

R.B.'s Activity Book

Fun Ways To Learn Healthy Habits!



Parents/Caregivers:

These activities and puzzles offer lots of opportunities to talk to your child about important issues like staying healthy and being safe. Take a look!



A gift to you from NAPNAP and the makers of LYSOL®



Dear Parent/Caregiver,

The **National Association of Pediatric Nurse Practitioners** (NAPNAP) and our nearly 7,000 pediatric nurse practitioners are dedicated to helping parents understand and meet the changing health needs of their growing children. We are proud to play a part in providing you with an educational program and activity book that gives your child helpful information on issues related to his or her own health care and safety.

The activities focus on a variety of health and safety issues that are important to children today. Aimed at 6 – 9 year olds, the program allows children to engage in fun activities as they learn about various health and safety topics. We are pleased to incorporate content relevant to NAPNAP's two major programs: our **Healthy Eating and Activity Together** (HEATSM) Initiative and our **Keep yourself/your kids Safe and Secure** (KySSSM) Program. The activities tie directly to our programs with content that explores areas related to hygiene, nutrition, exercise, and personal safety.

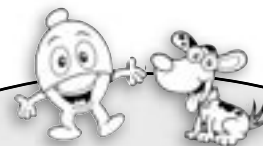


NAPNAP and the **LYSOL® Products Brand Team** share a collaborative relationship, and working together we are pleased to be able to bring you this high quality educational program. Expert members who specialize in the care of children have reviewed the information provided and are pleased to strongly recommend it as a valuable resource for children.

We hope both you and your child enjoy working on the activities as you help him or her learn about important health and safety issues.

Sincerely,

Jo Ann Serota, MSN, RN, CPNP
President, NAPNAP



Parent/Caregiver —

Check out **R.B.'s Healthy Activity Award** inside the back cover of this book. It's a perfect reminder to cut out and post on your child's bedroom wall!

NAPNAP would like to acknowledge the following pediatric healthcare professionals who have contributed to this program.

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The information in this activity book is a supplement to – not a substitute for – the care provided by a pediatric nurse practitioner, physician, or other healthcare professional.

All activities are also available online at www.lysol.com

R.B.'s Activity Book

It's yours, too!

Welcome to R.B.'s Activity Book –
the fun way to learn about health!

Inside you'll find lots of puzzles, activities and brain-teasers. They're fun to do – and they have important information for you to discover and share with your family, too.



Meet R.B.

He's learning all about the things he can do to have fun, be safe and be healthy. He wants to share what he's learning with you! Watch for him throughout your Activity Book.

This is Scrubs.

He's traveling and learning with R.B. throughout the book – and has a few tips of his own to share!

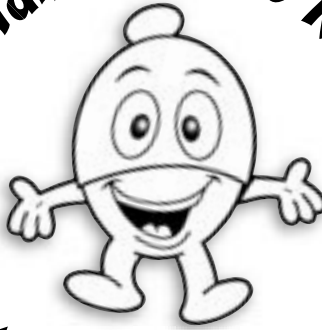


R.B. and Scrubs are ready to take you on your journey. So grab your pencil or crayon . . . get ready . . . and have fun!

This book belongs to:

Today's Date:

R.B. Wants You to Know!



Join the Energy Express!

Eating healthy foods can give you energy to do the things you like to do! Making nutritious choices is something easy to do every day. Here's how . . .

Be Smart: Eat Smart!

- Don't skip breakfast! Choose good foods to give you energy.
- Have a healthy lunch – not “junk” food.
- Need a snack? Pick something that's “good for you” like fruits, vegetables or cheese.
- Enjoy a healthy dinner -- try a colorful variety of foods!



Healthy Foods – Choose A Variety!

- Vegetables
- Fruits
- Milk
- Grains
- Meat and Beans



And only eat “sometimes” foods – like sweets and potato chips – sometimes!

Get Out and Have Fun!



There are all kinds of things you can choose to “get moving.”

Try . . .

- Running . . . walking . . . jumping . . . skipping
- Team sports (like soccer or baseball)
- Fun games like bean bag races, hopscotch, or tire races
- Taking the stairs – see how many you can climb in one day!

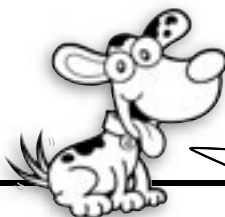


HEALTHY EATING & ACTIVITY TOGETHER

Visit www.napnap.org to learn more.

Stay Safe in the Kitchen!

- Your family can keep food safe with these Four Simple Steps:
 - Clean
 - Separate
 - Cook
 - Chill
- Keep sharp knives away from younger children.
- Keep hot pots on back burners



Have FUN!



The Food Group Scoop



Making good food choices can keep you flying high! Follow these balloon strings to put the foods into the right food group baskets.

TIP: Try using a different colored pencil or crayon for each group, then color in the baskets!

Food Pyramid Color Key:

green	purple	orange	red	blue
vegetables	meat and beans	grains	fruits	milk

The activity consists of five baskets at the bottom and five balloons at the top. The baskets are labeled: Vegetables, Meat and Beans, Grains, Fruits, and Milk. The balloons contain the following food items:

- Balloon 1: Bread, eggs, beans
- Balloon 2: Milk, cheese, yogurt
- Balloon 3: Banana, apple, orange slice
- Balloon 4: Corn, broccoli, carrot
- Balloon 5: Tuna, eggs, chicken, rice

 Lines connect the balloons to the baskets: Balloon 1 to Grains, Balloon 2 to Milk, Balloon 3 to Fruits, Balloon 4 to Vegetables, and Balloon 5 to Meat and Beans.

Answers on page 28





Dot's Delicious!

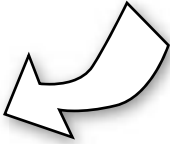


Connect the dots to find R.B.'s favorite kind of food! He makes it in lots of ways. When you're done – solve the alphabet code to discover the secret name of each one.



6 18 21 9 20 25

6 18 5 14 26 25



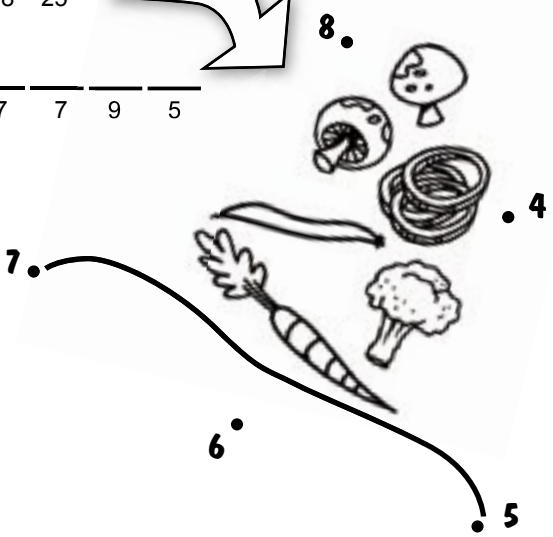
22 5 18 25



22 5 7 7 9 5

16 18 15 20 5 9 14

16 15 23 5 18



CODE

Answers on page 28

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z



Parent Tip
Visit www.mypyramid.gov for nutrition ideas that follow the U.S. Dietary Guidelines!

