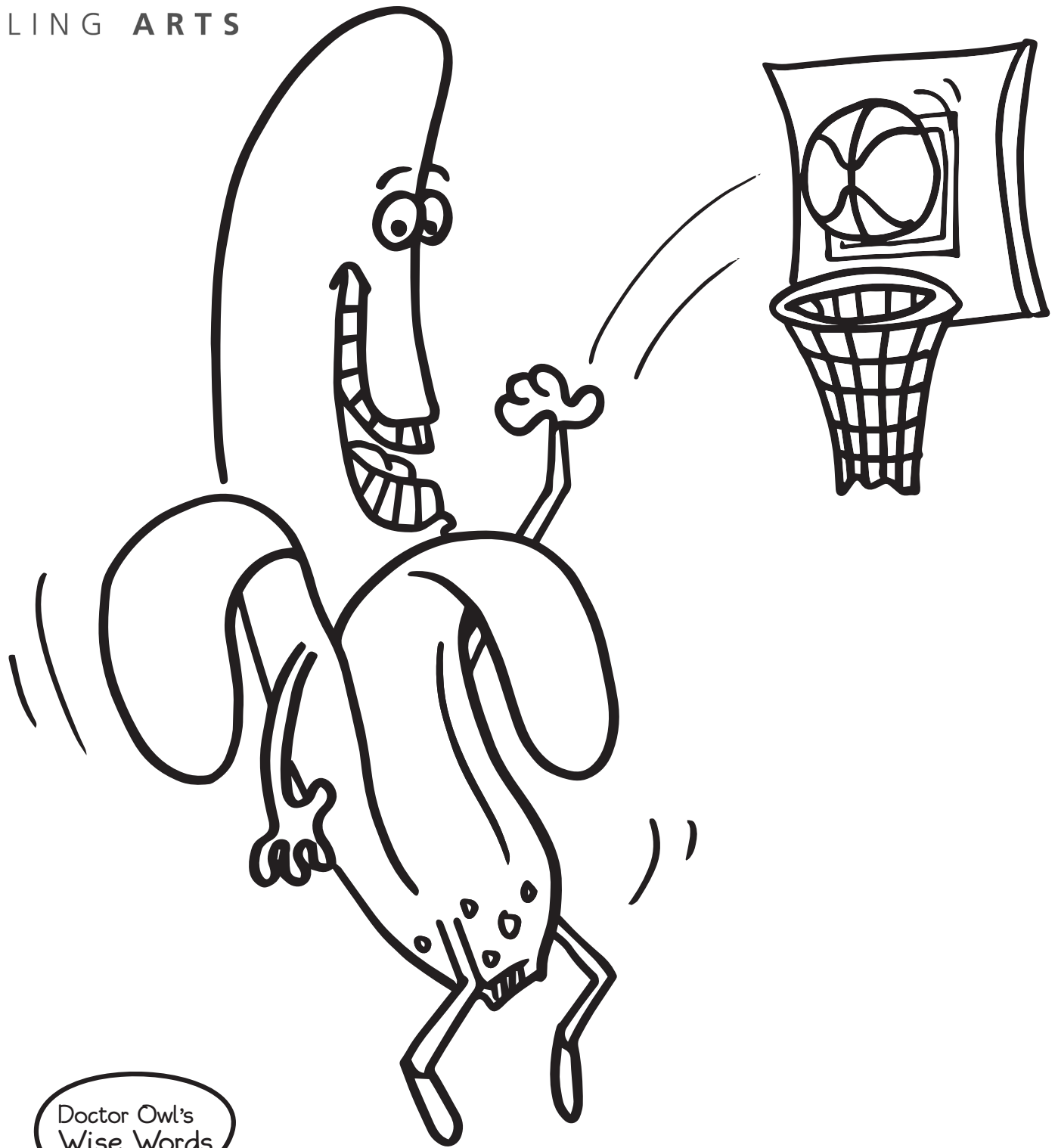


Coloring Fun for Healthy Kids!



Featuring
Dr. Owl!

