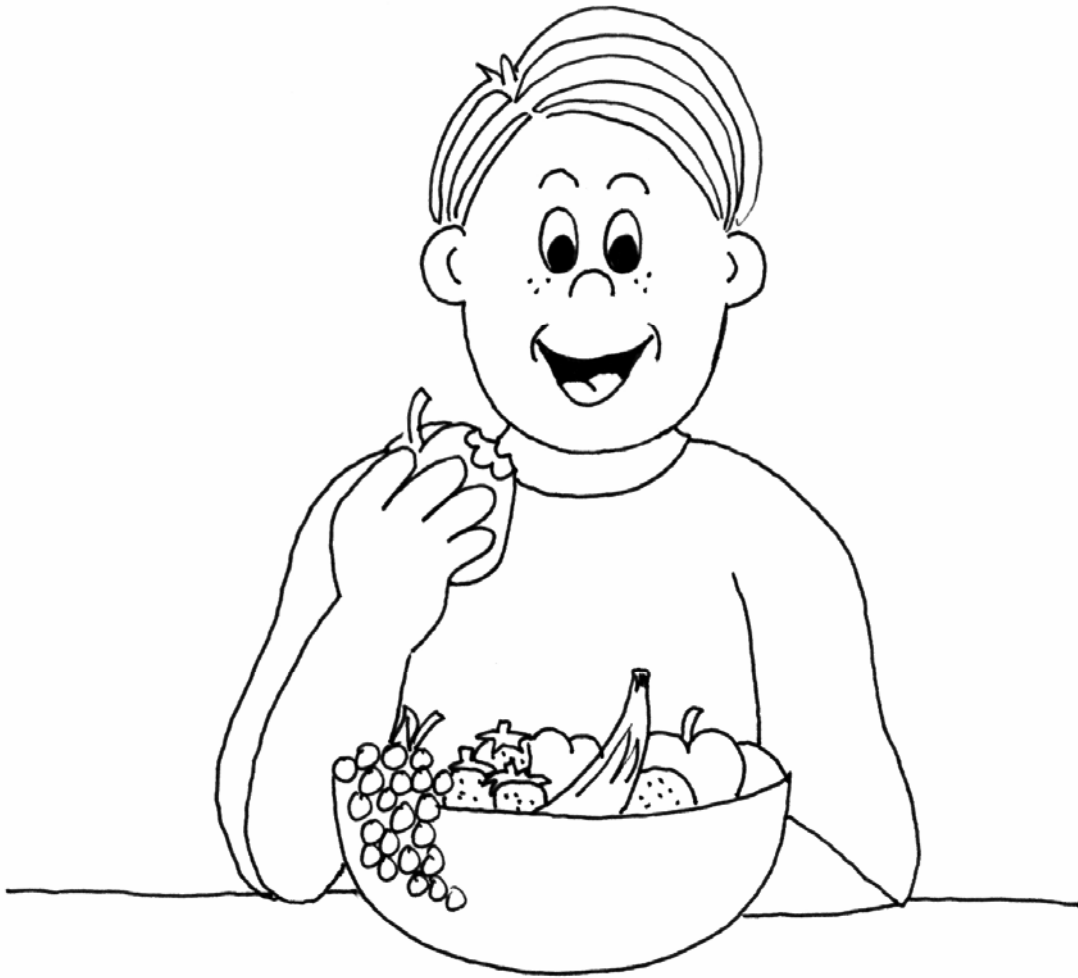
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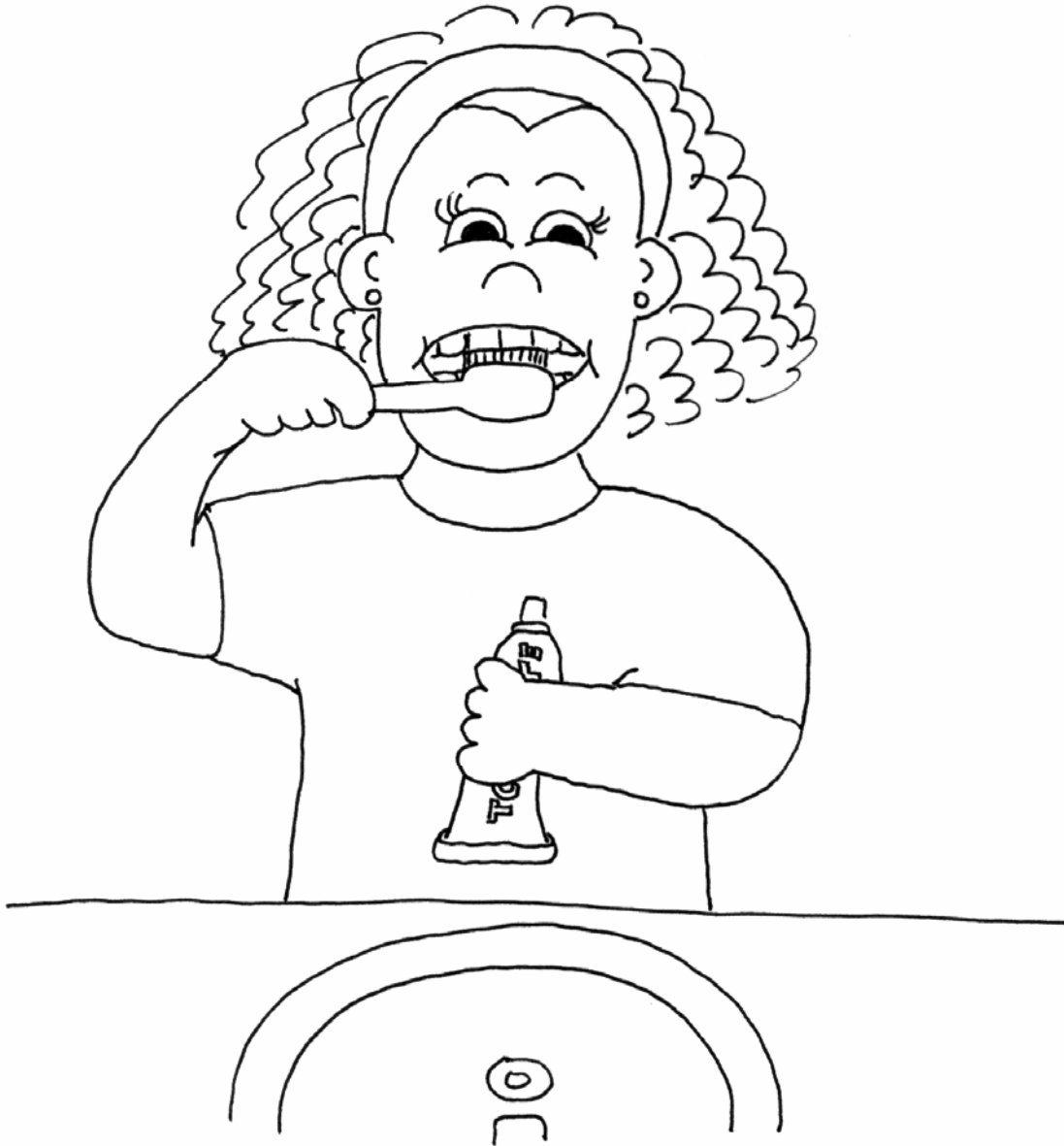
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A is for **APPLE**.