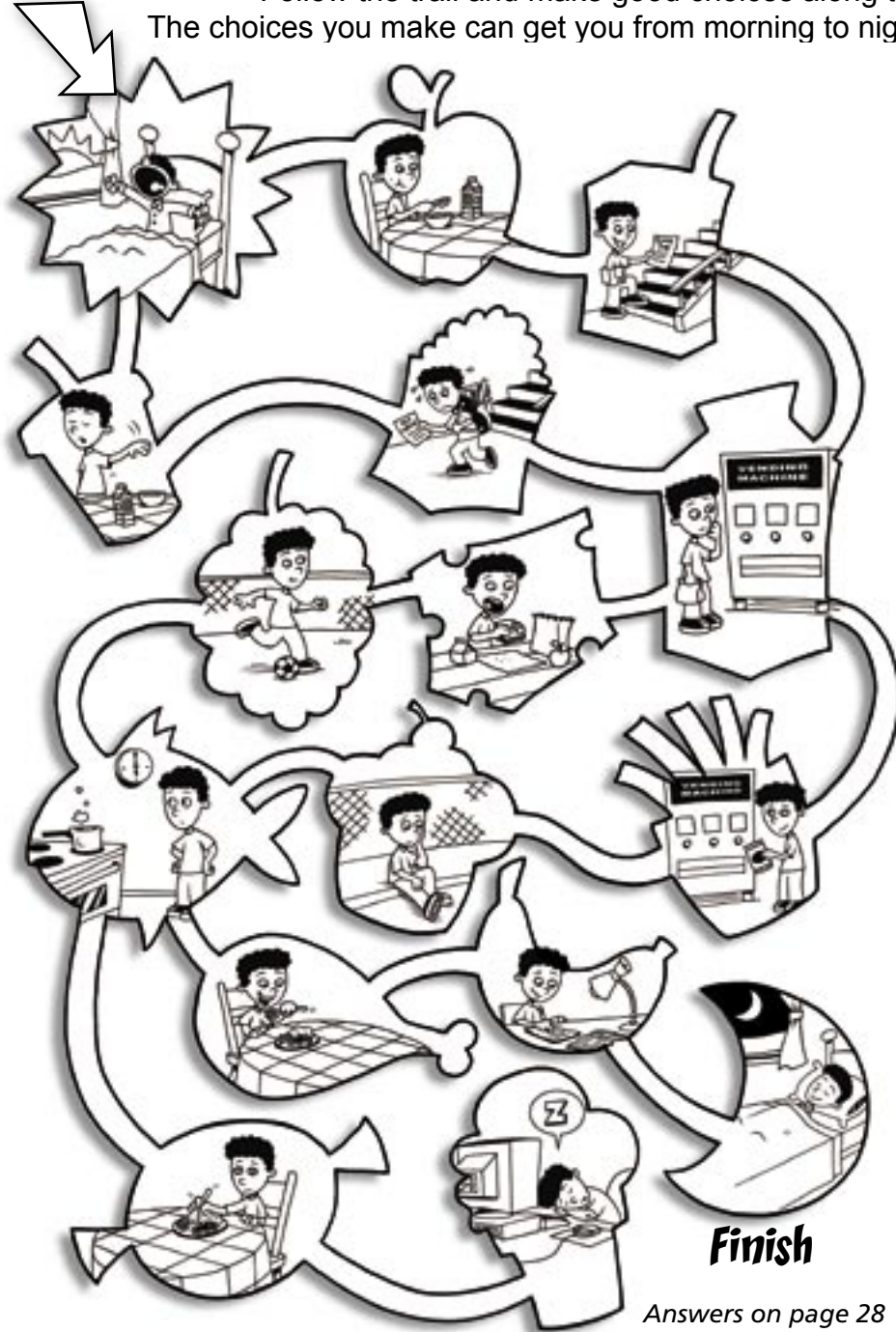


The Choice is Yours!



Start

Follow the trail and make good choices along the way.
The choices you make can get you from morning to night feeling great!



Finish

Answers on page 28

Check out the fun food outlines, then list the healthy and not-so-healthy choices.

Healthy Food Choices:

Not-So-Healthy Food Choices:



Parent Tip

Remind your kids that not only is healthy eating and activity good for them – but it helps them do the everyday things they love to do . . . and do them better!



I Spy . . . Kitchen Safety at Home!



Keeping food safe at home is easy! See how many safe and unsafe kitchen habits you and your parents can find. Circle the *good* ones and cross out the *not-so-good* kitchen habits.

CLUE: There are 7 good kitchen safety habits and 5 bad ones. Can you find them all?

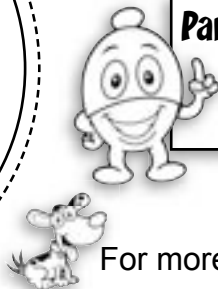


Answers on page 28



Parent Tip

Promote children's good kitchen safety habits with this fun kitchen safety patrol badge!



For more on food safety at home, visit www.fightbac.org



Time for a Treat . . .



Eating healthy is great – but an occasional treat can be fun, too!
Fill in the letters to find the treats . . . and to discover what kinds of foods they are.

Fill in:

- every **1** with the letter **A**
- every **2** with the letter **E**
- every **3** with the letter **I**
- every **4** with the letter **O**
- every **5** with the letter **U**
- every **6** with the letter **S**



**Remember —
this secret clue
is what all of
these treats are!**

L ₄				LL ₃			P ₄		P ₆				C ₄			K ₃		2		6		
									C ₂			CR ₂										1
C ₅			PC ₁		K ₂		6		S	T ₃	C	K	Y	B ₅		N ₆						
																		6	P ₄	T ₁	T ₄	CH ₃
P	G	P	3	2	6	2	6	2	P ₅		FF ₆											
													FR ₂		N	CH ₂		FR ₃	2	6		
C	4	R	N	C	H	3	P	6	D	1	P	4	P	D	4	5	G	H	N	5	T	6
C ₄				RNCH ₃			P ₆															

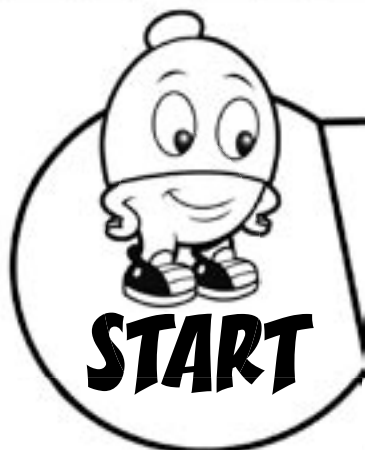
Answers on page 28



Parent Tip

According to the 2005 U.S. Dietary Guidelines, these occasional foods should not play a large role in your child's healthy diet.

