

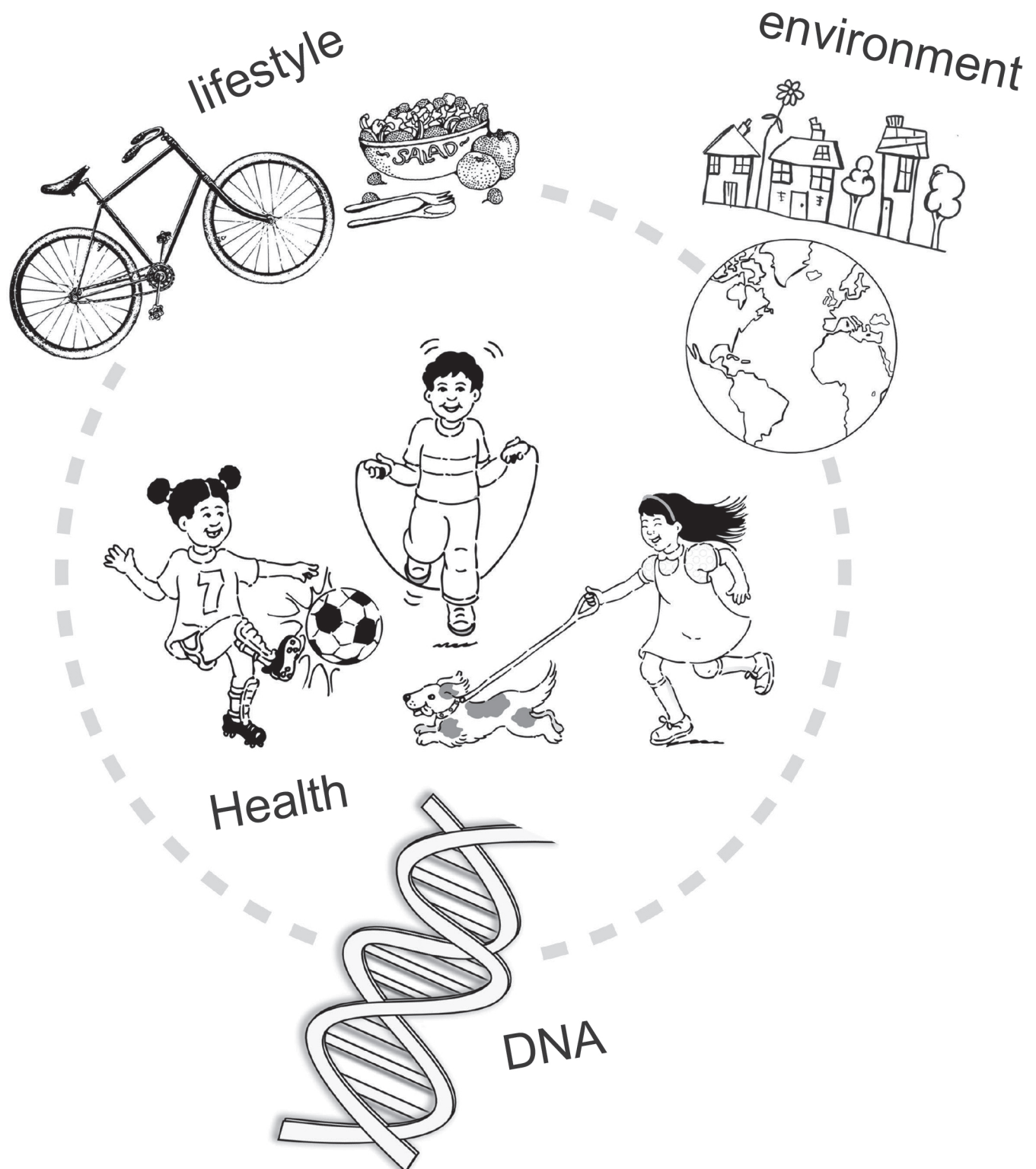
Your Family, Your History, Your Health

ACTIVITY BOOK

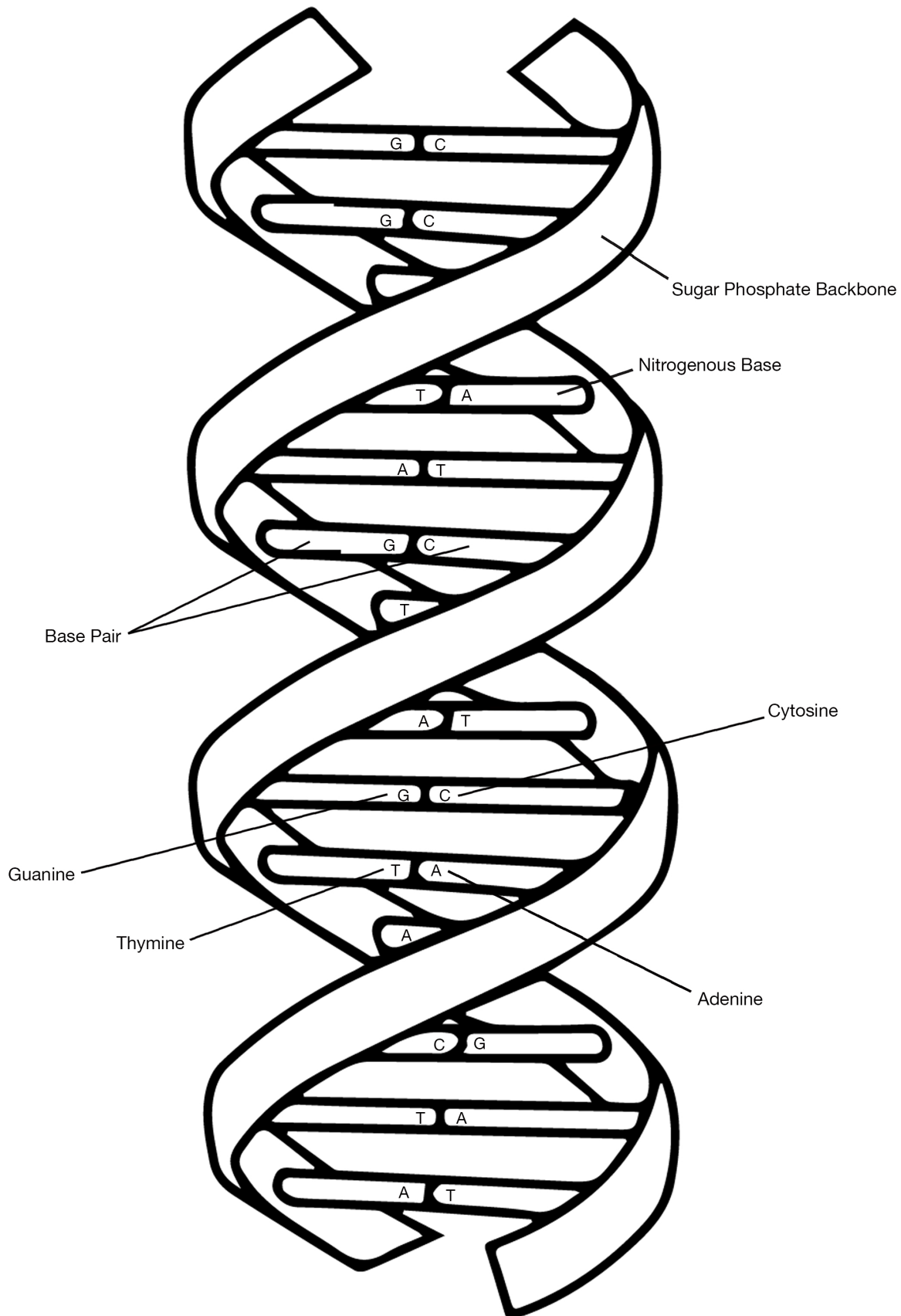


U.S. National Library of Medicine