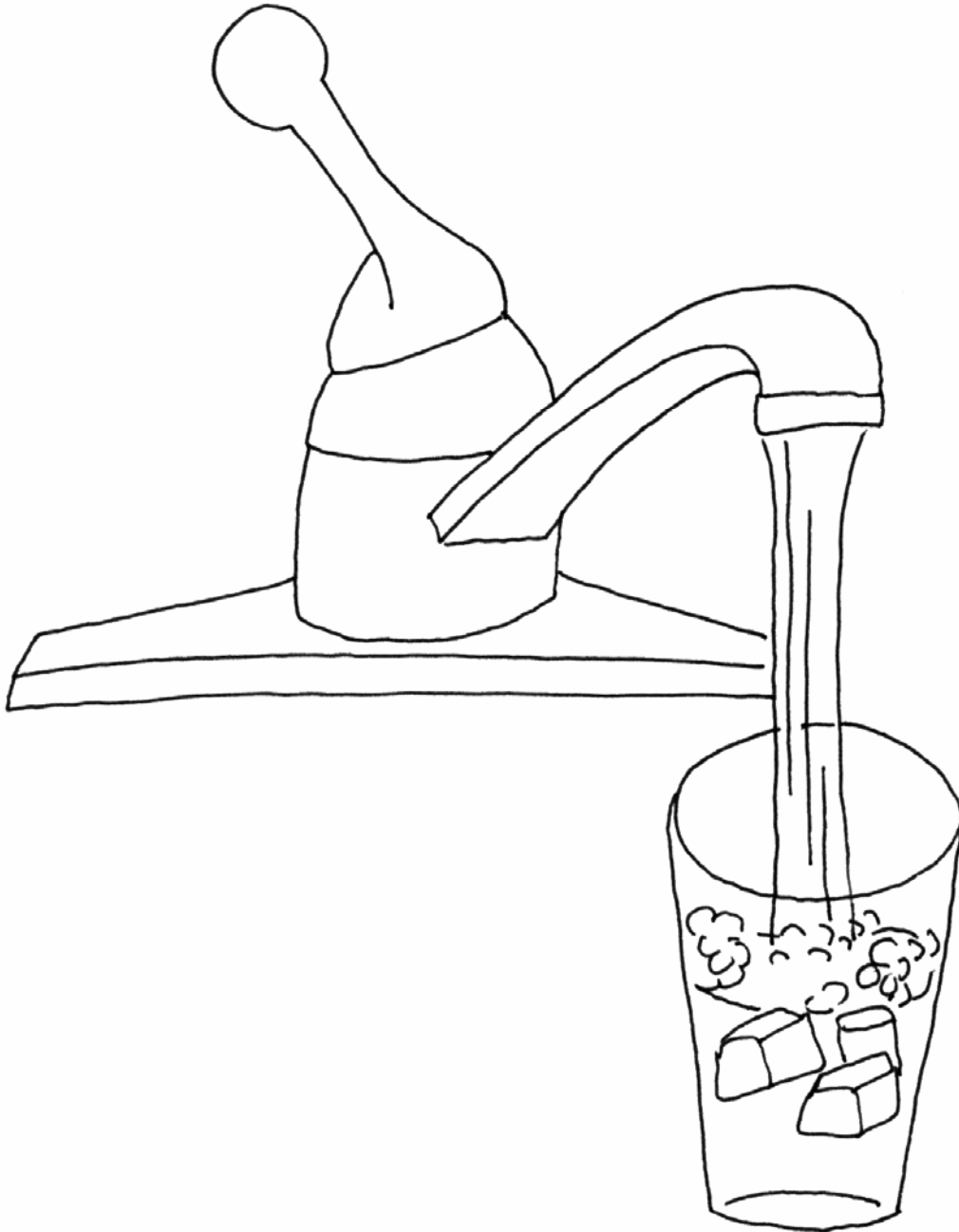
To keep yourself healthy, eat lots of apples and other good stuff.

B is for **BRUSHING YOUR TEETH.**



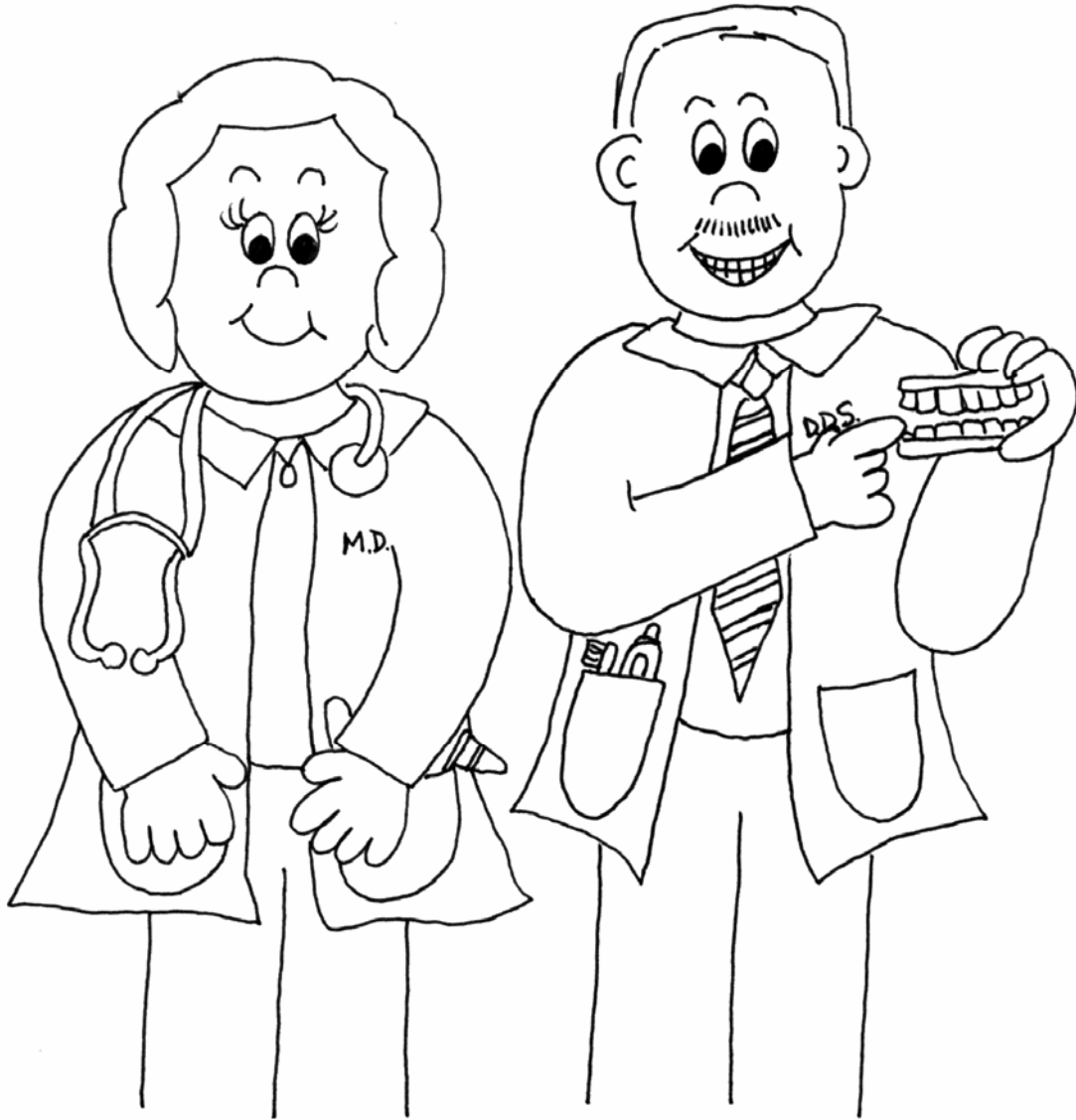
Brush two times each day to keep your teeth healthy, right down to the roots.

C is for **CLEAN WATER**.



Use it for bathing, and drink some each day.