Backyard



Tire Race

Won in record time
MOVE AHEAD 2



Tire Toss

Got 5 balls through!
MOVE AHEAD 1



Walk the Plank

Didn't fall!
MOVE AHEAD 1



Sit-up Competition

Did the most!
MOVE AHEAD 2

Pillow Case Race

Got a hole in your beanbag.
GO BACK 1



Beanbag on Head Race

Didn't enter
GO BACK 2



Game Instructions

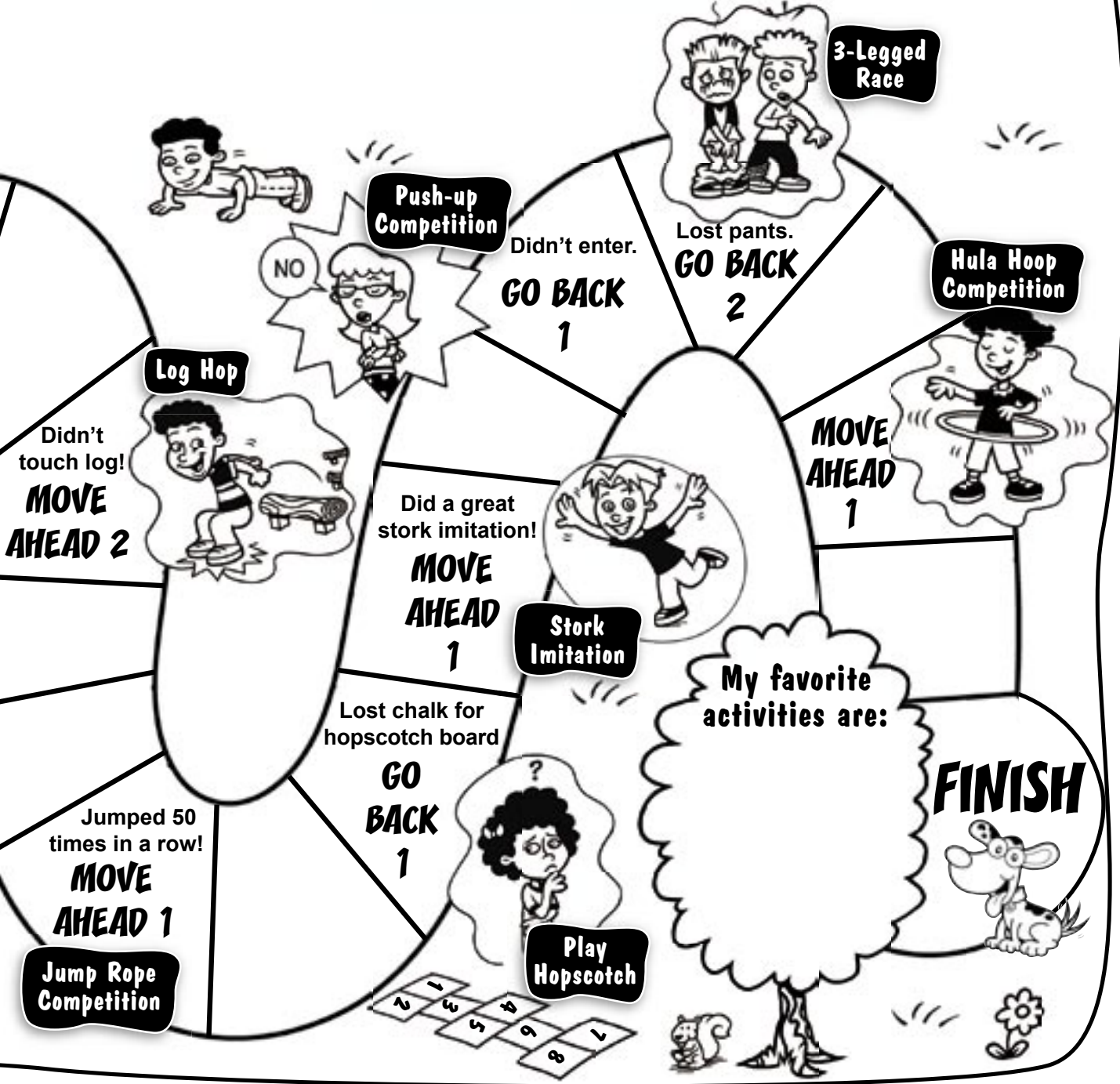
Object: Be the first player to reach the finish.

You will need: A coin; assorted small items for game pieces. (buttons, paper snippets, pebbles)

How to play — For 2 or more players.

1. Everyone chooses a game piece and places it in the space marked START. The youngest child gets to flip a coin to begin the game.
2. If the coin lands 'heads', move 2 spaces; if it lands 'tails', move 3 spaces.
3. If the player lands on a space with directions, one of the other participants (parent or friend) reads the directions out loud. Depending on the activity and its result, the player moves the game piece forward or back.

Olympics

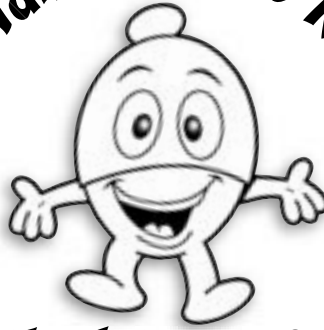


4. If the player lands on a blank space, his/her turn ends. The next player then takes his/her turn.
 5. The first player to reach the end wins the game.
- Note:** Two or more players can be in the same "square".



Hey Kids - set up your own real-life Backyard Olympics at home!

R.B. Wants You to Know!



Spotlight on: Safety!

Staying safe is something you and your family can work on every day.
Talk about the ways you can stay safe together.

When You Ride . . .

Your bike or scooter:

- Wear a helmet
- Don't swerve or ride into traffic
- Cross only at crosswalks
- Obey traffic signals



When You Use the Computer . . .

- Don't give information to someone you don't know
- Only open emails from people you know
- Tell a parent/adult if you see anything that makes you uncomfortable



In a car:

- Always use a booster seat or seat belt

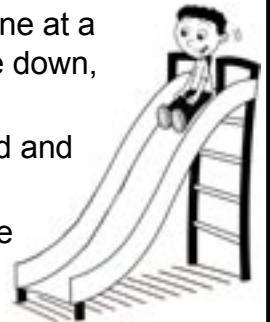
On the Playground . . .

When You Walk . . .

- Cross only at crosswalks
- Obey traffic signals
- Avoid deserted areas
- Don't talk to strangers – even if they have candy or a puppy
- Go to a “safe place” (store, fire department/police, public building) if you feel nervous or scared



- **On the slide**, climb stairs one at a time, holding handrail. Slide down, sitting up — feet first!
- **On the swings**, stay seated and hold on with both hands.
- **On the seesaw**, sit with one same-sized child on each side. Hold onto handles — no jumping off!
- Help keep your playground safe! Don't leave your backpack, jacket or other gear in the way of the equipment.
- Always have adult supervision at the playground.



SafePlace



Have FUN!



Visit www.napnap.org to learn more.