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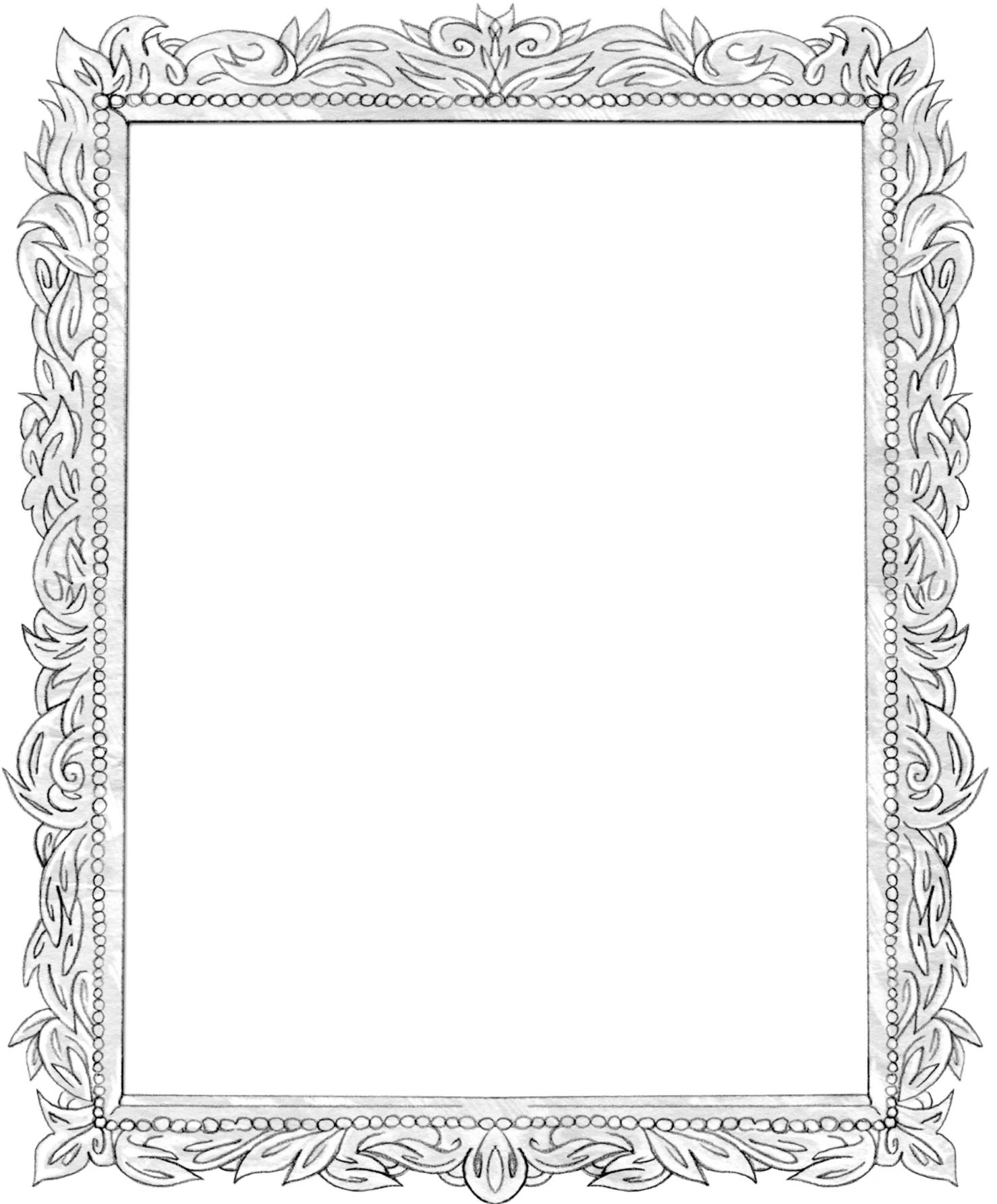
Here are some activities to learn about DNA and how to have a healthy lifestyle and environment.