D is for **DOCTORS AND DENTISTS.**



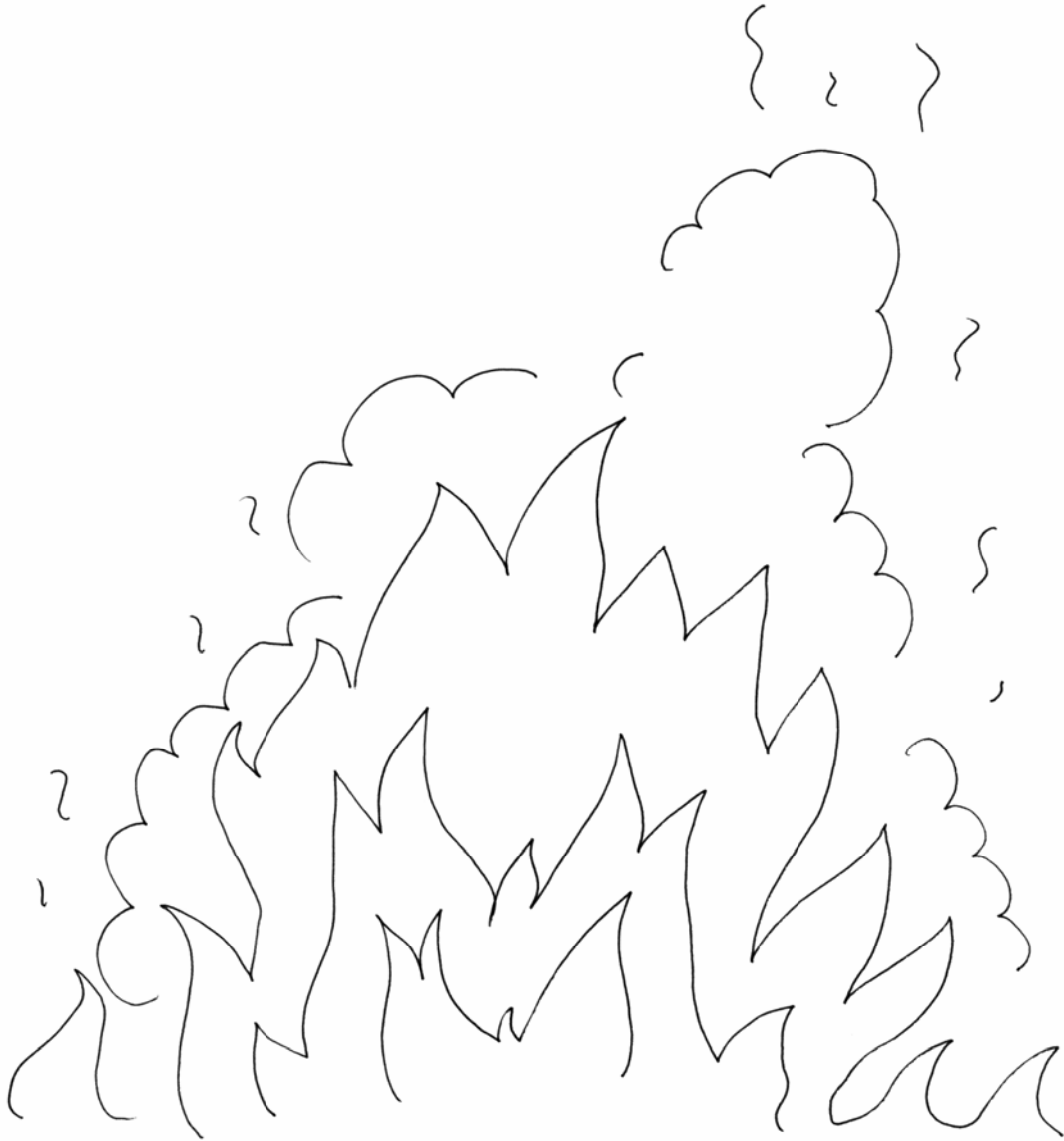
They want you to get better, so do what they say.

E is for **EXERCISE**.



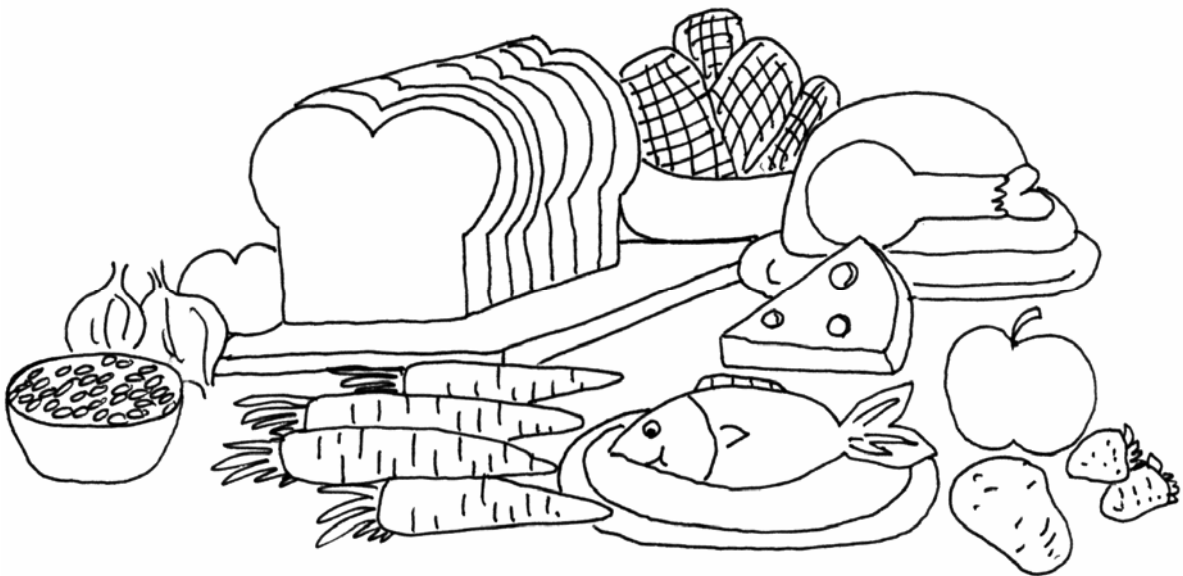
Run, ride a bike, or play sports if strong muscles are your goal.

F is for **FIRE SAFETY**.



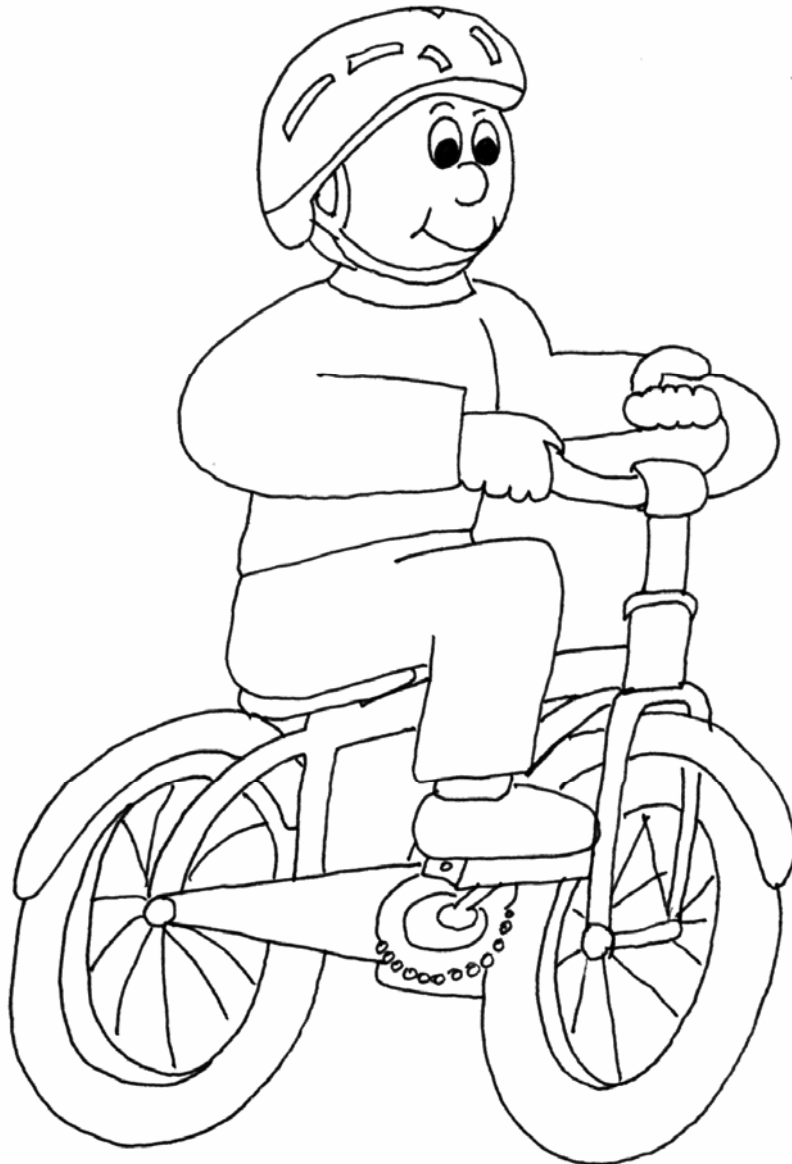
If your clothes catch on fire: stop, drop,
and roll.