Montefiore
HEALING ARTS



Doctor Owl's
Wise Words

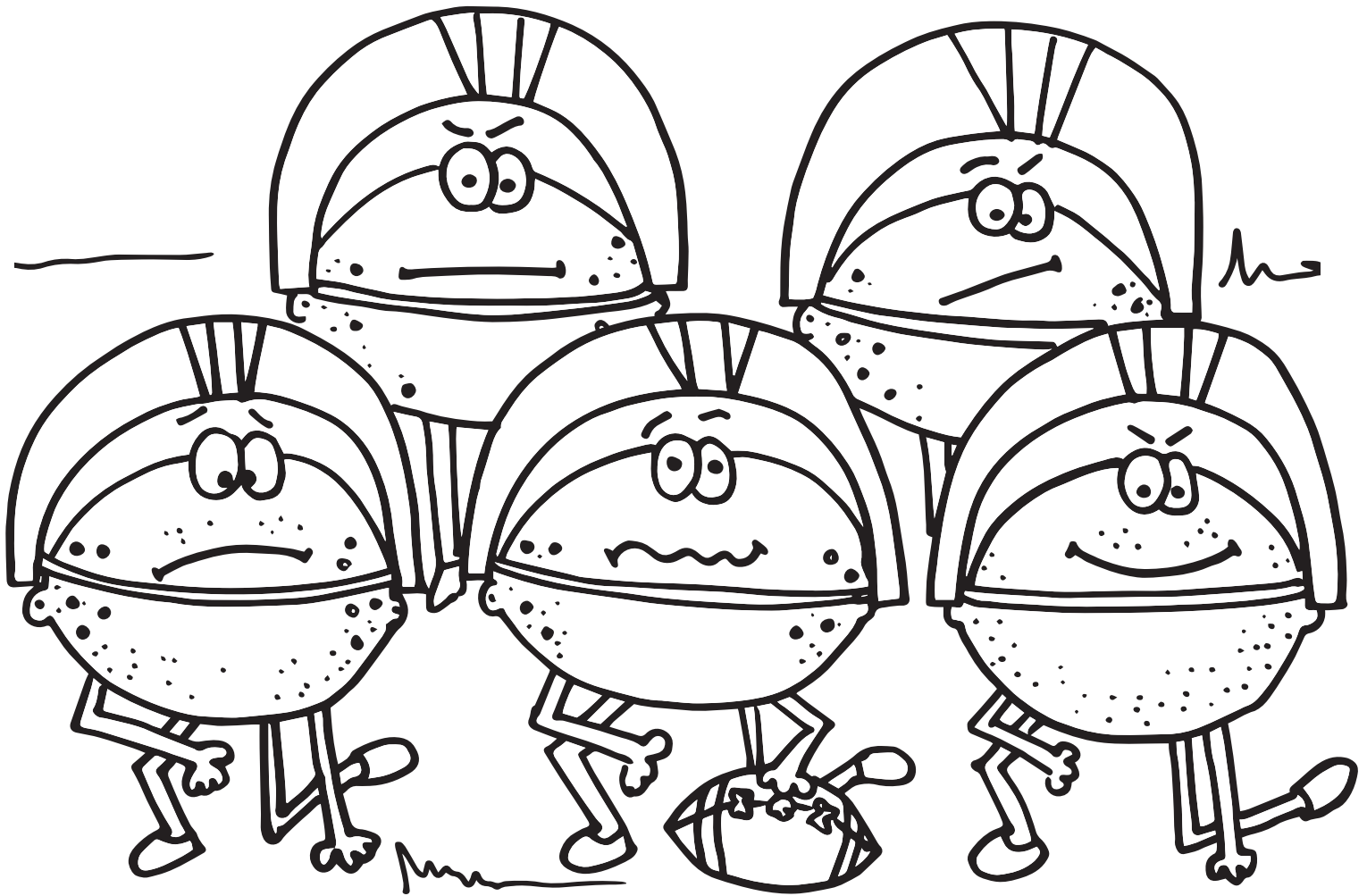


Your body needs 5 or more servings of vegetables and fruit every day. Fruits and vegetables come in many great colors. Can you think of 2 that are:

Red? _____

Yellow? _____

Green? _____



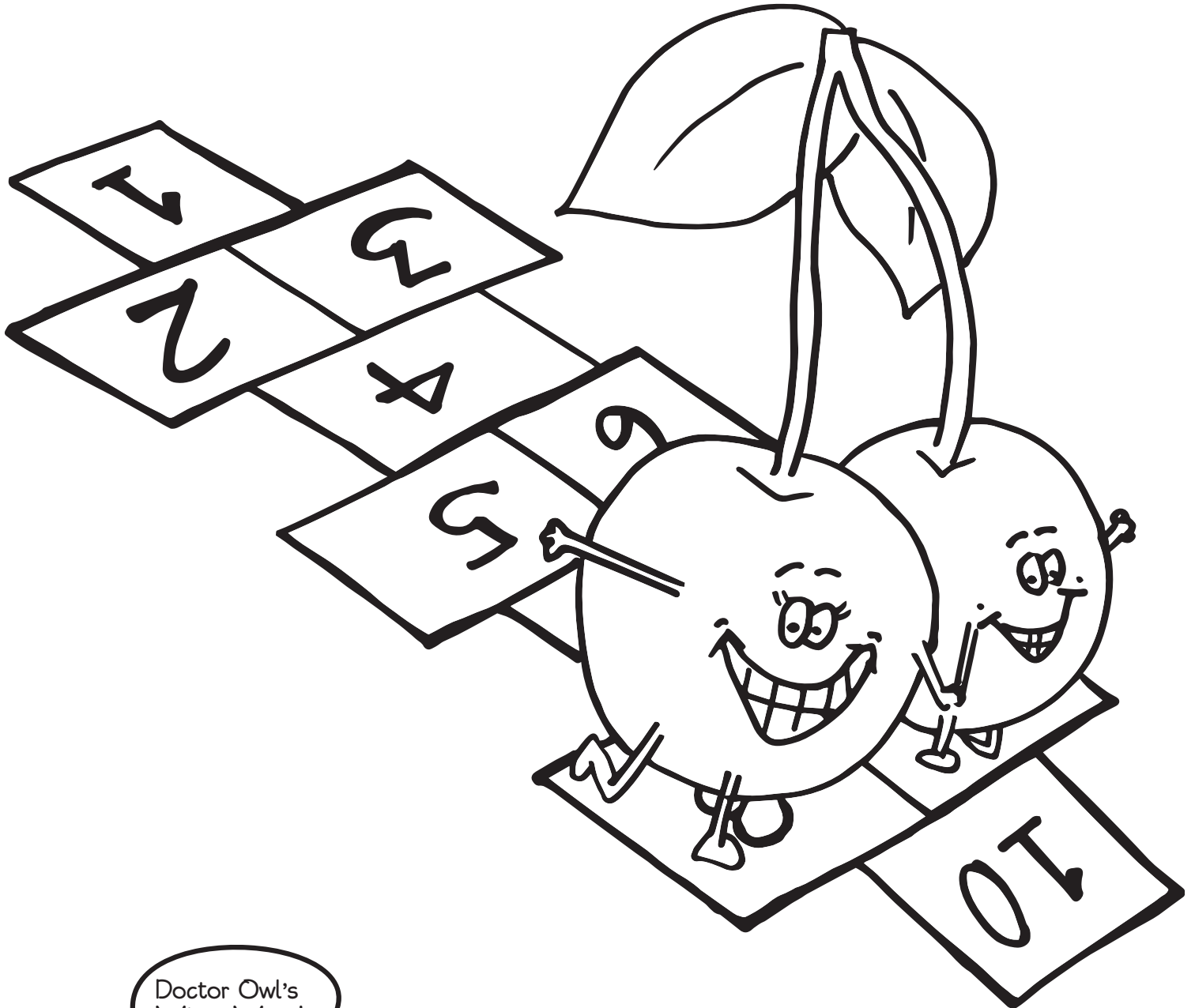
Doctor Owl's
Wise Words



Your body needs at least 60 minutes of exercise each day.
Which 3 activities are good ways to get exercise?

- A) Dancing
- B) Playing sports
- C) Doing jumping jacks
- D) Napping

Answer: A, B and C. Try to limit TV, video games and computer/ smartphone use to 2 hours a day so you have more time to be active!



Doctor Owl's
Wise Words



Your body needs at least 60 minutes of exercise each day.
Try one of these fun ways to get exercise today!

- Hop like a rabbit
- Walk like a monster
- Flap your arms like a bird



Doctor Owl's
Wise Words



Your body needs at least 60 minutes of exercise each day.
Which 3 activities are good ways to get exercise?