Your DNA makes you unique! DNA stands for deoxyribonucleic acid and it is in every cell of your body. DNA holds the code for everything about you such as your eye color and how tall you are. These pieces of information about you are carried on different sections of DNA called genes.

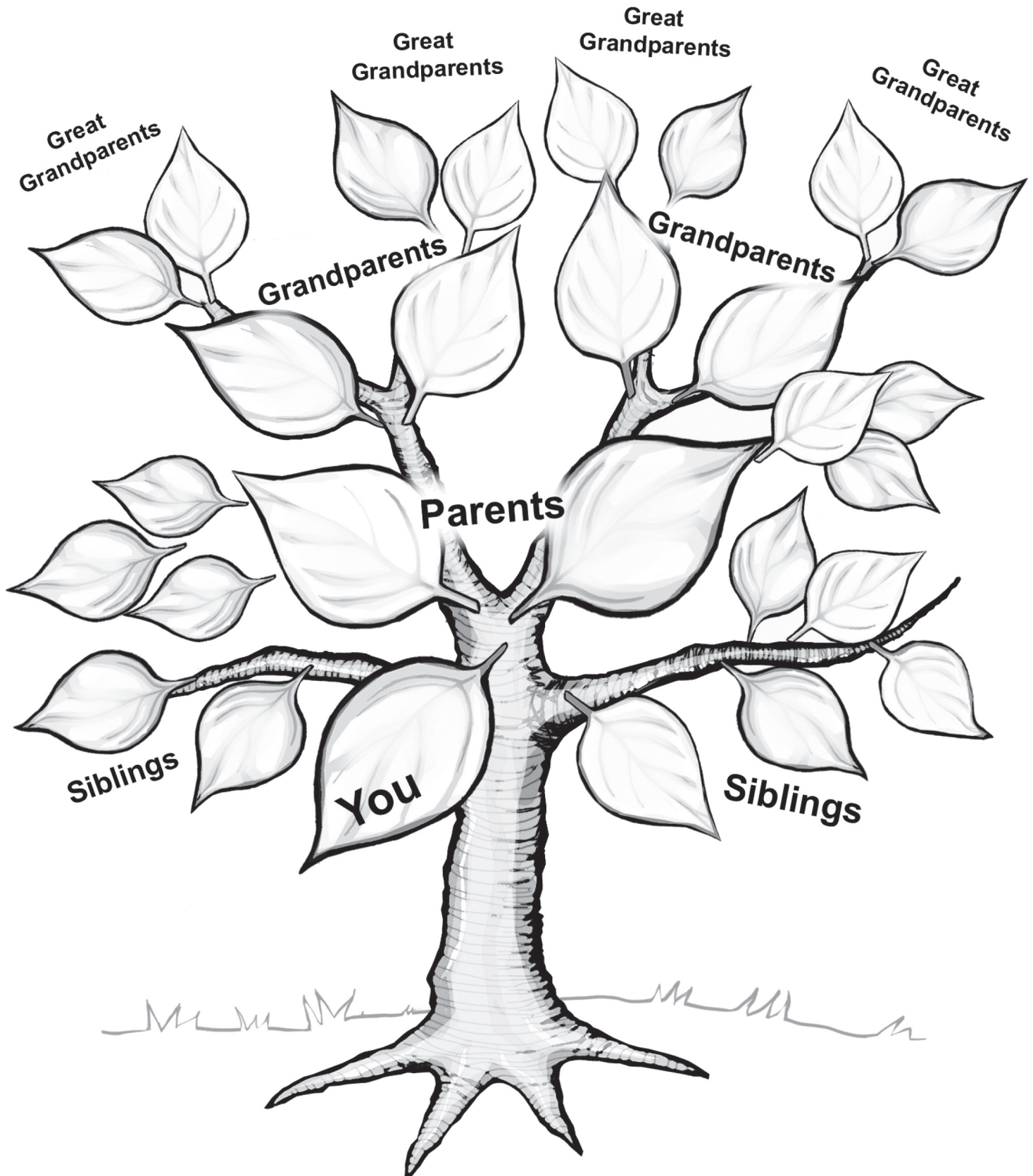


Have you ever wondered why you look like your family? Each of your parents shares 50 percent of their DNA with you! Draw a picture of your family in the frame. How are you and your family alike?