G is for **GROW**.



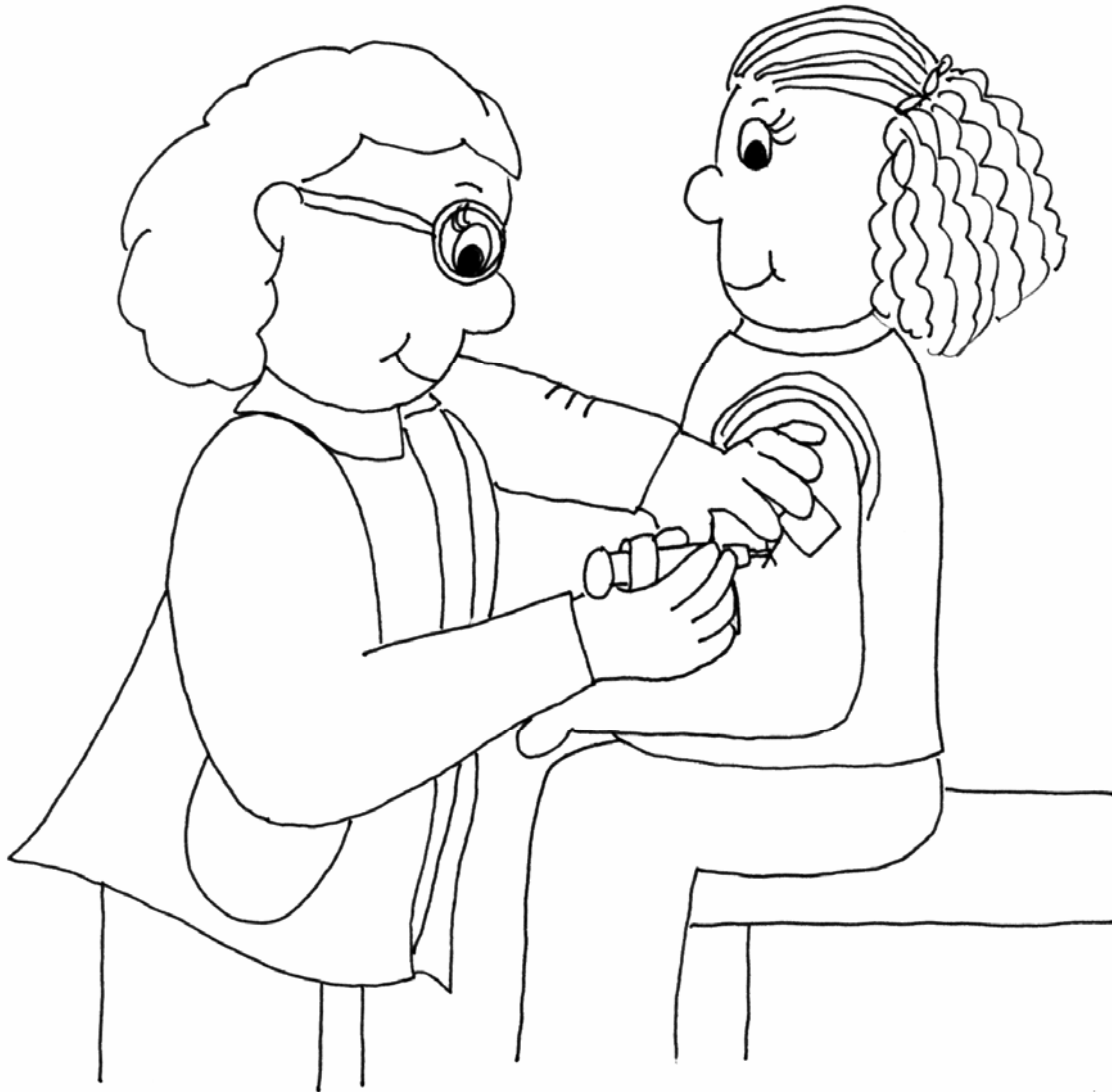
Eat fruits and vegetables, meats, breads,
and cheeses, because **G** is for **GROW**.

H is for **HELMET**.



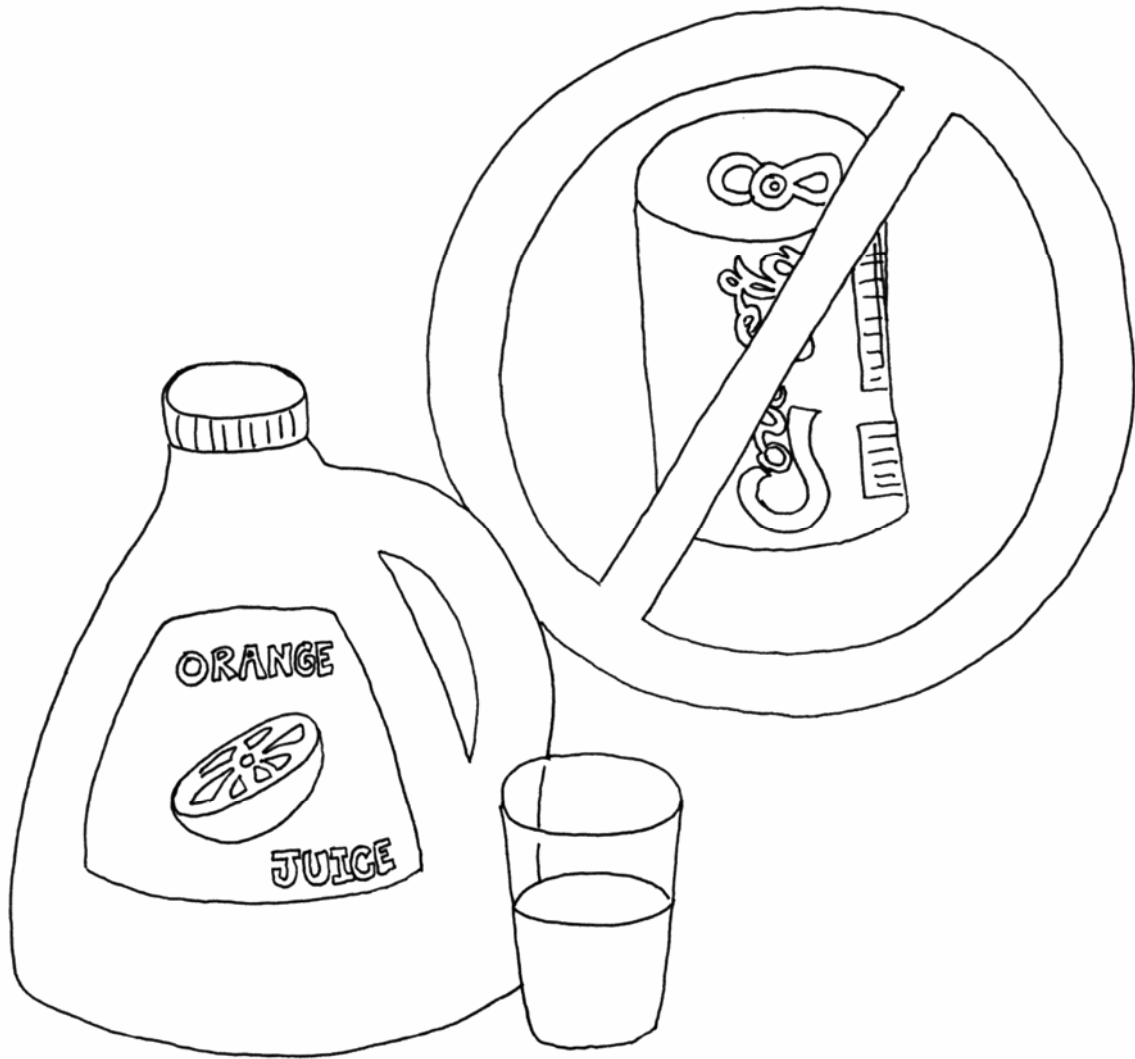
When you get on your bike, put on a helmet before you can go.