- A) Playing tag
- B) Jumping rope
- C) Riding a bike
- D) Playing video games

Answer: A, B and C. Try to limit TV, video games and computer/ smartphone use to 2 hours a day so you have more time to be active!



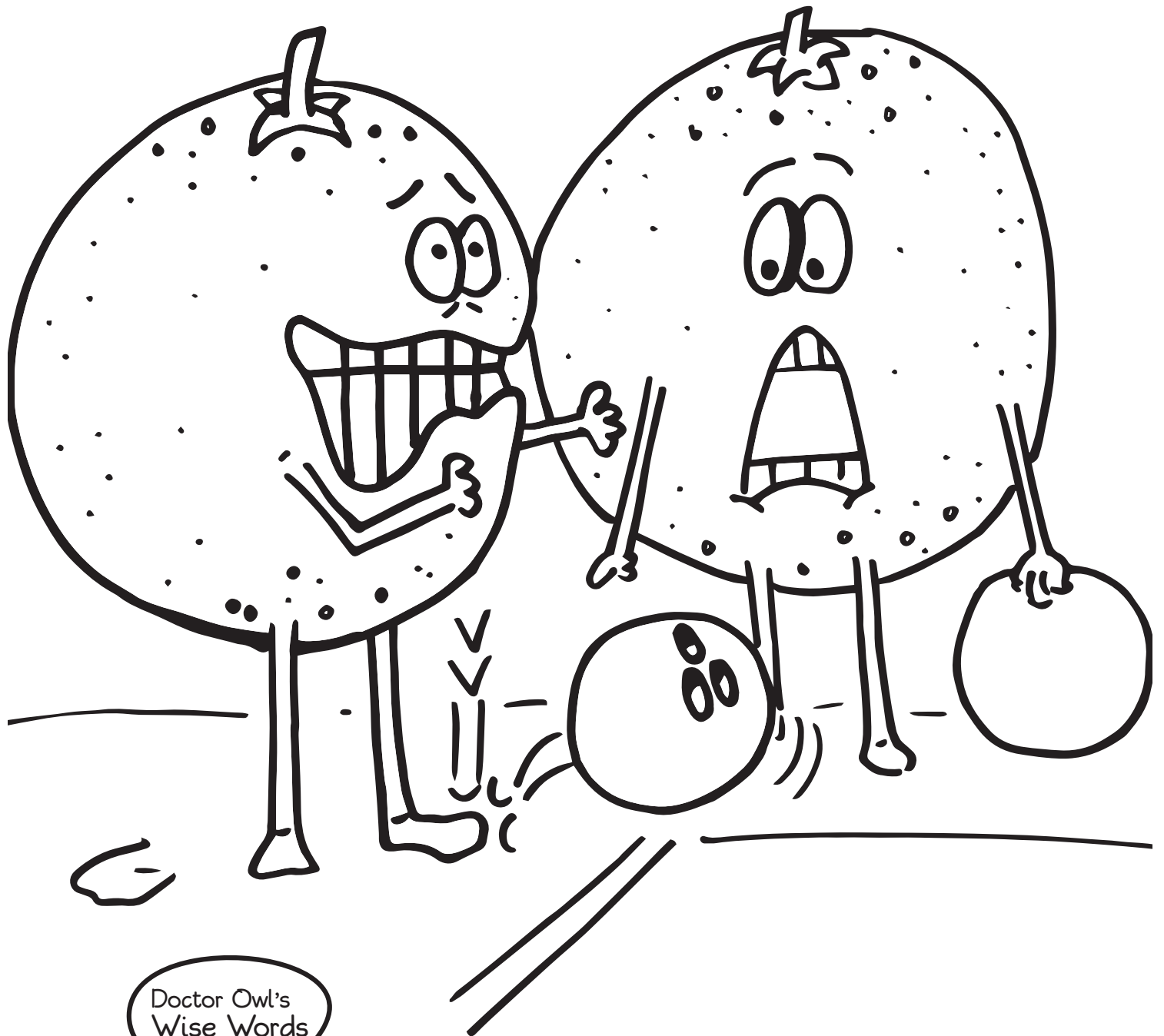
Doctor Owl's
Wise Words



Which 3 of these are healthy snacks?

- A) Low-fat yogurt
- B) Raisins
- C) Carrots
- D) French fries

Answer: A, B and C. French fries are high in fat and salt!