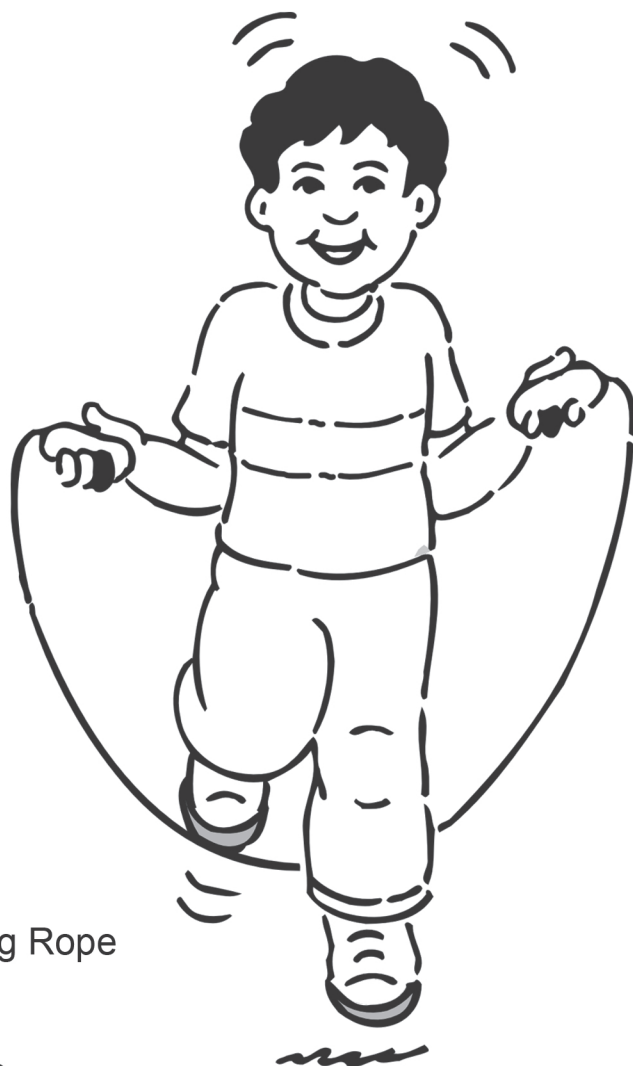


Your Family Tree

Write the names of your family members on the leaves and color in the tree.



Exercise is an important part of a healthy lifestyle.
Color these fun ways to get moving!

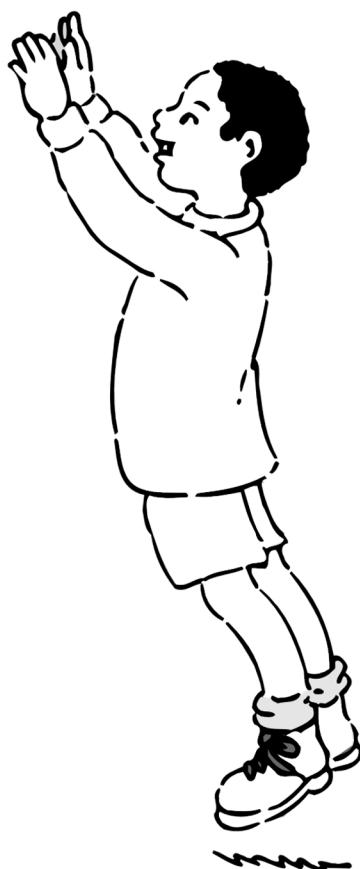
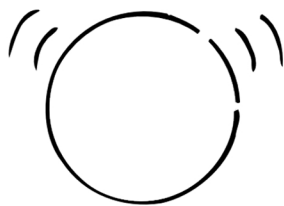
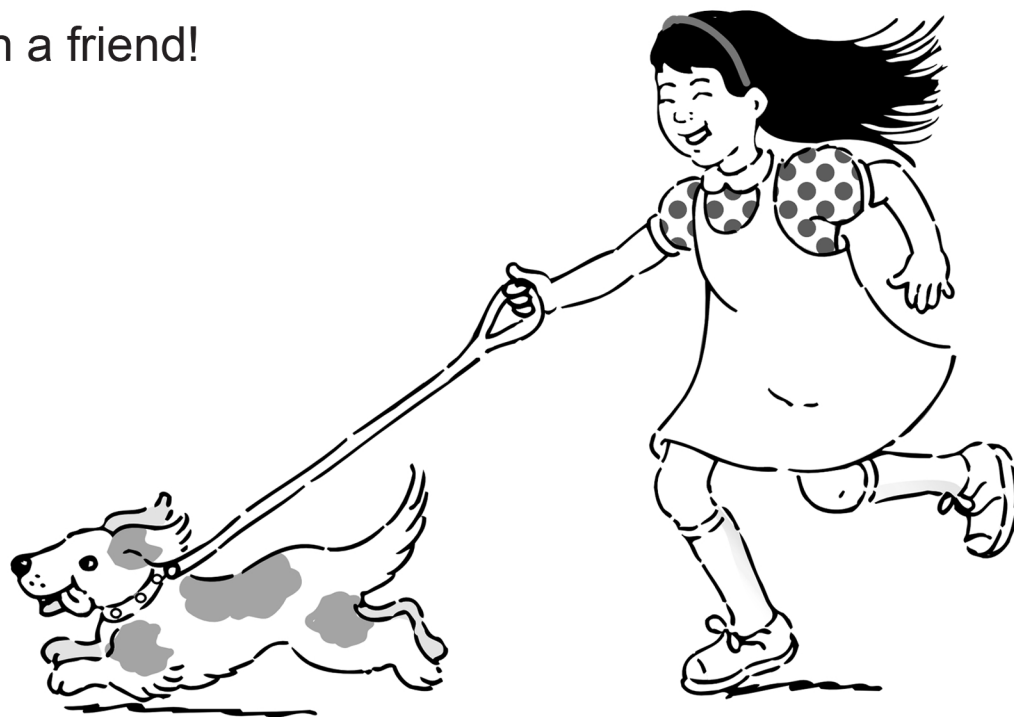


Jumping Rope



Playing Soccer

Exercise with a friend!



MyPlate Kids' Place

be a fit kid 10 tips for being active every day



Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself.

1 tie up your laces and walk

Go for a walk around your neighborhood or walk to your friend's house instead of taking the bus or asking for a ride. Forget the elevator and take the stairs every chance you get! Remember to be safe by using sidewalks and crosswalks.