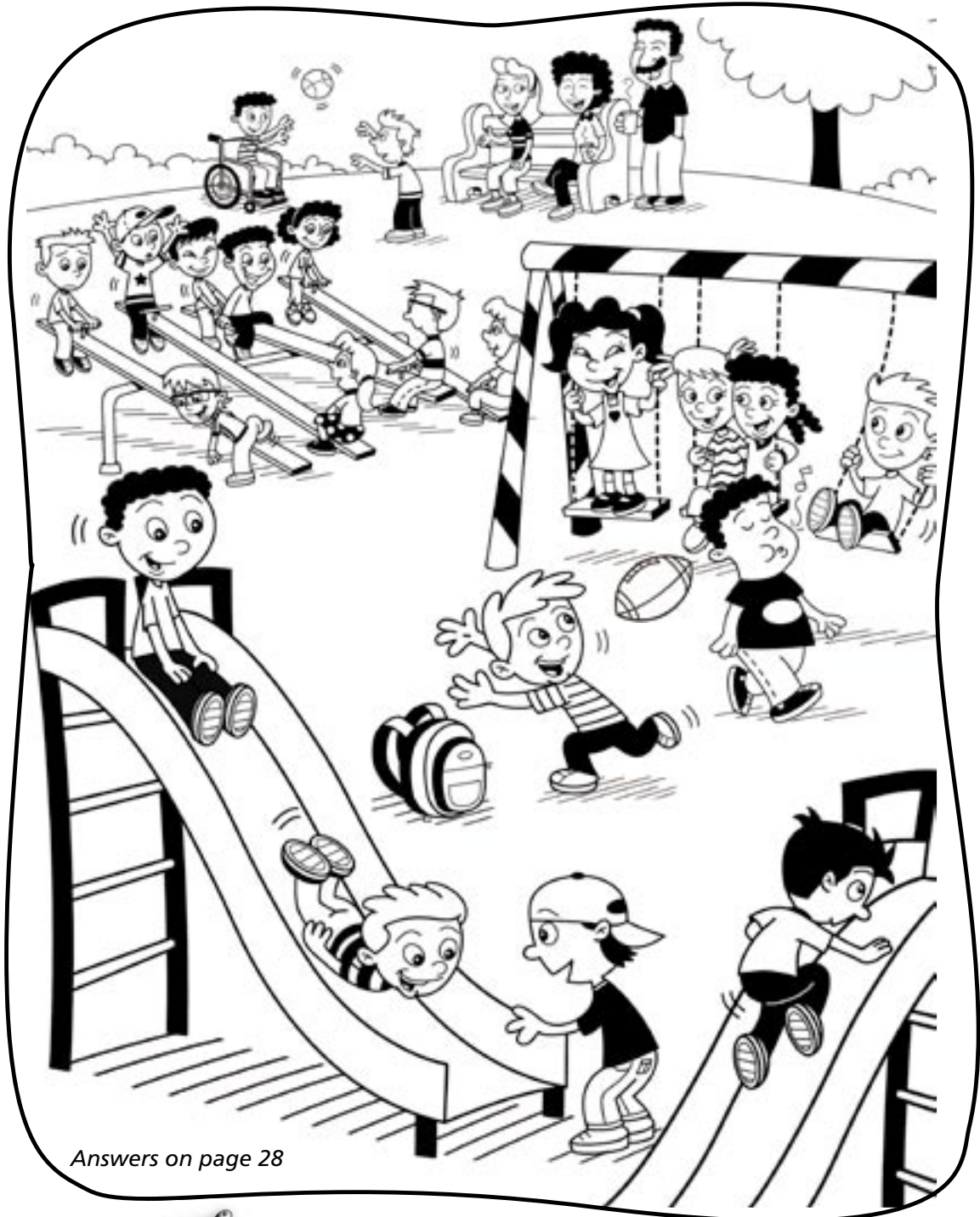


Play it Safe!



Going to the playground is fun — but you need to be “smart” and stay safe!
Place an X through the things in the picture that are not safe to do.

CLUE: There are 10 spots where kids are not playing safely. Can you find them all?



Answers on page 28



For more information on playground safety, visit
<http://www.nsc.org/library/facts/plgrdgen.htm>











Staying Safe Online

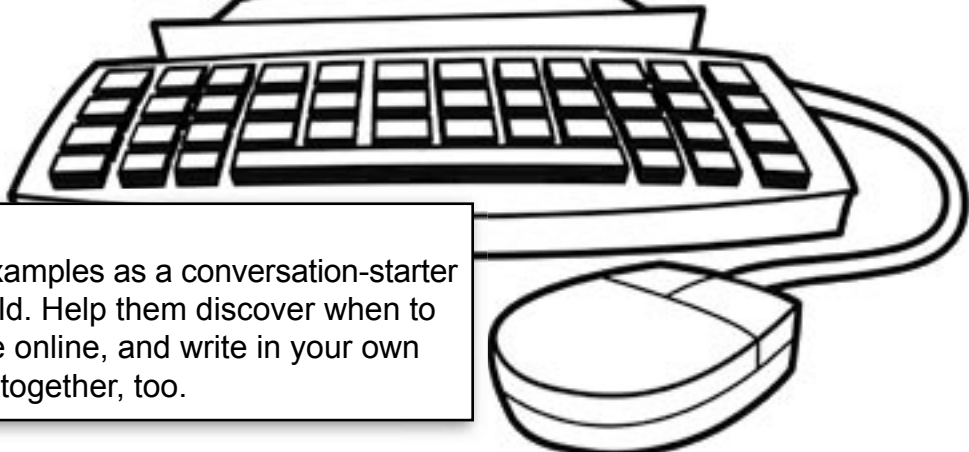


This activity is for you to do with your parent or family. What would you do in each of these situations? Talk about it with your mom/dad, and then color or circle the best choice.

Tip: Sometimes, you might choose 2 answers.

 <p>You receive an email with an attachment from someone you don't know.</p> <p>Tell a Parent Save Delete</p>	 <p>Someone you don't know asks you where you live.</p> <p>Tell a Parent Save Delete</p>
 <p>Your classmate sent you an email with a birthday party invitation attached.</p> <p>Tell a Parent Save Delete</p>	 <p>You see something online that makes you feel uncomfortable.</p> <p>Tell a Parent Save Delete</p>
 <p>You receive an email inviting you to enter an art contest online.</p> <p>Tell a Parent Save Delete</p>	 <p>You need to go online to do research for a school report.</p> <p>Tell a Parent Save Delete</p>
 <p>Write your own safe ideas here.</p> <p>Tell a Parent Save Delete</p>	 <p>Tell a Parent Save Delete</p>

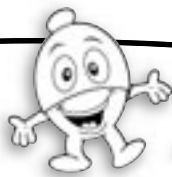
Answers on page 28



Parent Tip

Use these examples as a conversation-starter with your child. Help them discover when to draw-the-line online, and write in your own suggestions together, too.





Walk This Way!



Using the pictures as clues, fill in the blanks to show ways to be safe when you are walking. Then, write each numbered letter in its Secret Answer space.



1. $\frac{R}{10}$ _____ $\frac{7}{7}$ only at $\frac{3}{3}$ crosswalks.

2. Look left, right, and $\frac{F}{5}$ again before crossing.



3. Never run into the $\frac{11}{11}$ $\frac{T}{9}$ between cars.

4. Make sure to obey traffic signals $\frac{8}{8}$ and $\frac{C}{1}$ guards.



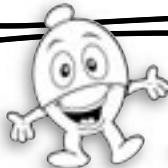
5. Wear reflective clothing at $\frac{6}{4}$ $\frac{G}{6}$ and carry a flashlight.

Secret Answer

What will you be if you follow these safety tips?

$\frac{1}{1}$ $\frac{2}{2}$ $\frac{3}{3}$ $\frac{4}{4}$ $\frac{5}{5}$ $\frac{6}{6}$ $\frac{7}{7}$ $\frac{8}{8}$ $\frac{9}{9}$ $\frac{R}{10}$ $\frac{11}{11}$

Answers on page 29



Get On The Road Safely!



Color in all of the Gs to reveal the secret to staying safe in the car.