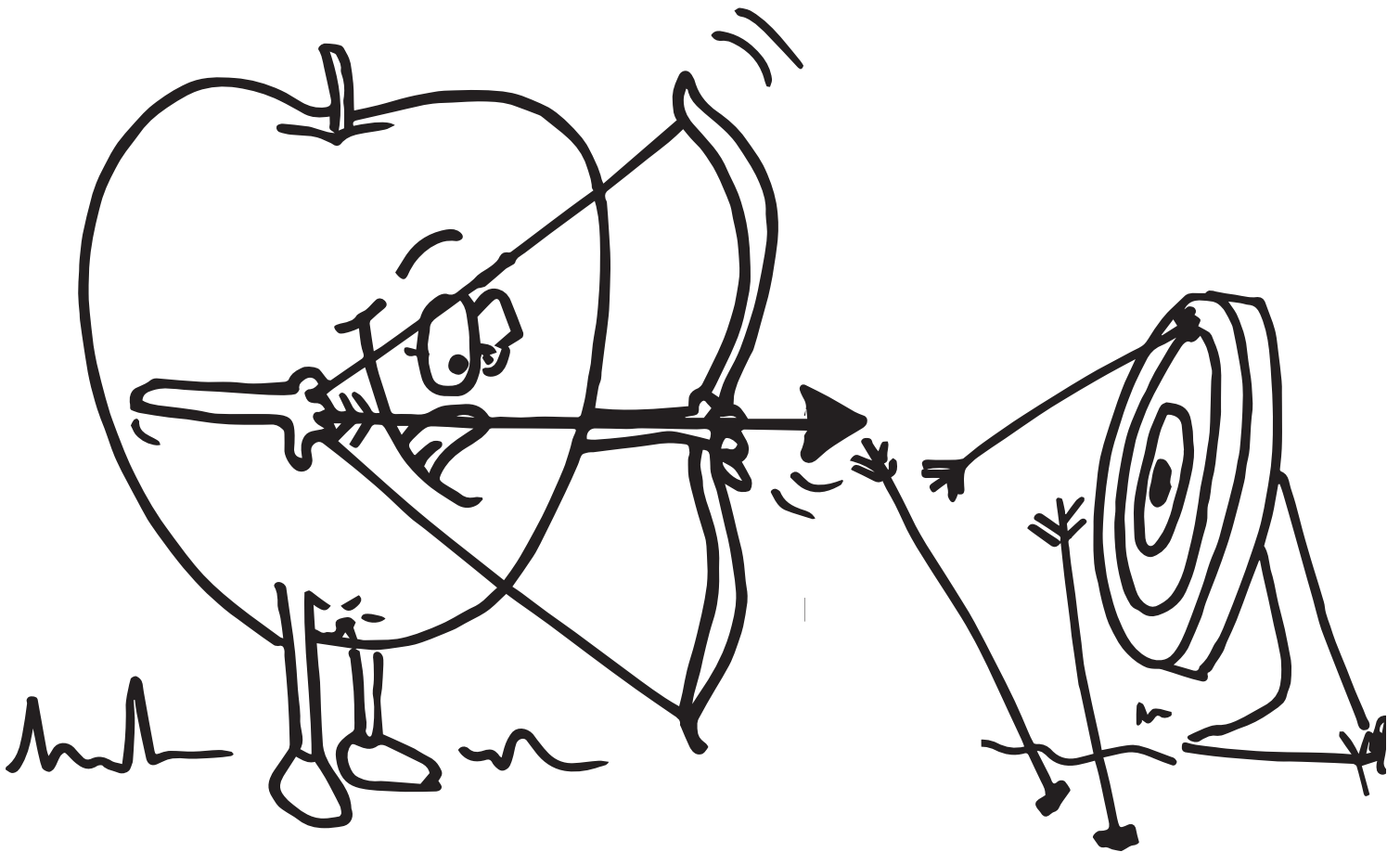
Doctor Owl's
Wise Words



Your body needs 5 or more servings of vegetables and fruit every day.

What are your 2 favorite vegetables? _____

What are your 2 favorite fruits? _____



Doctor Owl's
Wise Words

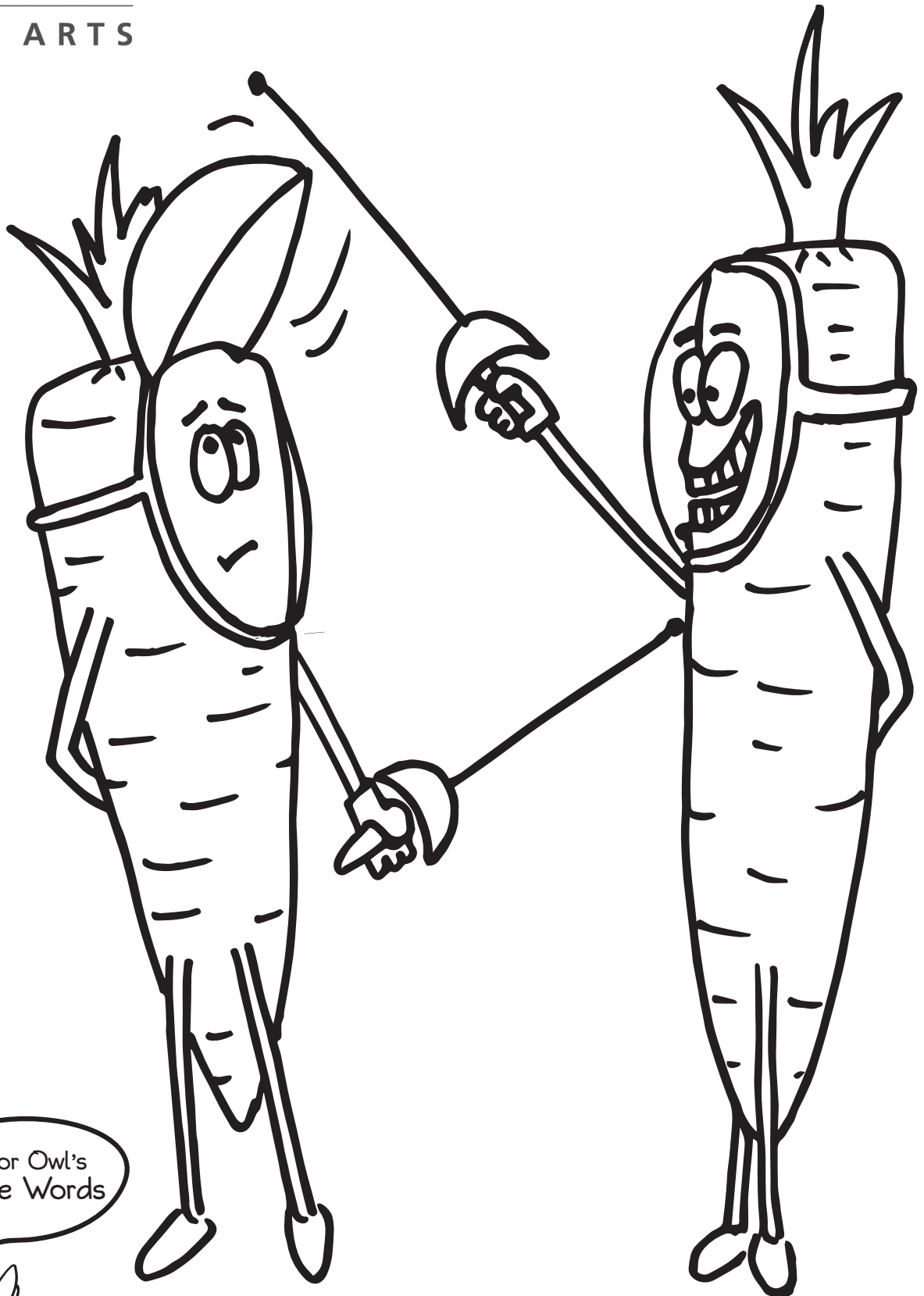


Your body needs 5 or more servings of vegetables and fruit every day.
Fruits and vegetables come in many great colors. Can you think of two that are:

Red? _____

Yellow? _____

Green? _____



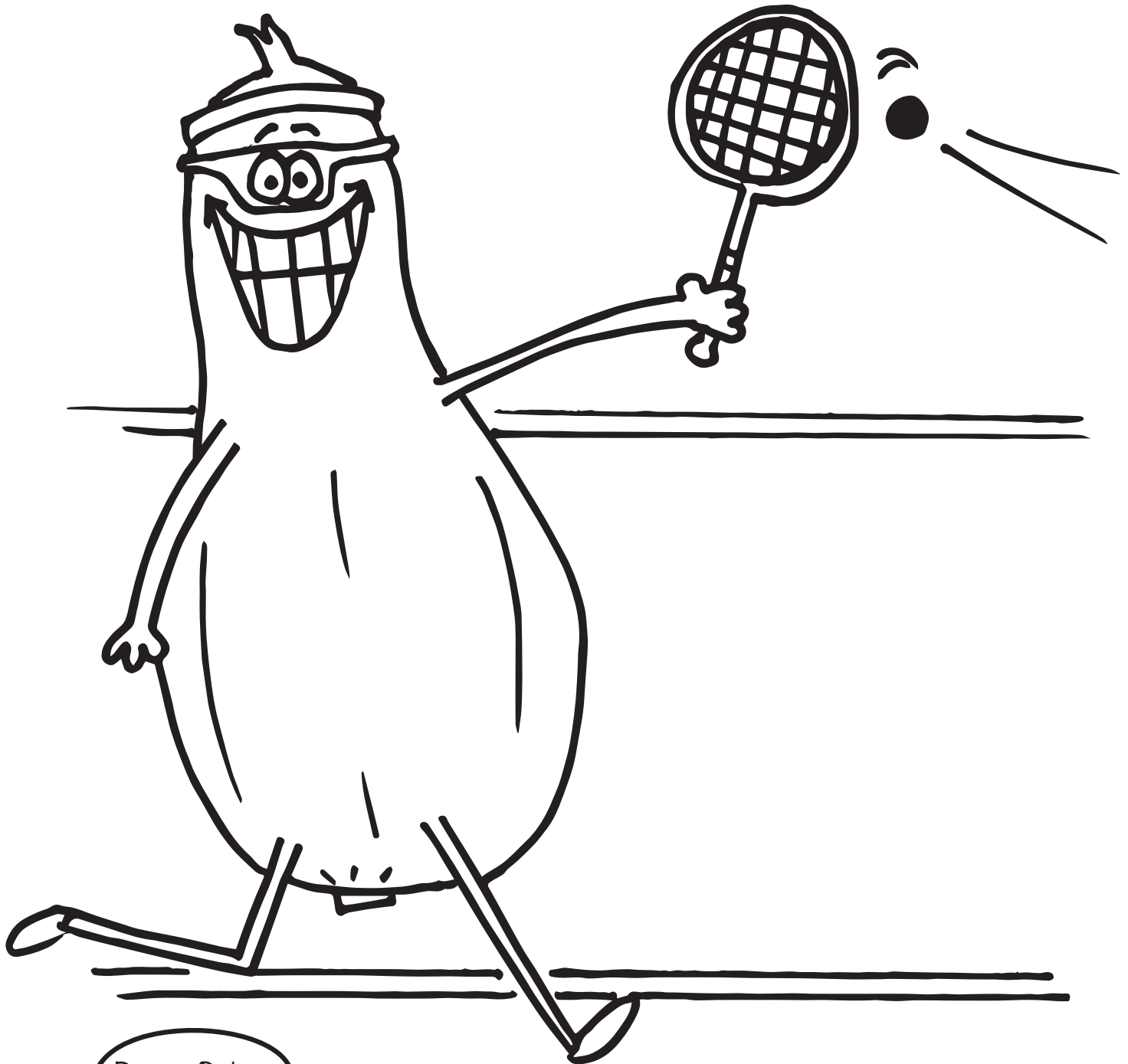
Doctor Owl's
Wise Words



Your body needs 5 or more servings of vegetables and fruit every day.

What are your 2 favorite vegetables? _____

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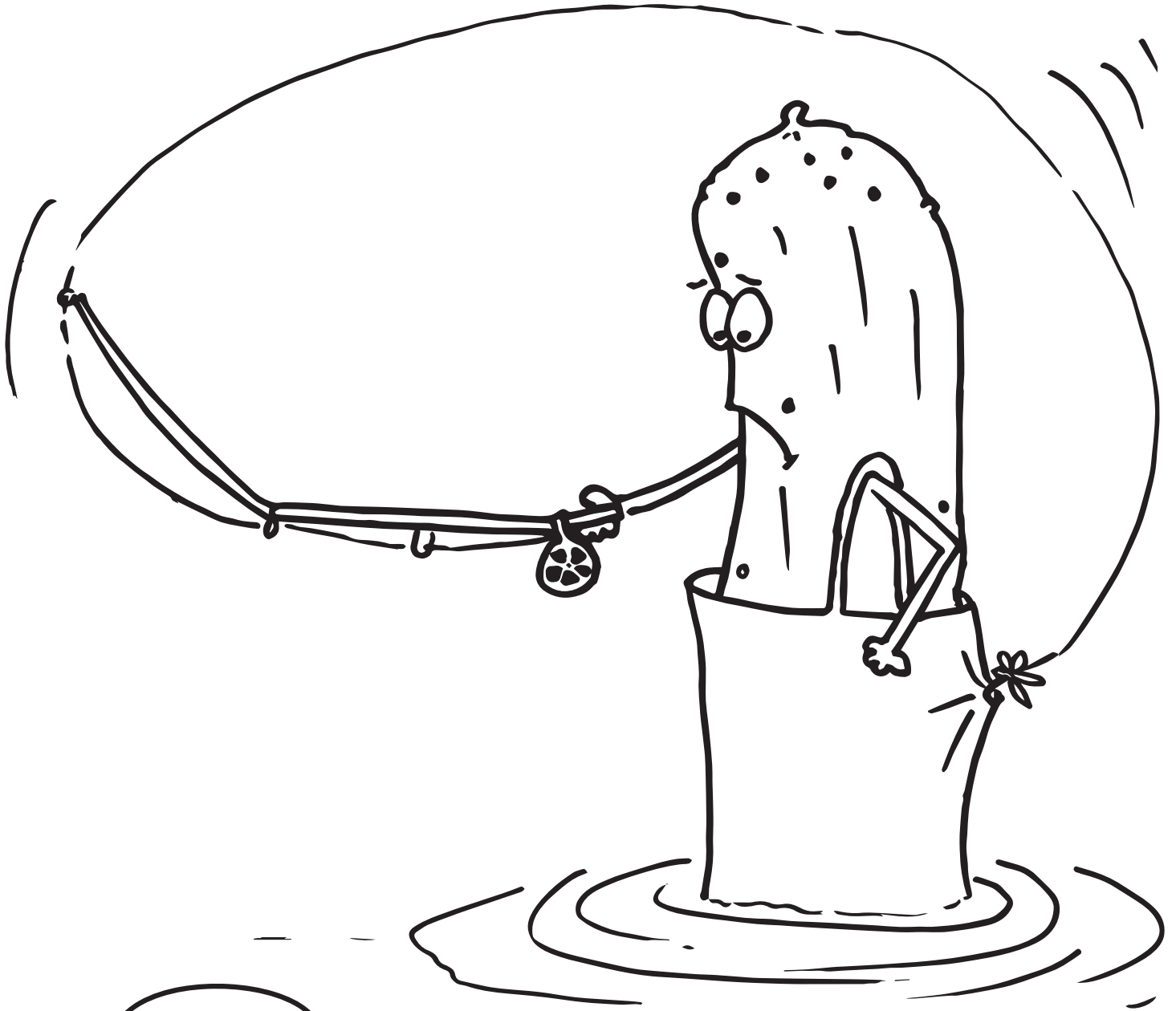
Doctor Owl's
Wise Words