2 turn up the music

Shake, rattle, and roll to your favorite songs. Turn on some hip hop, country, salsa, or pop music and move your body. Dancing is a great way to get some physical activity.



3 ride a bike

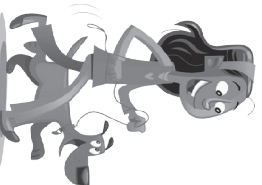
Grab your helmet and safety gear and go for a bike ride. Ride your bike to school or grab your friends and enjoy a ride in the neighborhood.

4 join a team

Show your team spirit and join a sport at your school or community center. There are tons of fun teams such as basketball, baseball, gymnastics, dancing, soccer, swimming, and tennis. Choose an activity that you like and have fun!

5 go out and play

Ditch the TV and go outside with friends, family, and even your pets! Walk your dog. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Play basketball with friends. Try jumping rope. Or simply play a game of tag.



6 dive right in!

Go to your local indoor or outdoor pool and swim. Swim laps, play water games with friends, or have diving contests for fun.

7 get paid to be fit

Earn extra cash by mowing lawns, washing cars, shoveling snow, or walking dogs for your family or for your neighbors. Listen to music while you work to keep you going.

8 try skating or skateboarding

Grab your friends and go to a local park or indoor skating rink! It's easy to learn and a great way to be active while still having fun! Remember to wear your helmet and safety pads.



9 plant a garden

Plant and grow flowers, fruits, and vegetables with your family, or even with your friends! Creating a garden is tough work and a good way to keep fit. Be sure to check on your plants and water them every day!

10 stuck inside?

Play a game of hide-and-seek or plan a scavenger hunt in your house with friends and family. Another great way to stay active indoors is by doing crunches and jumping jacks—see how many you can complete!



United States
Department of
Agriculture

Go to www.ChooseMyPlate.gov for more information.

MP4K-2 (8-12 years old)
May 2013
Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.

Have Fun With Fruits and Vegetables

Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

Find:

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams

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

Fruit and Vegetable Goals

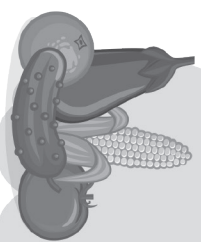


Name a fruit you would like to try:

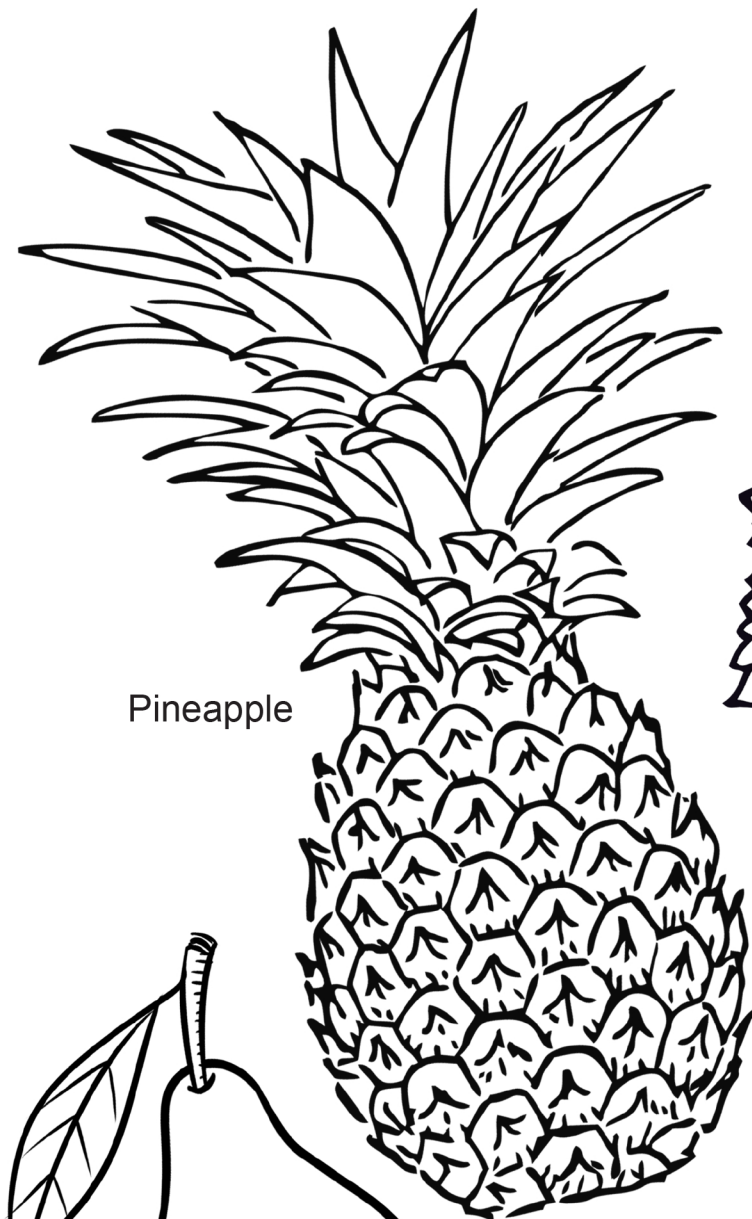
How will you eat this fruit? (On cereal, as a snack, for dessert, with dinner or on pancakes.)