I is for **IMMUNIZATIONS**.



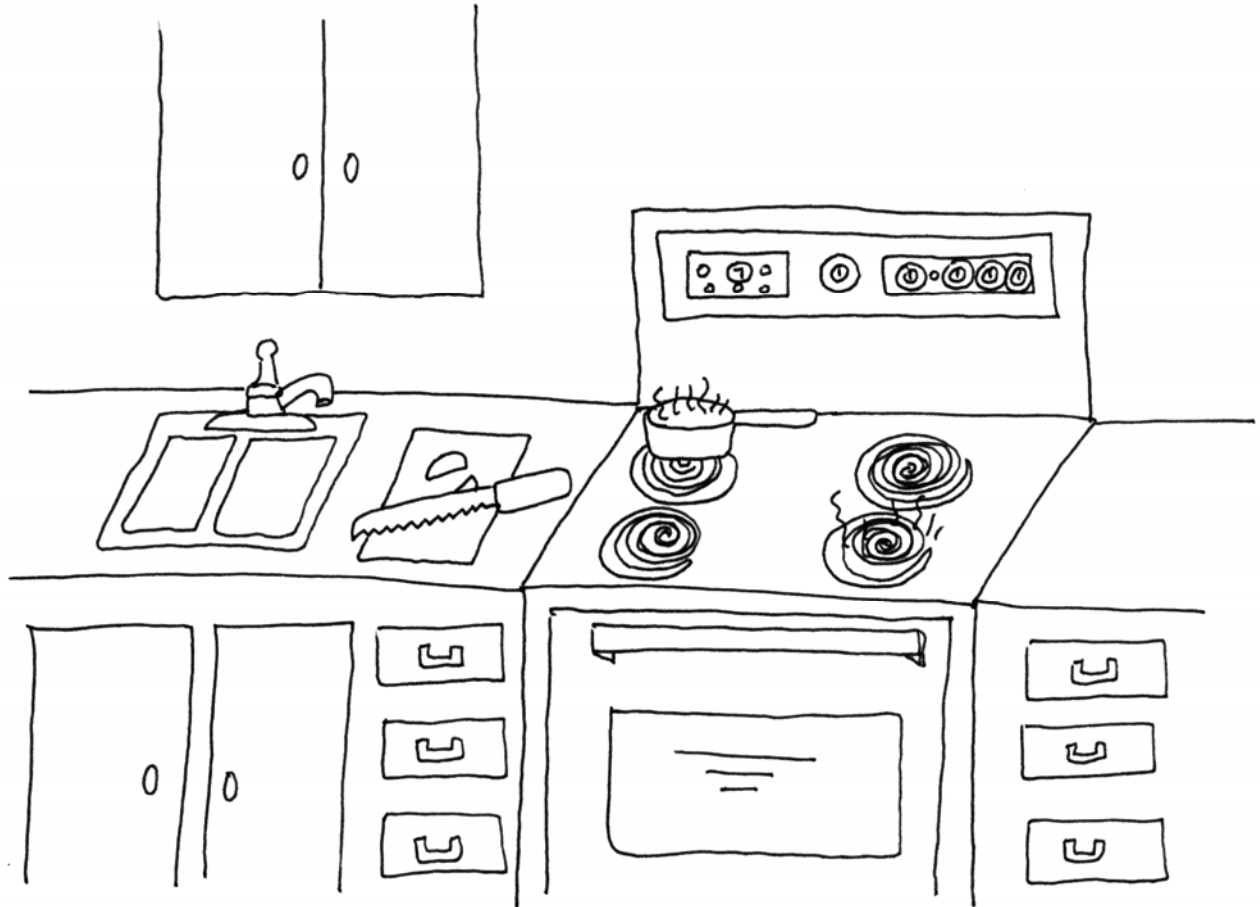
They're the shots the nurse gives you so you won't get sick.

J is for **JUICE**.



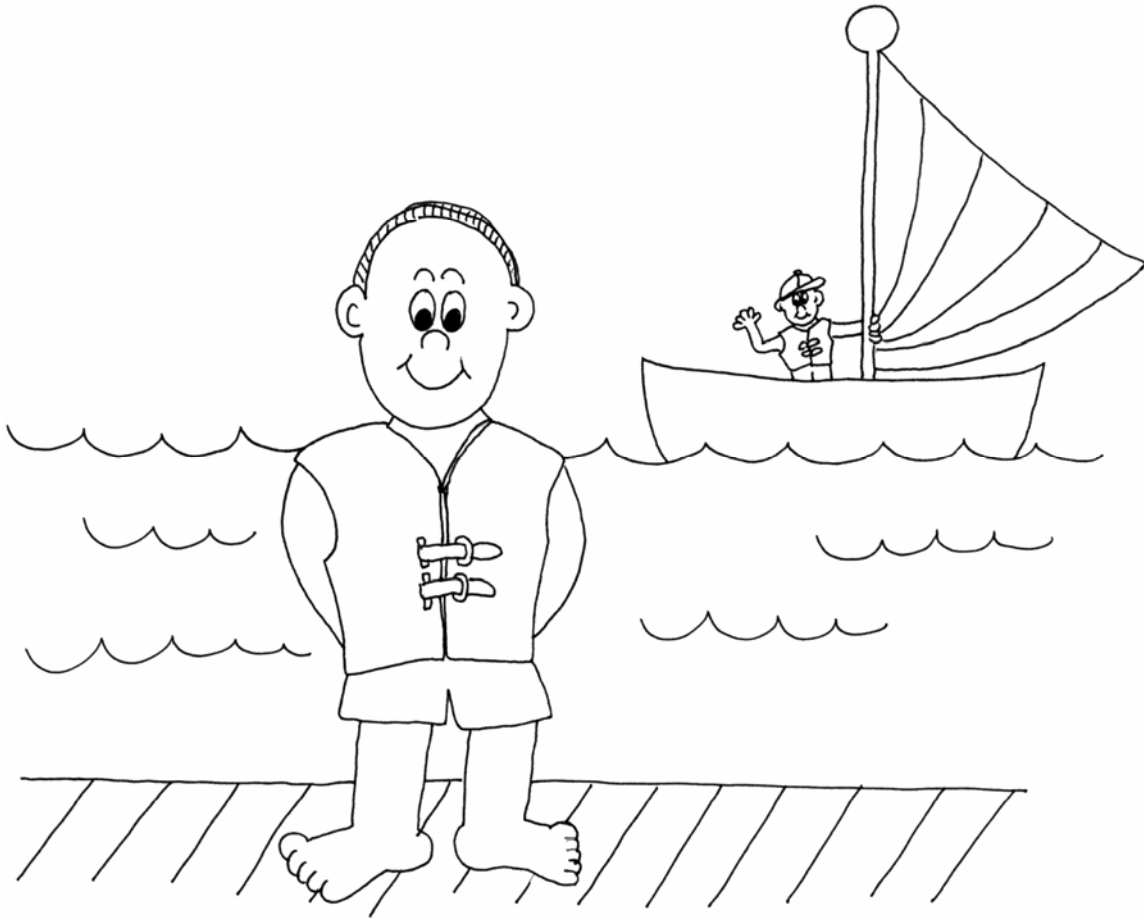
Instead of drinking pop, juice is a good drink to pick.

K is for **KITCHEN SAFETY**.



Be very careful around hot stoves and sharp knives.