Which 2 of these drinks are healthy for you?

- A) Low-fat milk
- B) Water
- C) Soda
- D) Juice drink (with only 10 percent juice)

Answer: A and B. Soda and juice drinks have tons of sugar!



Doctor Owl's
Wise Words



Your body needs 5 or more servings of vegetables and fruit every day.
Fruits and vegetables come in many great colors. Can you think of two that are:

Red? _____

Purple? _____

Orange? _____



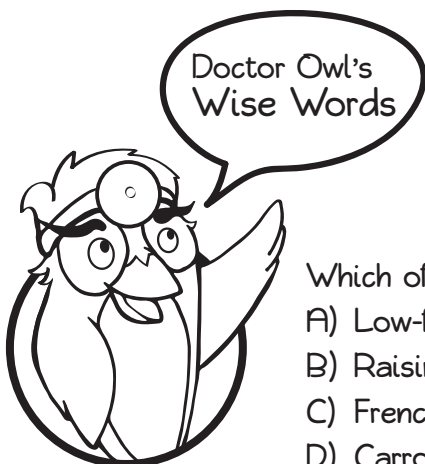
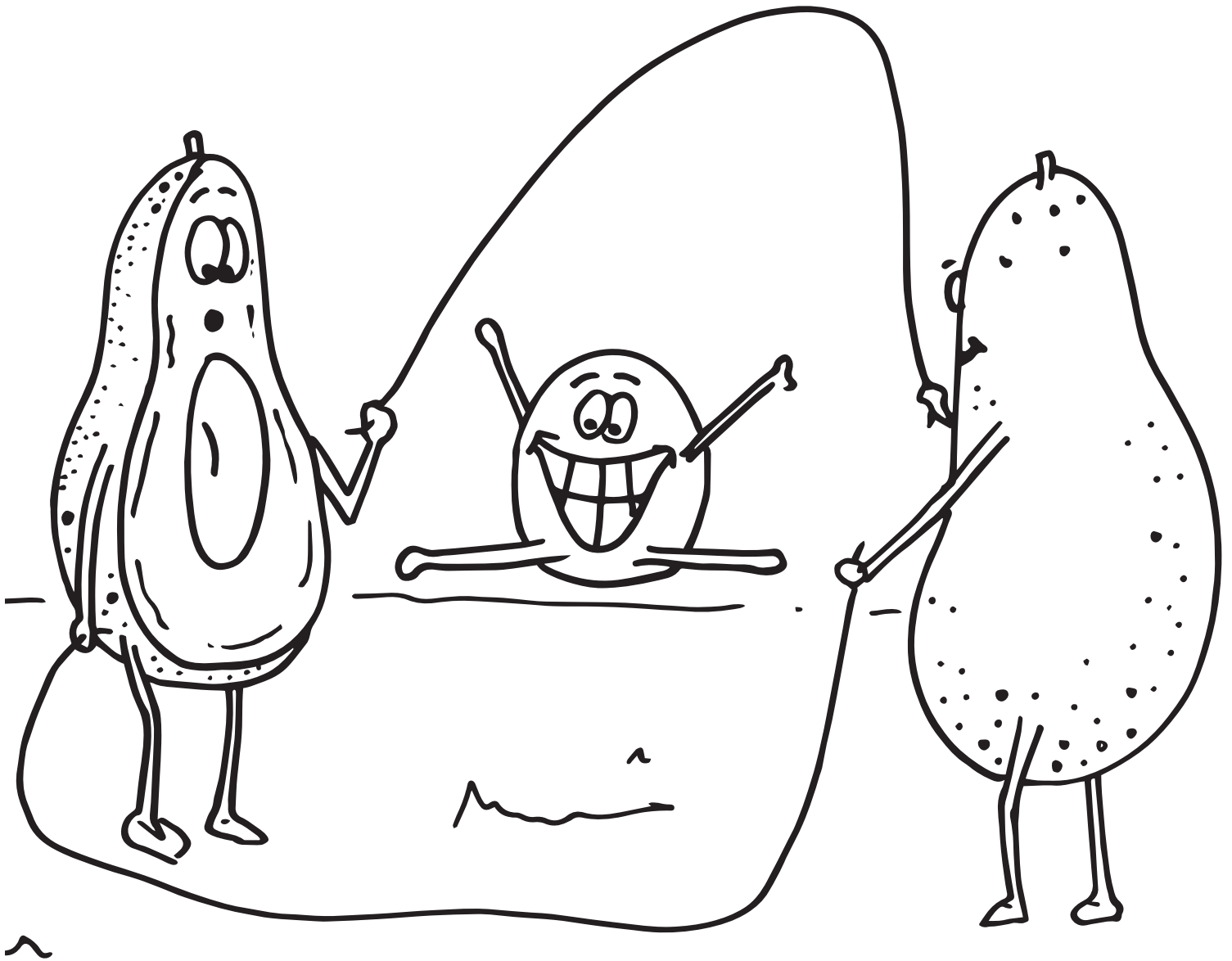
Doctor Owl's
Wise Words



Your body needs at least 60 minutes of exercise each day.
Which 3 activities are good ways to get exercise?