Name a vegetable you would like to try:

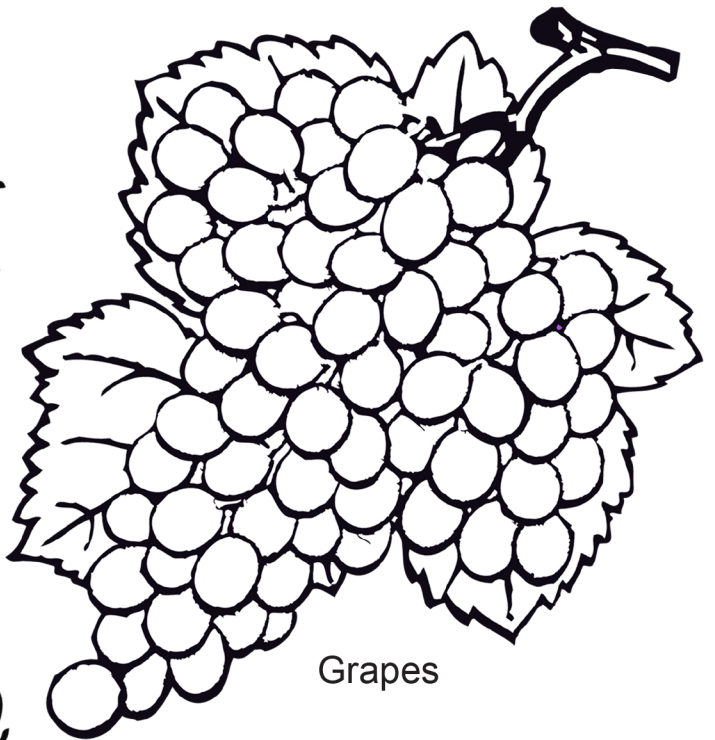
How will you eat this vegetable? (As a snack, with dip, or for lunch.)



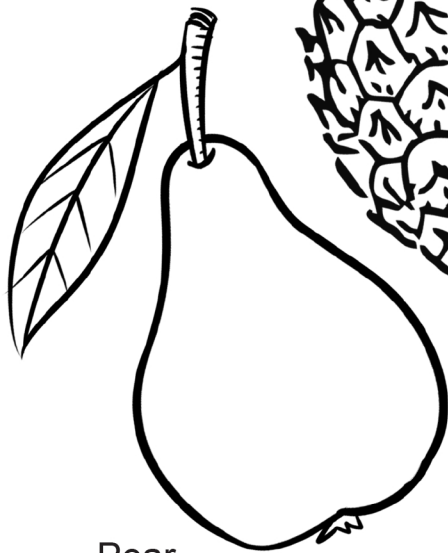
Fruits make a healthy snack! Color the fruit.