L is for **LIFE JACKETS.**



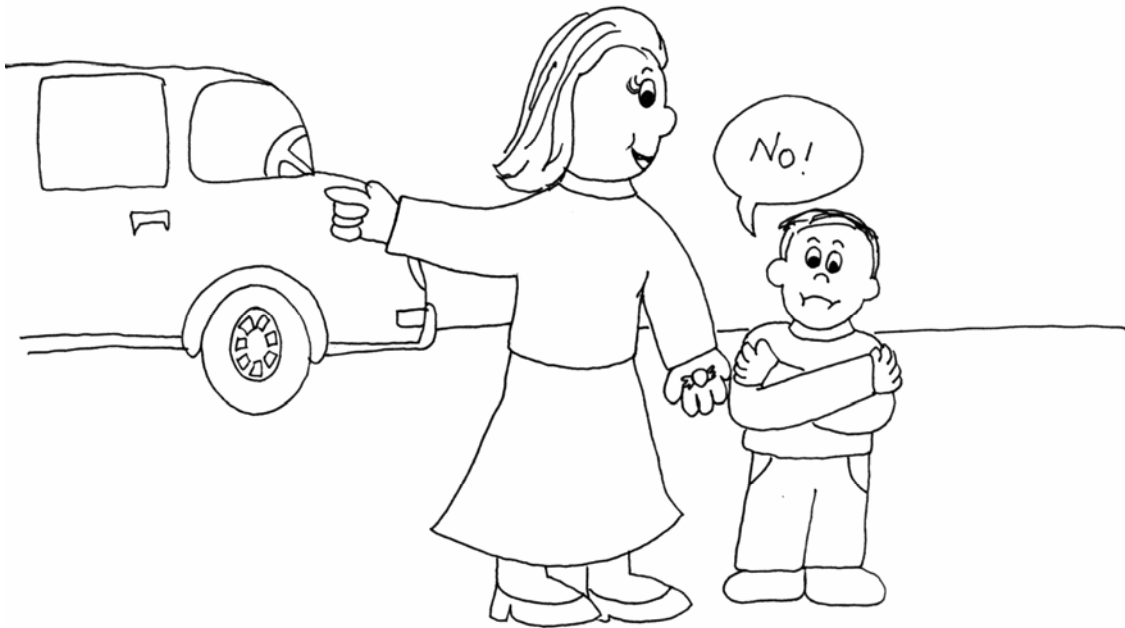
Near rivers and lakes, they save lots of lives.

M is for **MILK**.



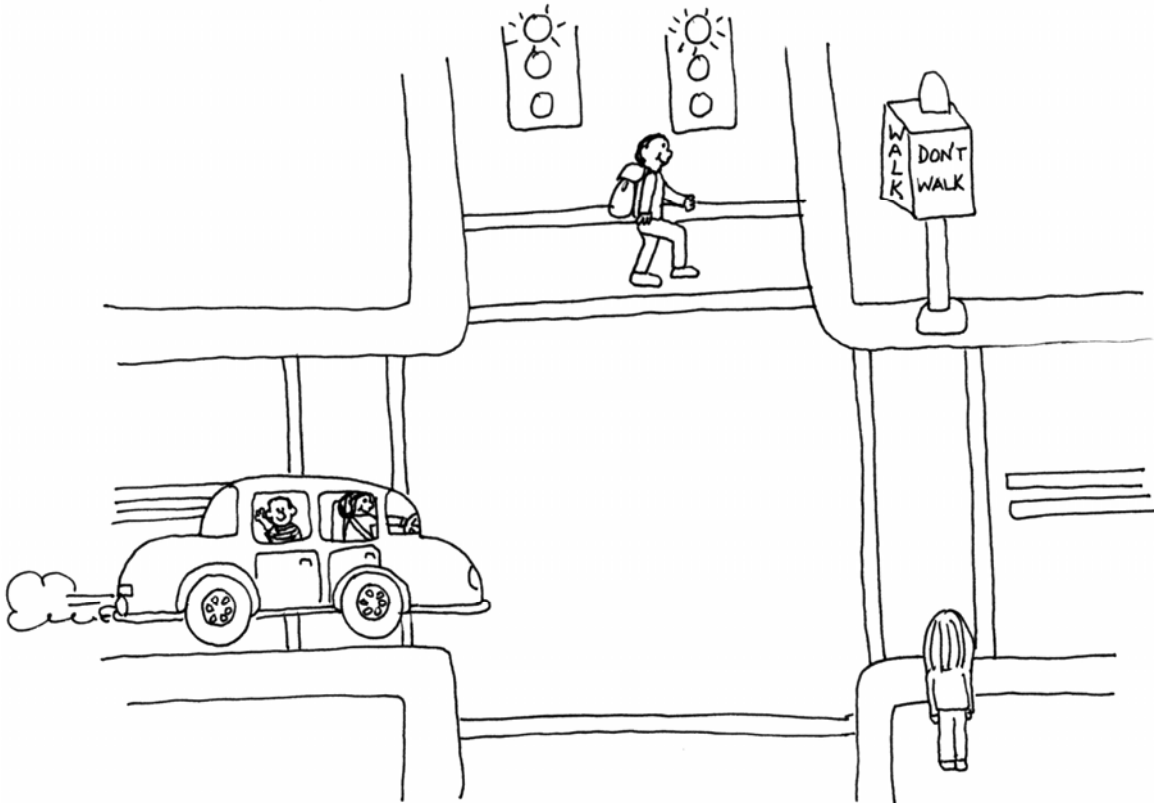
Drink lots of milk for strong bones and teeth.

N is for **NEVER TALK TO STRANGERS.**



Never get into a car with a stranger or eat his candy.

O is for **OBEY TRAFFIC LAWS.**



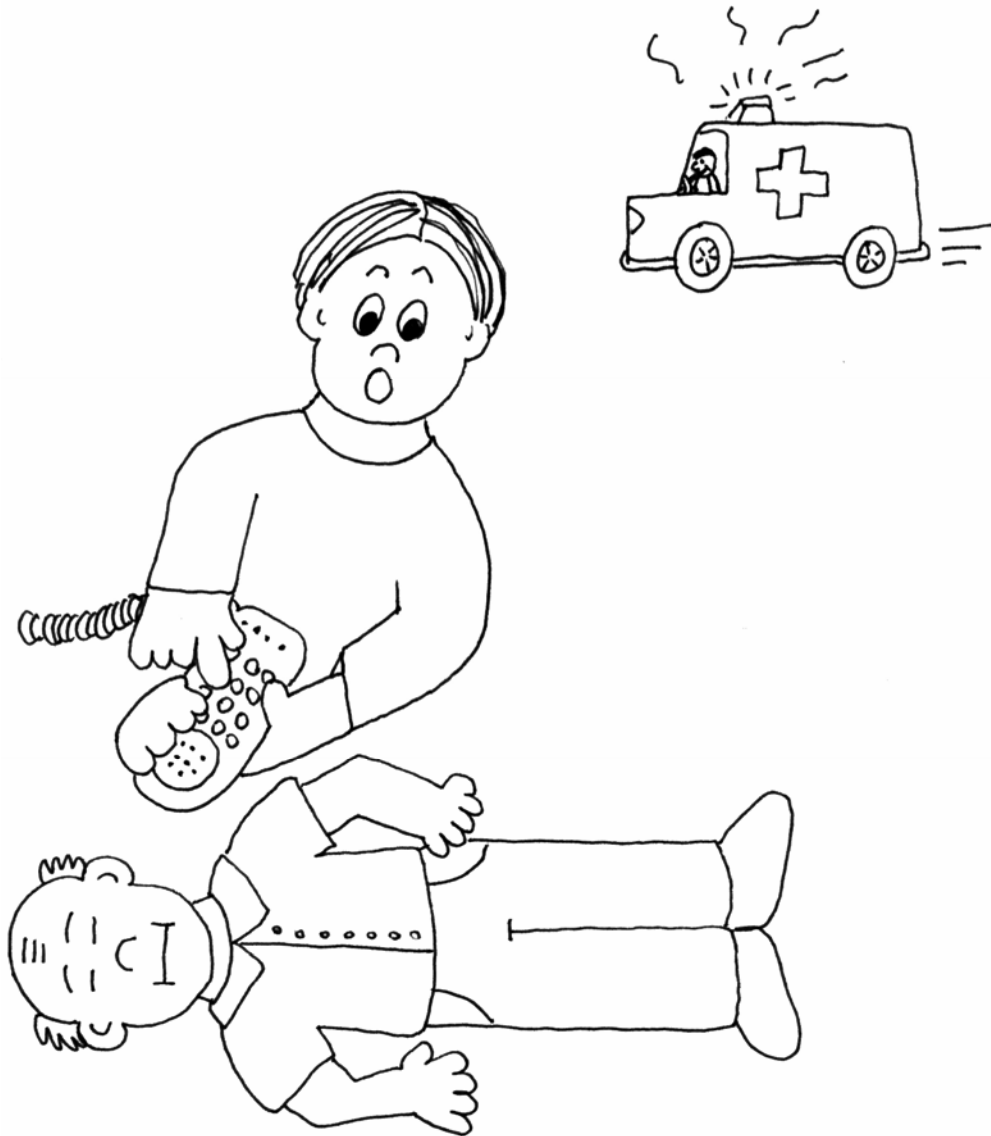
Cross the street at the corner with the
“Walk” light.