- A) Walking
- B) Climbing stairs
- C) Watching TV
- D) Playing basketball

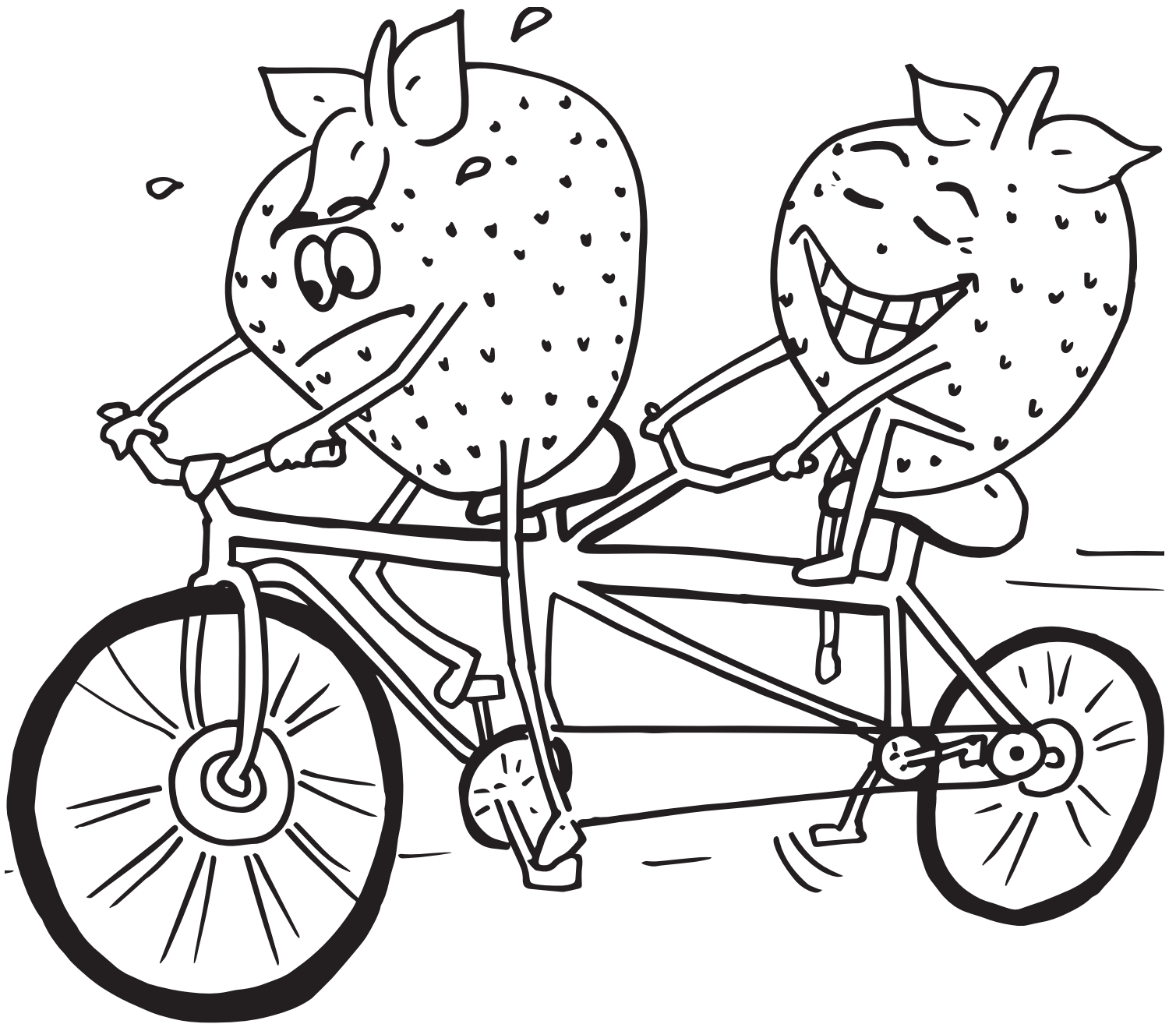
Answer: A, B and D. Try to limit TV, video games and computer/
smartphone use to 2 hours a day so you have more time to be active!



Which of these 3 are healthy snacks?

- A) Low-fat yogurt
- B) Raisins
- C) French fries
- D) Carrots

Answer: A, B and D. French fries are high in fat and salt!