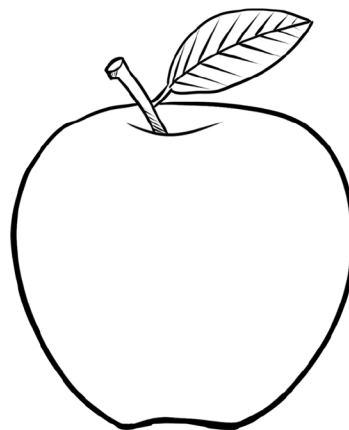
Pineapple



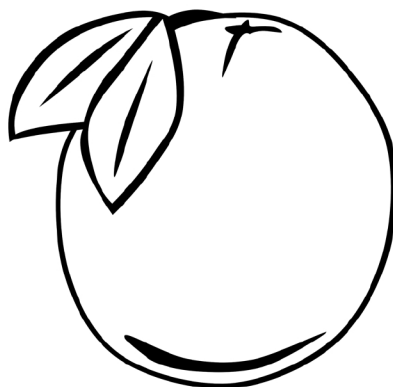
Grapes



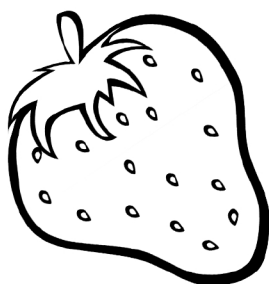
Pear



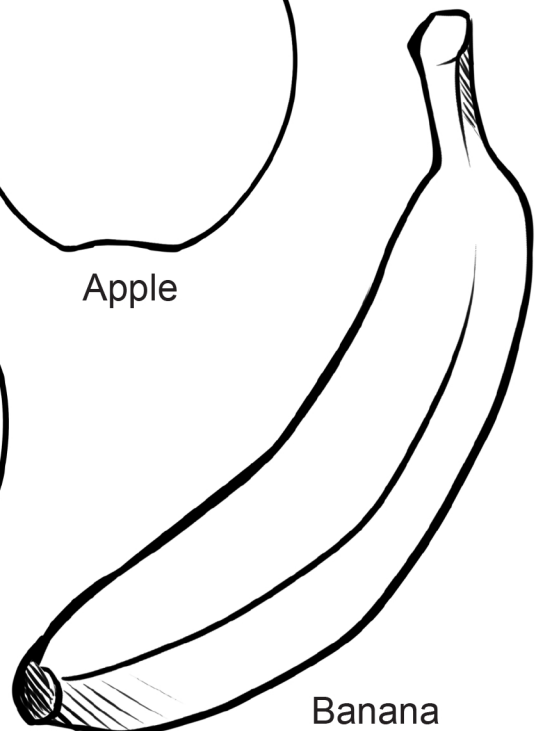
Apple



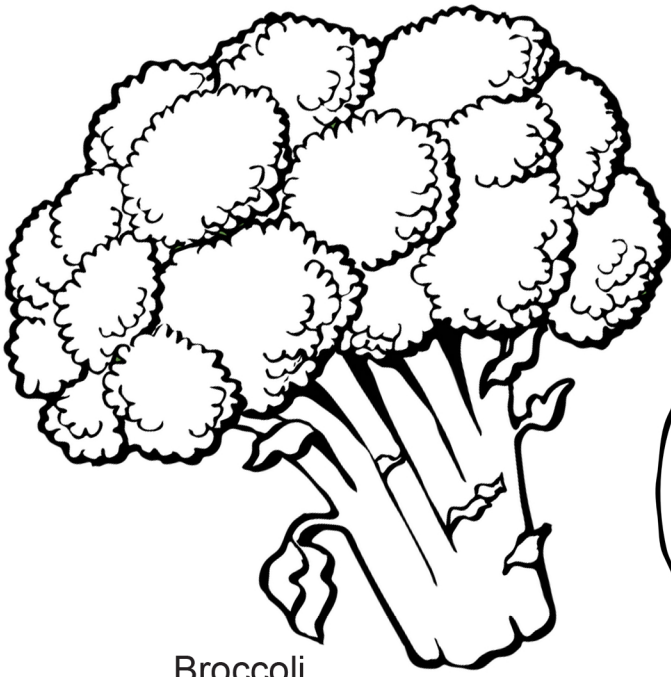
Orange



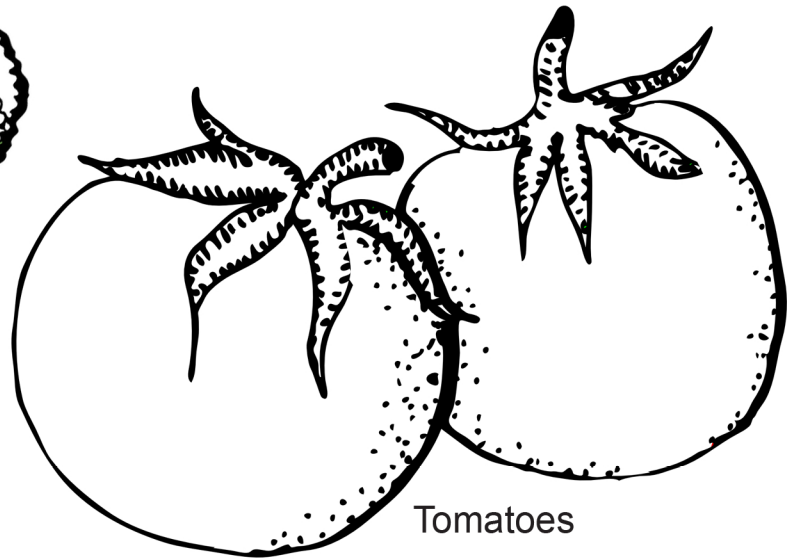
Strawberry



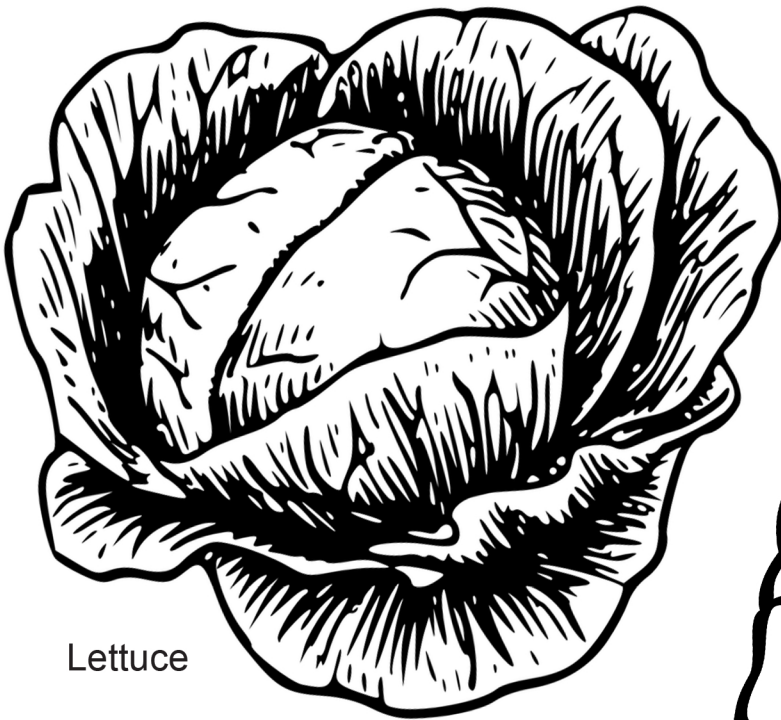
Banana



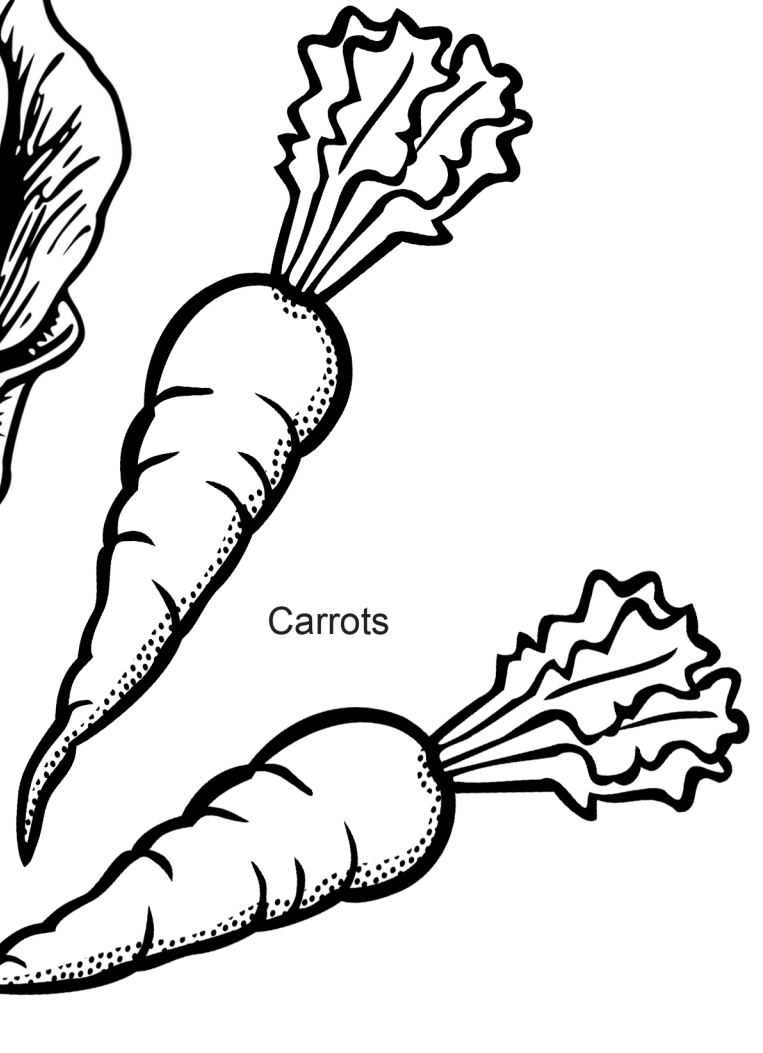