If You're 4'9" or taller:

If You're Under 4'9":

G G G G G G G G G G G G G G G
 B G U G C K G L G E
 G Y G O G G U G R G
 G G S G E G A G G T G
 B G E G L G T G G
 G G G G G G G G G G G G G



G G G G G G G G G G G G G G G
 G G U G S G E G G G A
 B G O O G S G T E R
 G S G G E G A G T G
 G G G G G G G G G G G G G

Answers on page 29





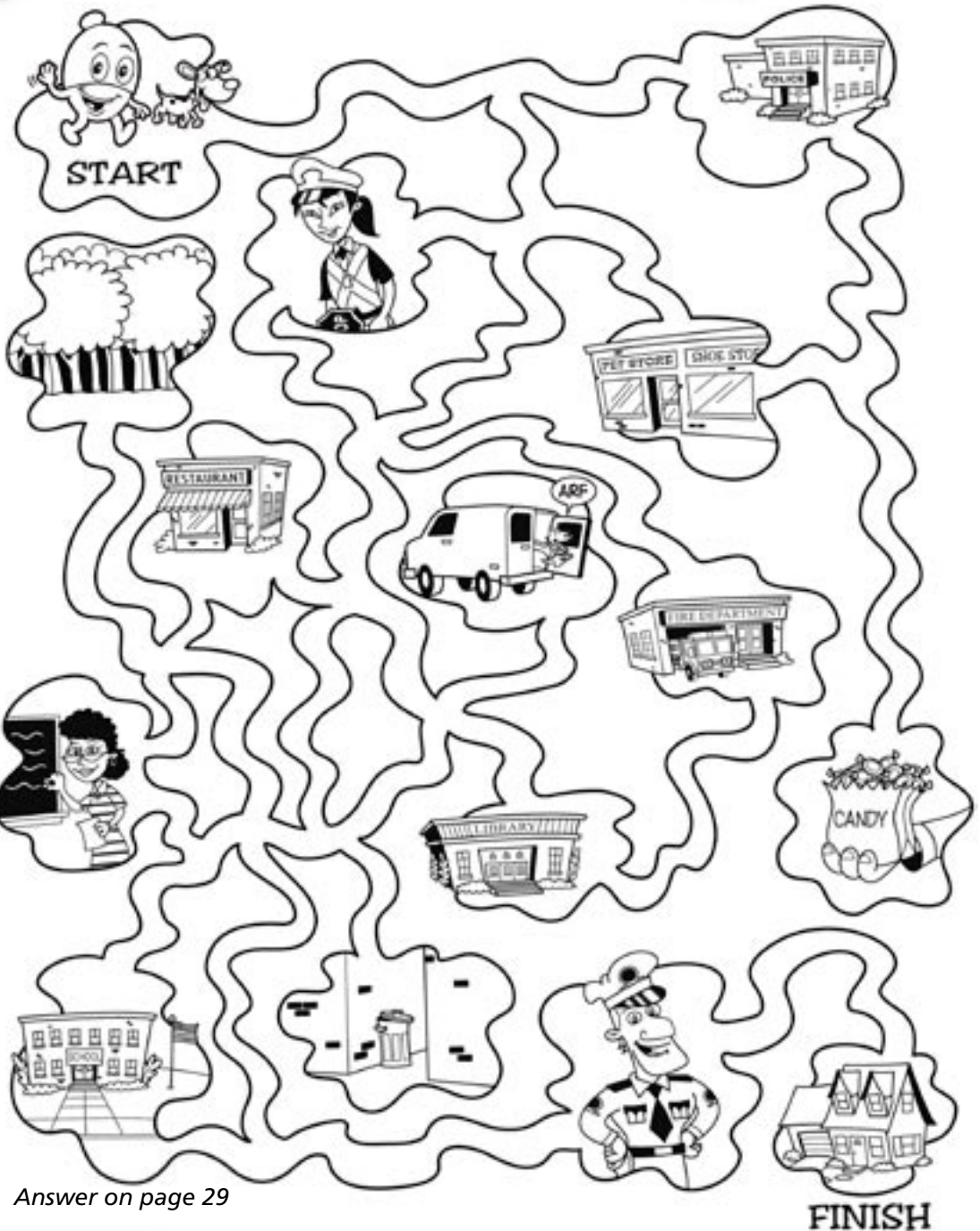
Safe Spots and Safe People



Travel through the maze to find safe places in your neighborhood. Watch for safe people you can trust, too!

Safe Places and People:

- Crossing Guard
- Fire Department
- Home
- Library
- Police Officer
- Police Station
- Restaurant
- School
- Store
- Teacher



Answer on page 29



Parent Tip

Take a neighborhood "safe spots" tour with your child.

To the Family: Many neighborhoods are using the national Safe Place signs to help children remember the safe places to go. Check to see if your community has them! Visit <http://www.safeplaceservices.org/>



SafePlace



Beat it, Bullies!



Bullies can be mean to people. Find the words that show good and bad things about bullies and how to avoid them. Use the pictures to get more “anti-bully” ideas. Words are down, across, or horizontal and are all spelled forward.

Words about What Bullies Do:

Cheat	Fight	Bother
Hurt	Steal	Annoy
Insult	Nasty	Sneak

Words about What To Do If You Are Bullied:

Parent	Friend	Avoid
Principal	School nurse	Ignore
Teacher	Reason	Report



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

Answers on page 29



Parent Tip

Being the victim of a bully can lead to crying, acting out or withdrawing and avoiding school. If you suspect your child is the victim of a bully, talk to your child and to the school.





Ready to Ride!



You know to wear a helmet when riding your bike or scooter. Travel through the maze to find other good ways to ride your bike. Watch out for the dead ends — these things can be dangerous!



You can't start without your helmet!



Parent Tip

Be sure your child wears a helmet *every time* he or she rides a bike or scooter — no matter how short the ride!



Circle the things...
You Should Do:

- Helmet
- Cross at crosswalk
- Ride straight
- Rolled-up pants

Put an X on the things...
You Should Not Do:

- No helmet
- Ride on handlebars
- Cross in middle of street
- Bare feet
- Swerve
- Wheelie

Nice Ride!



Answer on page 29



R.B. Wants You to Know!



Let's Hear It for Clean Hands!

Keeping your hands clean can keep you healthy. If you have germs on your own hands, you're also spreading them to everything you touch and everyone you meet! That's a present no one wants to get!

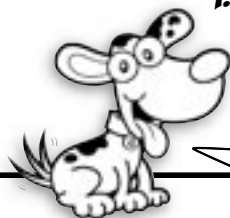
R.B. Says: Wash Your Hands . . .

- **Before** eating
- **Before** you touch food or help in the kitchen
- **After** coming in from outside
- **After** playing with pets
- **After** using the bathroom
- **After** sneezing, coughing or blowing your nose



How to Wash:

1. Wet your hands with water
2. Add soap
3. Rub together to make bubbles
4. Scrub between fingers and under fingernails
5. Wash for 20 seconds
6. Rinse your hands well
7. Dry with a paper towel or air dryer



Have FUN!



Scrubs' Secret Symbols



Scrubs says, "Scrubbing Counts!"

Use his secret symbol code to show the hidden words in his hand washing steps.

1 **Wet your**
 ☆ ● ■ ❖ ▲
with warm
water.

2 **Add**
 ▲ □ ● ❖

3 **Rub your hands**
together to make
lots of
 ▾ ◆ ▸ ▸ ? ✓ ▲

4 **Scrub between**
 ◆ ☆ ■ ❖ ✓ ❖ ▲
and under
fingerails.