Doctor Owl's
Wise Words

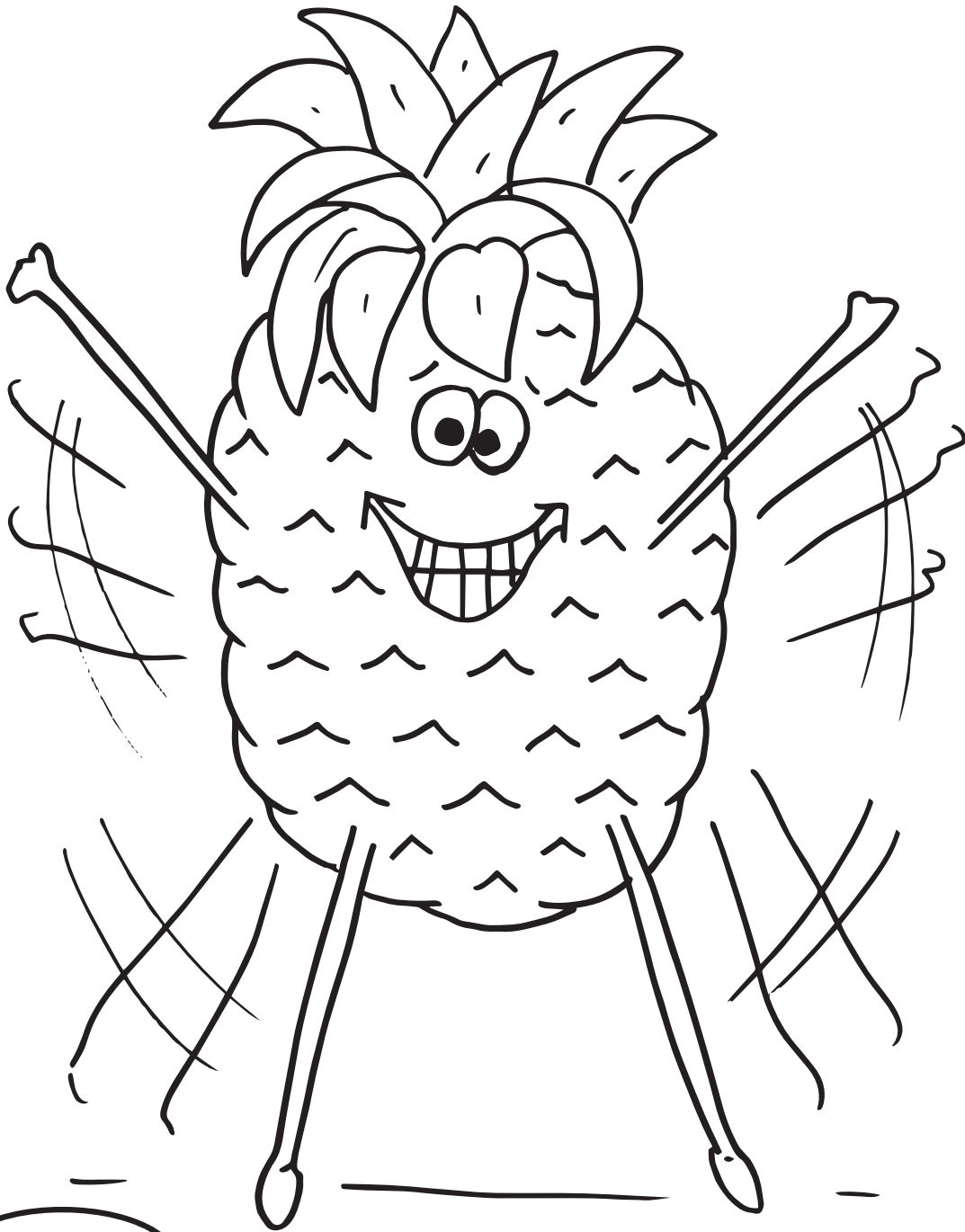


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Red? _____

Yellow? _____

Green? _____



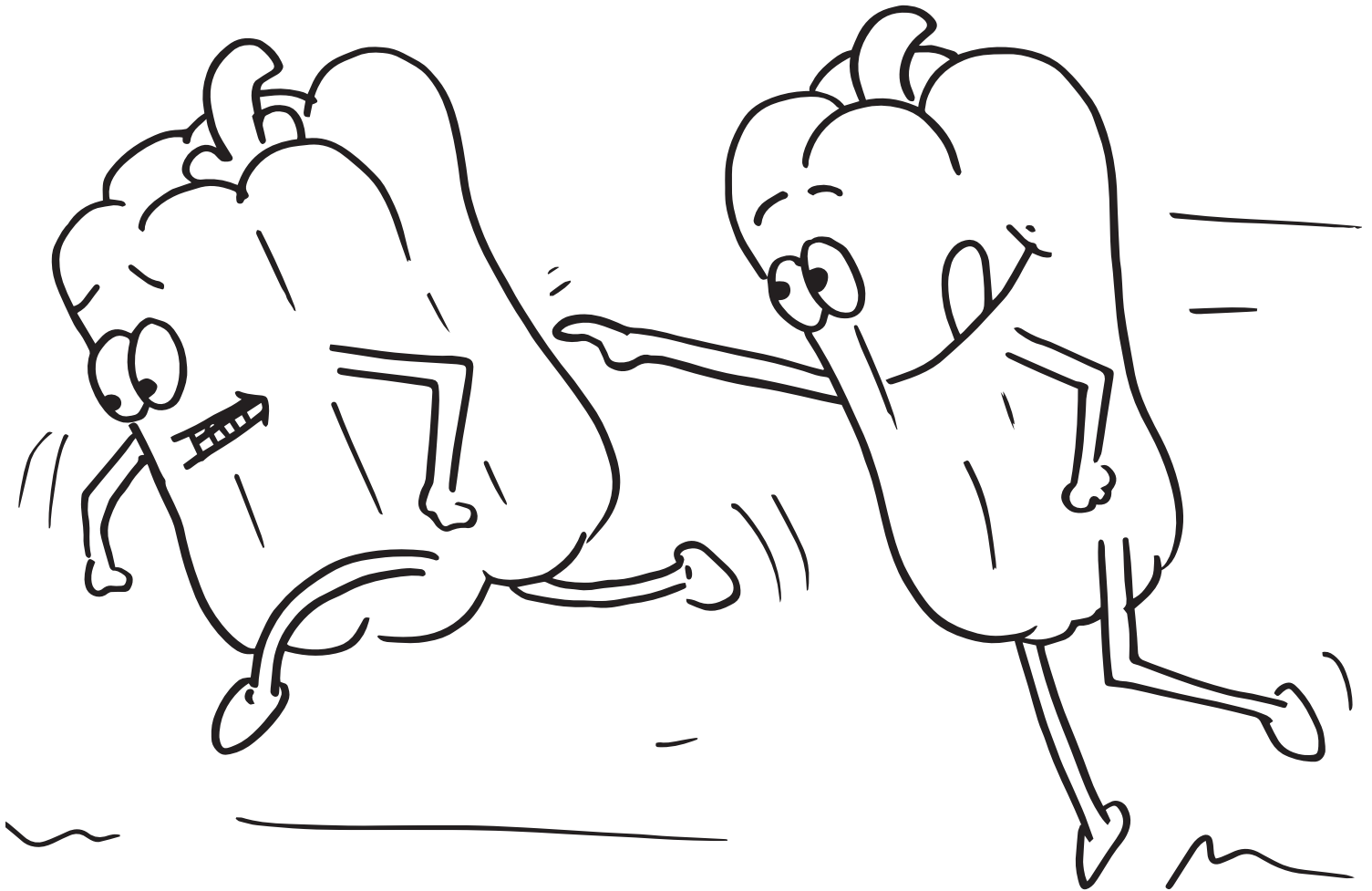
Doctor Owl's
Wise Words



Your body needs at least 60 minutes of exercise each day.
Which of these 3 are good ways to get exercise?

- A) Playing tag
- B) Watching TV
- C) Riding a bike
- D) Jumping rope

Answer: A, C and D. Try to limit TV, video games and computer/ smartphone use to 2 hours a day so you have more time to be active!



Doctor Owl's
Wise Words



Which of these 3 are healthy snacks?

- A) Celery sticks
- B) Apple slices
- C) A cube of cheese
- D) Donuts

Answer: A, B and C.
Donuts are high in sugar and fat!