P is for **PETS**.



Your pets may be friendly, but strange ones might bite.

Q is for **QUICKLY**.



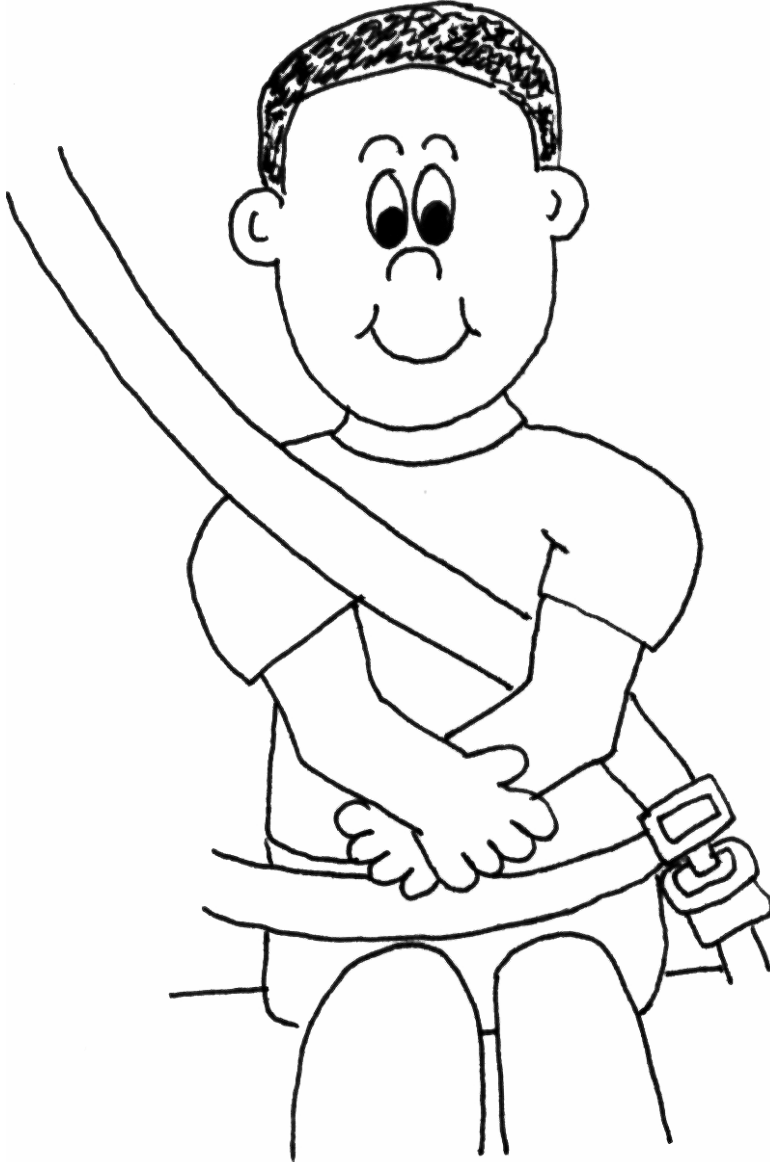
If there is an emergency, quickly call
9-1-1.

R is for **READING**.



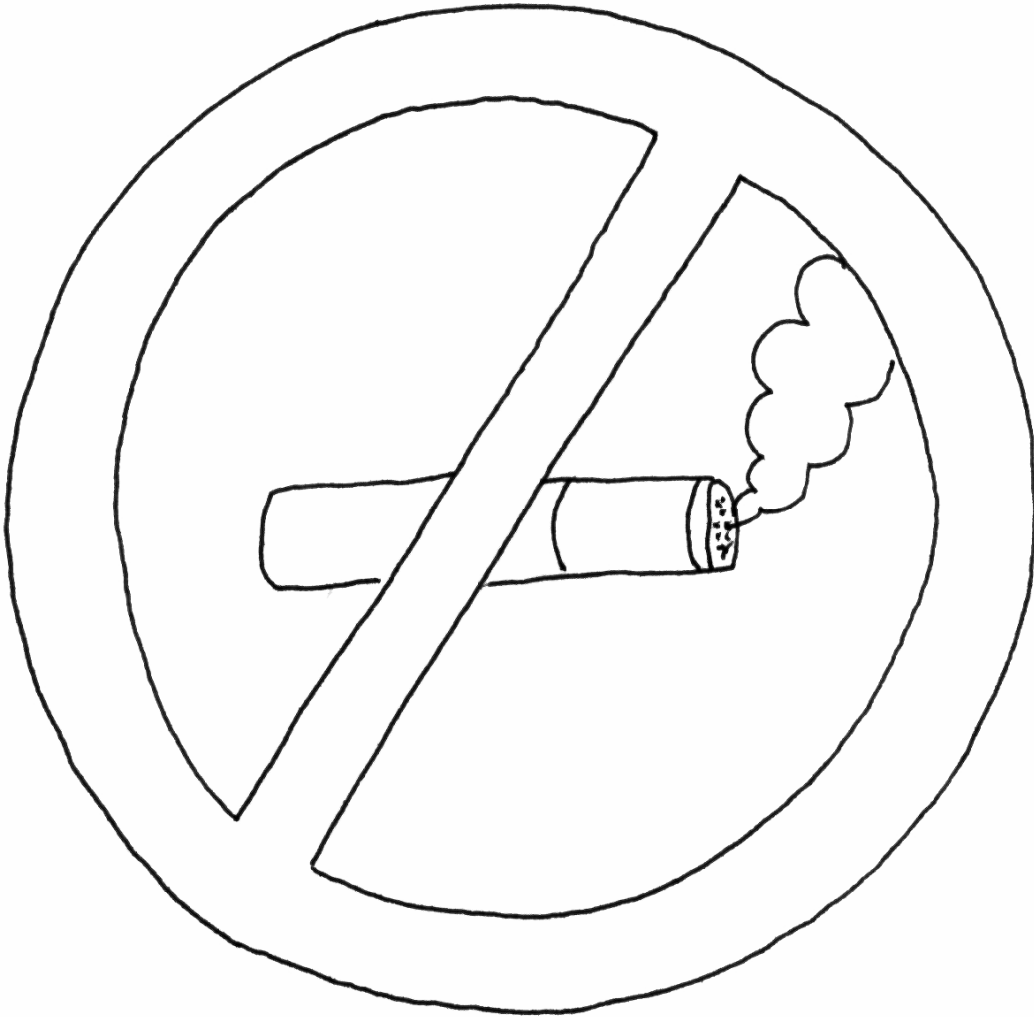
It's good for your brain, and also quite fun.

S is for **SEATBELTS**.