5 **As you**
 × ● ▲ ☆, **count**
to 20 slowly.
(or sing Happy
Birthday twice)

7
 ❖ ❖ ❖
with a
clean towel.

6
 ❖ ☆ ■ ▲ ✓
your hands
with water.



CODE

Answers on page 30

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
●	▸	♥	❖	✓	◆	❖	☆	☆	⊕	○	?	✱	■	□	+	*	❖	▲	▼	◆	★	✕	⊗	✧	☀



Parent Tip

Model proper hand washing for your child! It's a great way to stress the life-long importance of clean hands.



For more information on CDC's Clean Hands Coalition, visit www.cdc.gov/ncidod/op/handwashing.htm

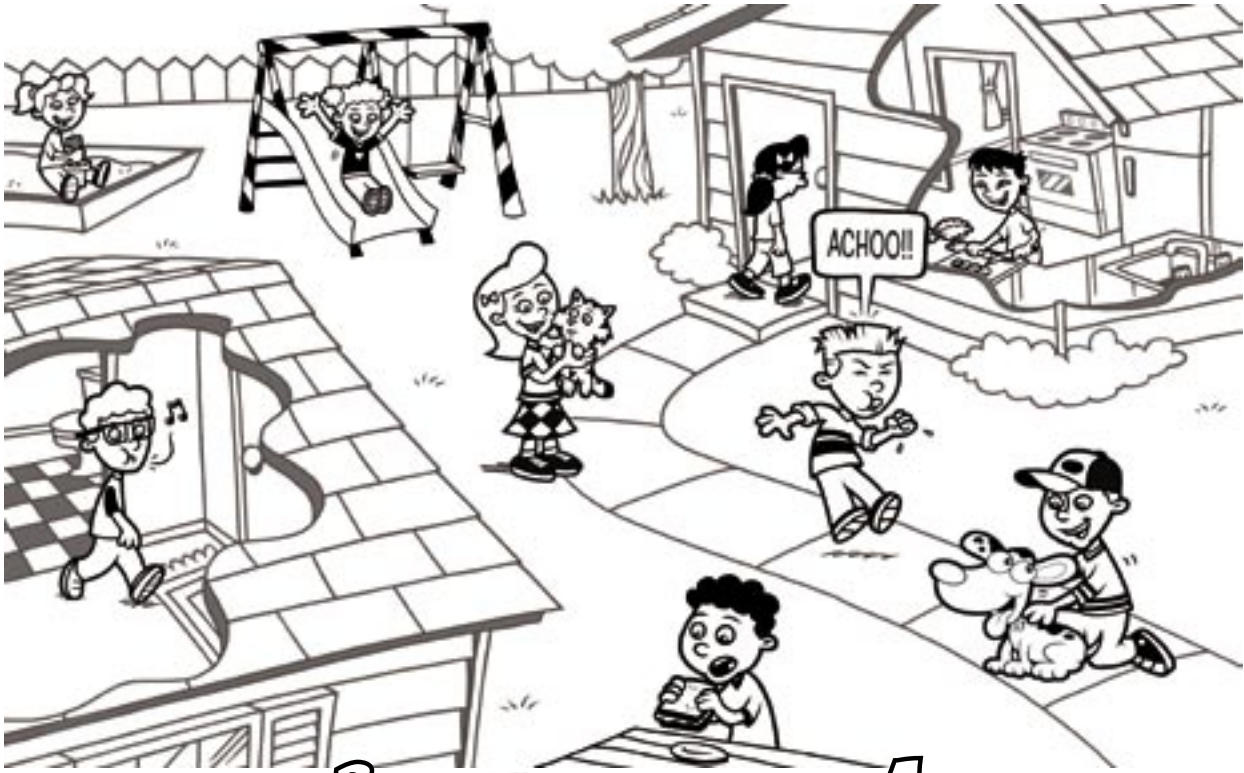


Jumpin' Germs!



Yikes! Germs are waiting around every corner. Even though you can't see them – remember to wash your hands to remove them.

- **Circle** the times when it's important to wash hands.
- **Draw a line to the B** to show when you should wash **BEFORE** doing something.
- **Draw a line to the A** for those times when you should wash **AFTER** doing something.



Answer on page 30



Wash Hands **BEFORE**...



Wash Hands **AFTER**...



Parent Tip

Many germs can live for weeks on surfaces like computer keyboards. Make regular hand washing a family tradition!



For more information on hand washing steps, visit www.cleaning101.com/cleaning/survey01/propersteps.html

R.B. Wants You to Know!



Keep Smiling!

Taking care of your teeth is easy. Here are some simple ways to keep your smile bright so you can share it with others!



Top Tooth Tips:

- Brush at least twice a day.
 - Floss every day.
 - Visit the dentist regularly.
 - Fight plaque by limiting the number of times you eat snacks.
- Tip:** Try to choose healthy snacks like fruits, vegetables and yogurt!



R.B. says, "Be Sure To Brush . . ."

- Top
- Bottom
- Inside
- Outside

And don't forget your tongue!



Have FUN!



"Share Your Smile" Seek-and-Find



Circle the 13 things hidden in the picture.

Put a star ★ by the ones that remind you about having a healthy smile.

Find:

- apple
- bedtime moon
- crayon
- dental floss
- dentist
- fish hook
- morning sun
- padlock
- smile
- soda can
- star
- toothbrush
- toothpaste



Answer on page 30

Parent Tip

Have your child describe how each of the circled items play a role in healthy teeth and gums. Remind them: "Your smile is something you can give to everyone you know!"

These tips from R.B. will keep you smiling

- Brush after breakfast
- Brush before bedtime
- Brush every tooth, inside and out
- Don't forget your tongue!
- Visit your dentist regularly





Toothy Teaser



Keep smiling as you test your skill with this mind-teaser.

Place these toothbrushing words in the puzzle where they fit. One word is filled in to get you started!
Each word fits in only one place. Count the spaces to make sure each word fits – and use each word only once.