Broccoli



Tomatoes



Lettuce



Carrots

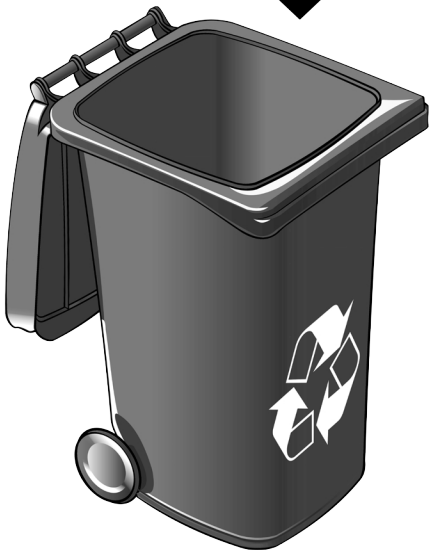
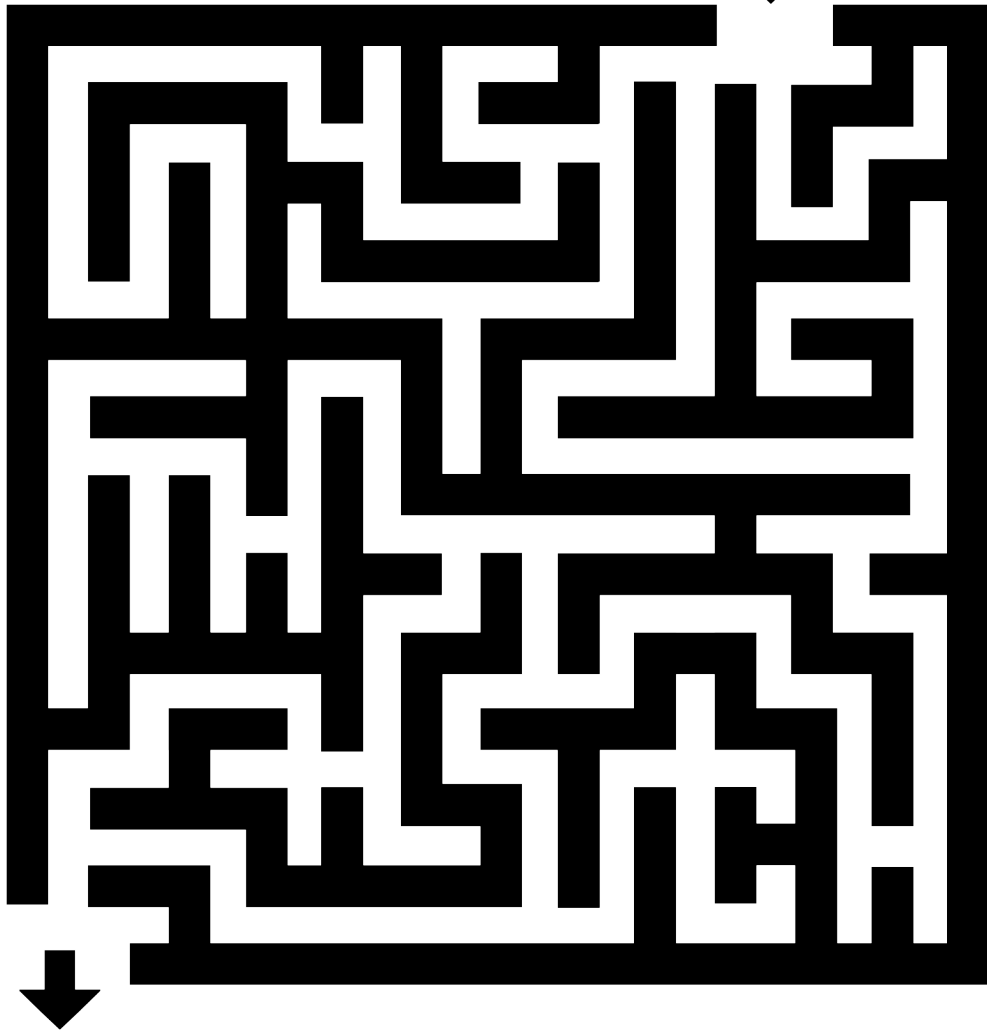
What's your favorite vegetable?
Color the vegetables!

A healthy environment keeps us healthy. Take care of the Earth!



Recycling Maze

Follow the path to get the recyclables into the recycling bin!



The Earth thanks you!



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