Handwashing
Dust and soil can get on your hands when you play. You should wash your hands with soap many times a day using the Six Steps of Handwashing:

1. **WET** your hands.
2. Add **SOAP** and lather.
3. **SCRUB** and sing the Happy Birthday song twice.
4. **RINSE**.
5. **DRY** your hands with a clean towel.
6. Turn **OFF** the water with your towel.

Follow the Trail
Healthy foods with calcium, iron and vitamin C help our bodies grow. Follow the trails to find delicious foods with calcium, iron or vitamin C.

**Calcium**
- Strawberries, blueberries, corn, squash

**Iron**
- Beans, fish, spinach, eggs

**Vitamin C**
- Cheese, yogurt, almonds, seaweed

Vitamin C: Strawberries, blueberries, corn, squash
Calcium: Cheese, yogurt, almonds, seaweed
Iron: Beans, fish, spinach, eggs
Word Search

Calcium, iron and vitamin C are found in fruits, vegetables and other healthy foods. Look for and circle healthy foods that have calcium, iron and vitamin C.

ALMONDS
APPLE
BEANS
BERRIES
BROCCOLI

CHEESE
CLAMS
CORN
RAISINS
ORANGE

SEAWEED
SQUASH
VENISON
YOGURT