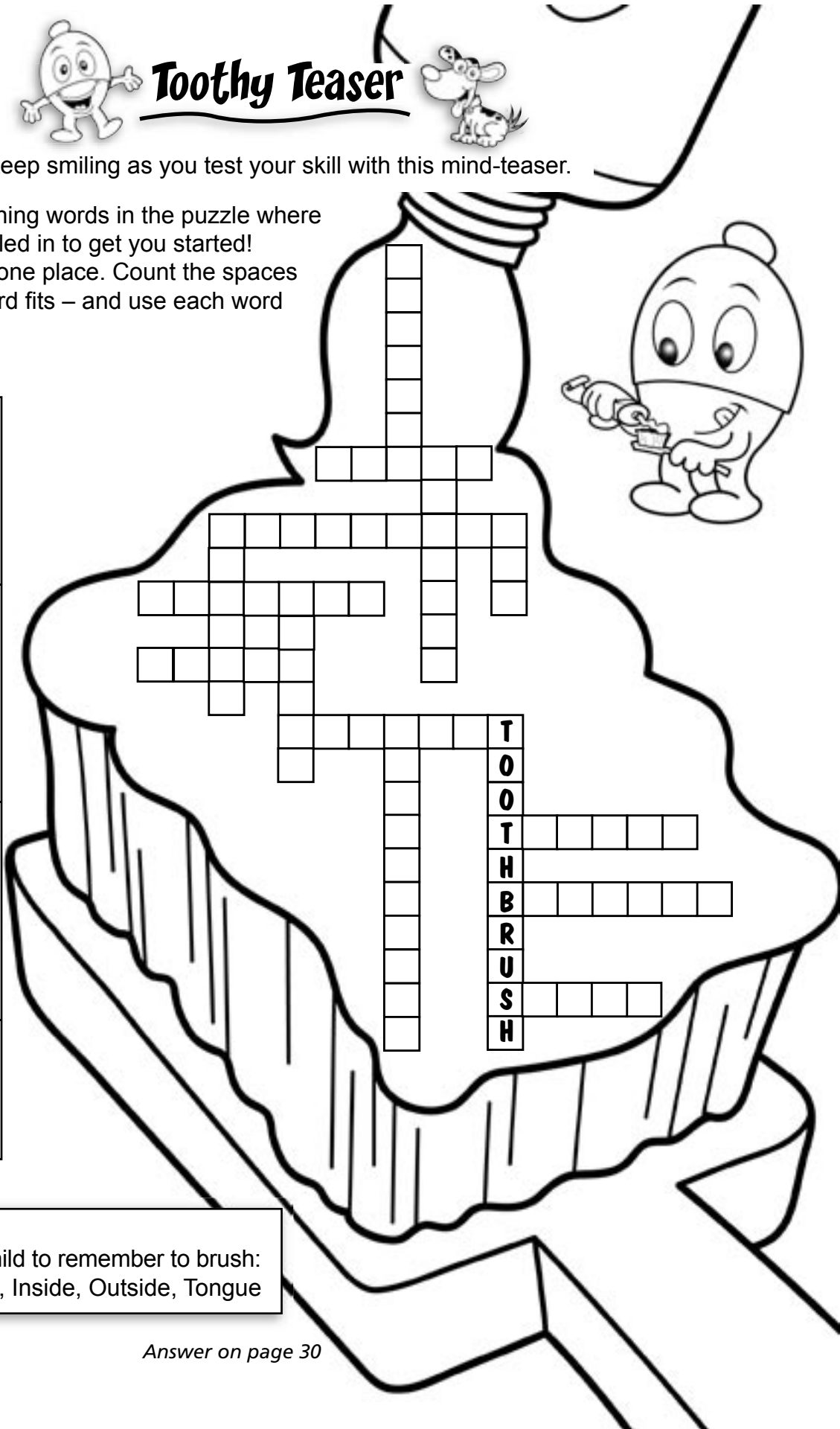


When to Brush	
<u>Word</u>	<u>Number of Letters</u>
Morning	7
Night	5
Breakfast	9
Bedtime	7

Where to Brush	
<u>Word</u>	<u>Number of Letters</u>
Top	3
Bottom	6
Inside	6
Outside	7
Tongue	6

Tools for a Healthy Smile	
<u>Word</u>	<u>Number of Letters</u>
Toothbrush	10
Floss	5
Toothpaste	10
Dentist	7

Why to Brush	
<u>Word</u>	<u>Number of Letters</u>
Smile	5
Healthy	7



Parent Tip

Help your child to remember to brush:
Top, Bottom, Inside, Outside, Tongue

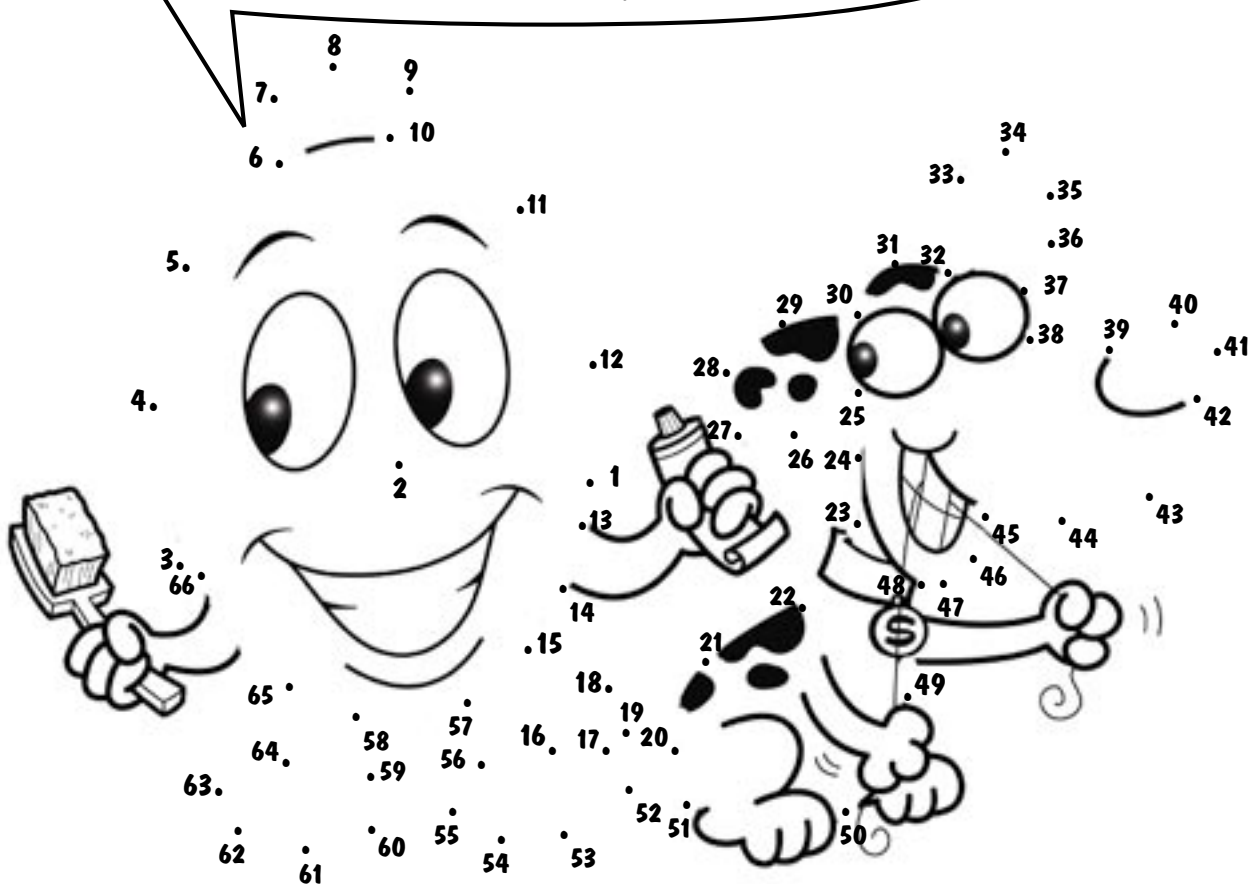


Look Who's Smiling . . .



Follow the numbered dots to see who is telling you a very important message.
Unscramble the letters and you will find out what the message is!

UQPALE + GSRUA = TAIVSICE
(and starchy foods)



P _ _ _ **Q** _ _ _ **+** _ _ _ **G** _ _ **R** = _ _ _ **V** _ _ **I** _ **S**

Answer on page 30



Parent Tip

Plaque reacts with food to make acid every time you eat. Each "acid attack" lasts for 20 minutes . . . and these acid attacks can cause cavities. Remind your child to limit the number of times they eat snacks each day.