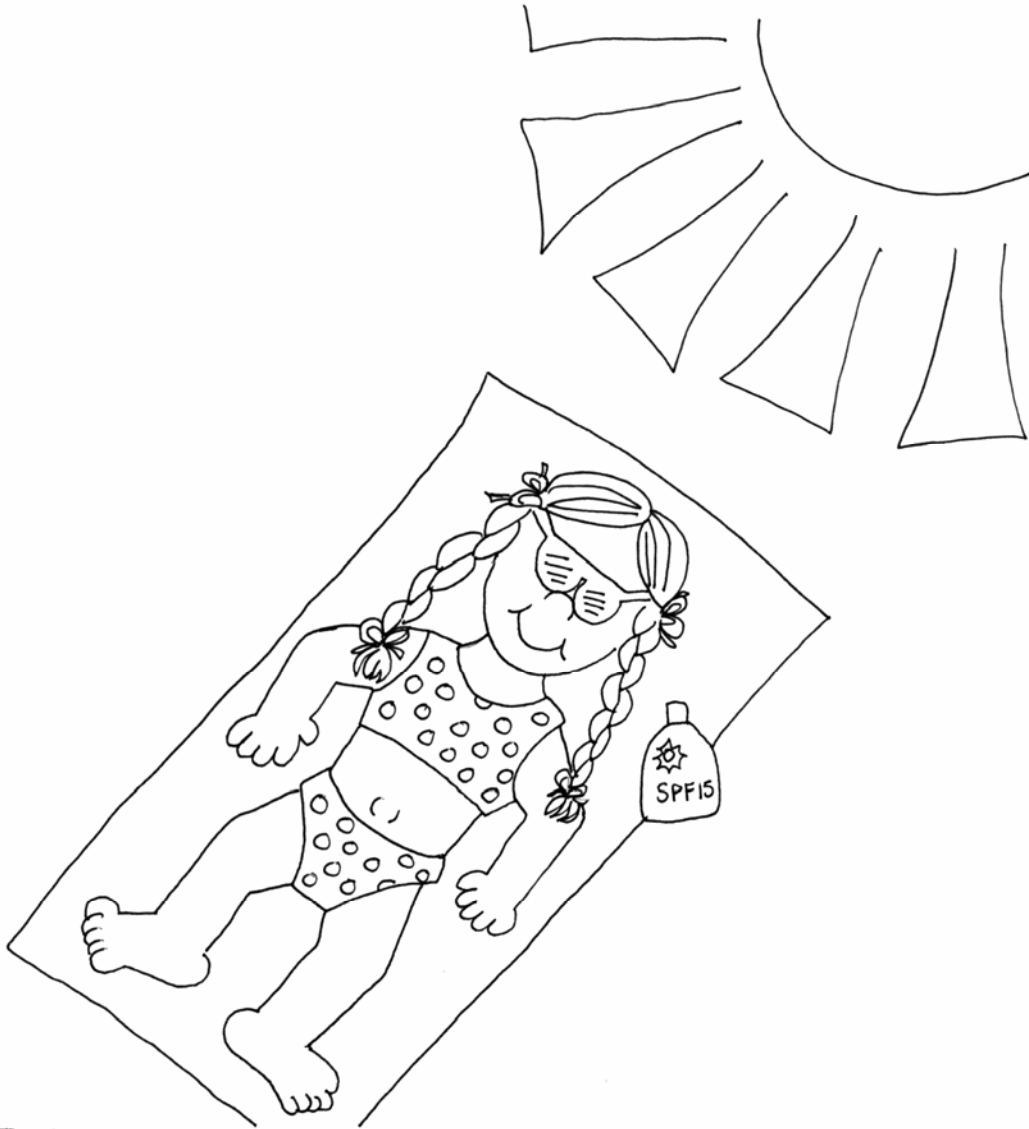
Always buckle your seatbelt to stay safe
in the car.

T is for **TOBACCO**.



Smoking is bad for your lungs because
cigarettes have tar.

U is for **USE SUNSCREEN.**



To keep your skin safe from the sun,
always put on sunscreen.

V is for **VEGETABLES**.



To get iron for your blood, eat lots that are green.

W is for **WASH YOUR HANDS.**



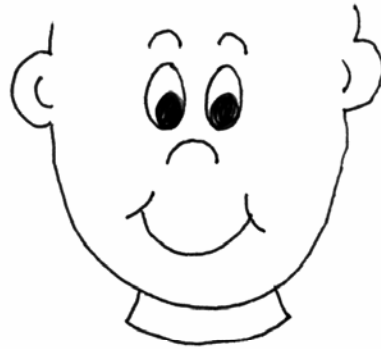
Wash your hands before you eat and
after using the potty.

X is for **NO DRUGS** or **ALCOHOL**.



They are bad for your body.

Y is for YOU!

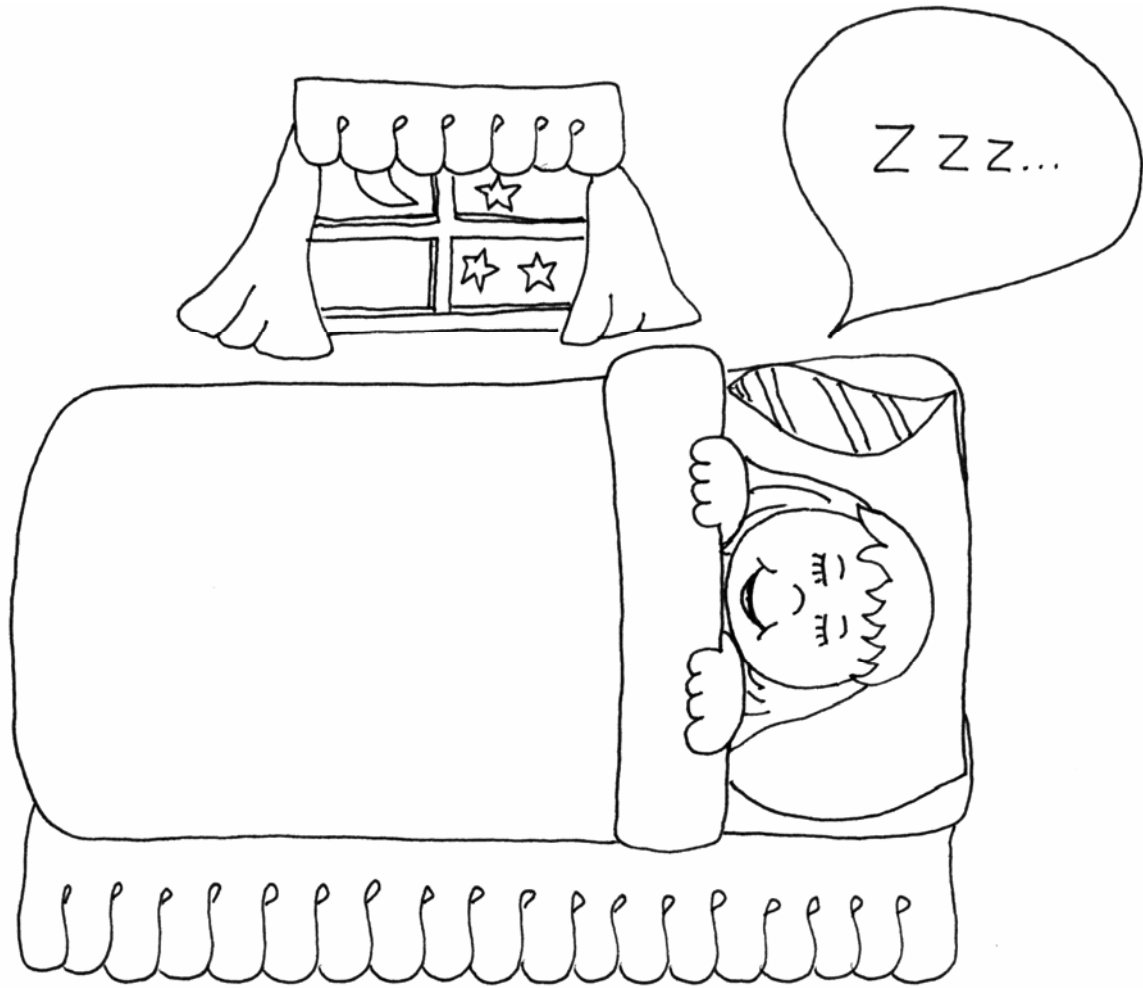


Draw
your hair
and clothes! →



Form health habits and you will be all right.

“ZZZZ” is for SLEEP.



Try to get eight hours of sleep every night.