My Healthy

My Healthy Smile

My Safety Choices

Date

To keep my smile healthy, I:


 Brushed for 2 minutes

 Brushed for 2 minutes

I made these good safety choices:

Date

To keep my smile healthy, I:


 Brushed for 2 minutes

 Brushed for 2 minutes

I made these good safety choices:

Date

To keep my smile healthy, I:


 Brushed for 2 minutes

 Brushed for 2 minutes

I made these good safety choices:

Date

To keep my smile healthy, I:


 Brushed for 2 minutes

 Brushed for 2 minutes

I made these good safety choices:

Date

To keep my smile healthy, I:


 Brushed for 2 minutes

 Brushed for 2 minutes

I made these good safety choices:

Date

To keep my smile healthy, I:


 Brushed for 2 minutes

 Brushed for 2 minutes

I made these good safety choices:

Date

To keep my smile healthy, I:


 Brushed for 2 minutes

 Brushed for 2 minutes

I made these good safety choices:

Happy Journal



Name _____

My Healthy Food Choices

I Got Moving!

I Washed My Hands

I ate these healthy foods:

I did these activities today:

I washed before:

I washed after:

I ate these healthy foods:

I did these activities today:

I washed before:

I washed after:

I ate these healthy foods:

I did these activities today:

I washed before:

I washed after:

I ate these healthy foods:

I did these activities today:

I washed before:

I washed after:

I ate these healthy foods:

I did these activities today:

I washed before:

I washed after:

I ate these healthy foods:

I did these activities today:

I washed before:

I washed after:

I ate these healthy foods:

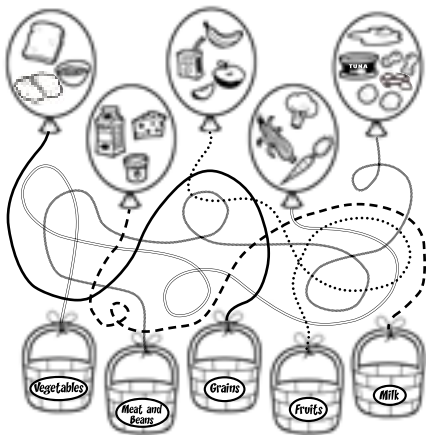
I did these activities today:

I washed before:

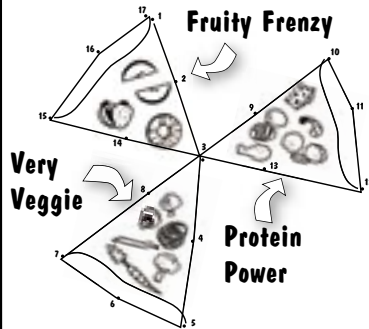
I washed after:

Answer Page

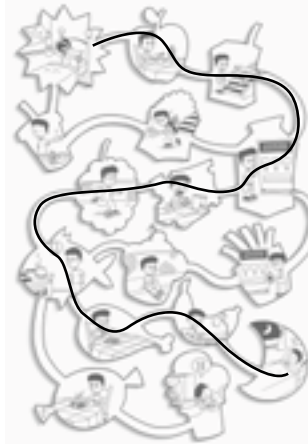
Page 5: The Food Group Scoop



Page 6: Dot's Delicious!



Page 7: The Choice is Yours!



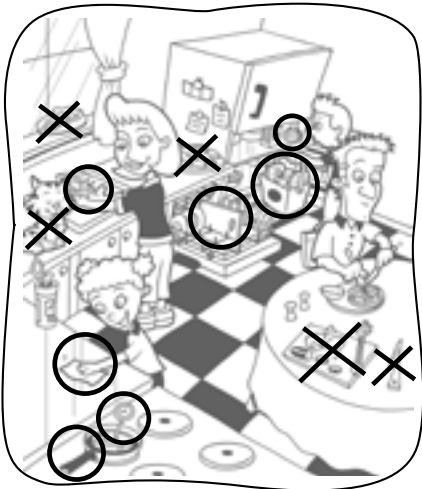
Healthy Food Choices:
apple
juice box
milk
cheese
grapes
fish
chicken
banana

Not-So-Healthy Food Choices:
soda
popcorn
cupcake
candy
ice cream

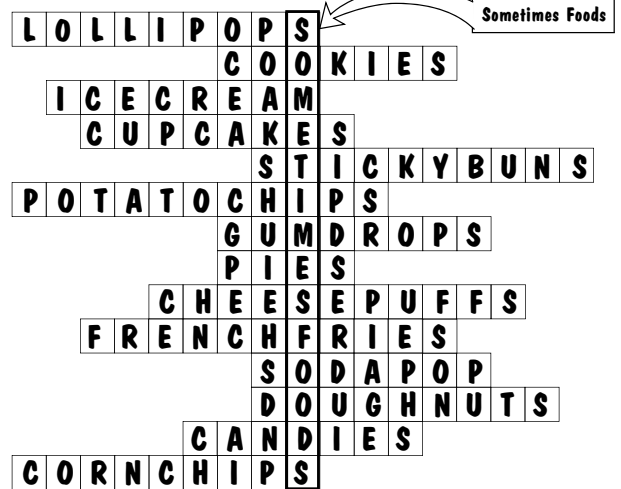
Page 8: I Spy ... Kitchen Safety at Home!

Good:
Washing hands
Cleaning counter
Washing cutting board
Fridge thermometer
Cold packs in lunchbox
Food thermometer
Pot handle turned in

Not So Good:
Cat on counter
Food not refrigerated (2 times)
Poultry & vegetables on same cutting board
Knife on table



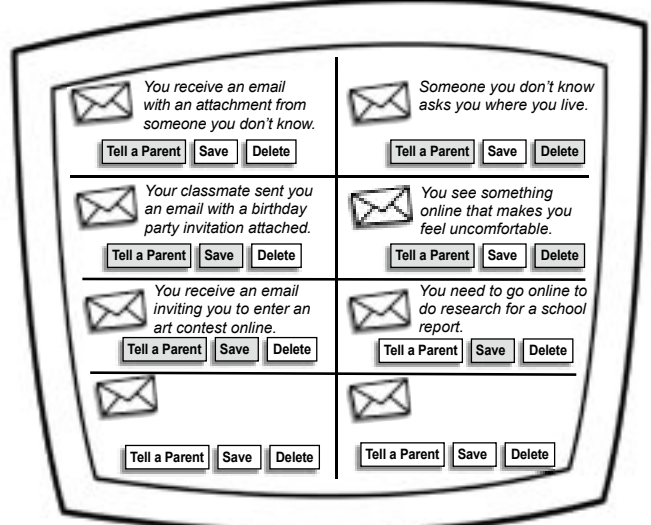
Page 9: Time for a Treat ...



Page 13: Play it Safe!



Page 14: Staying Safe Online



Answer Page

Page 15: Walk This Way!

1. **CROSS** only at crosswalks.
2. Look left, right, and **LEFT** again before crossing.
3. Never run into the **STREET** between cars.
4. Make sure to obey traffic signals and **CROSSING** guards.
5. Wear reflective clothing at **NIGHT** and carry a flashlight.

Secret Answer

What will you be if you follow these safety tips?

STREET SMART

Page 15: Get on the Road Safely!

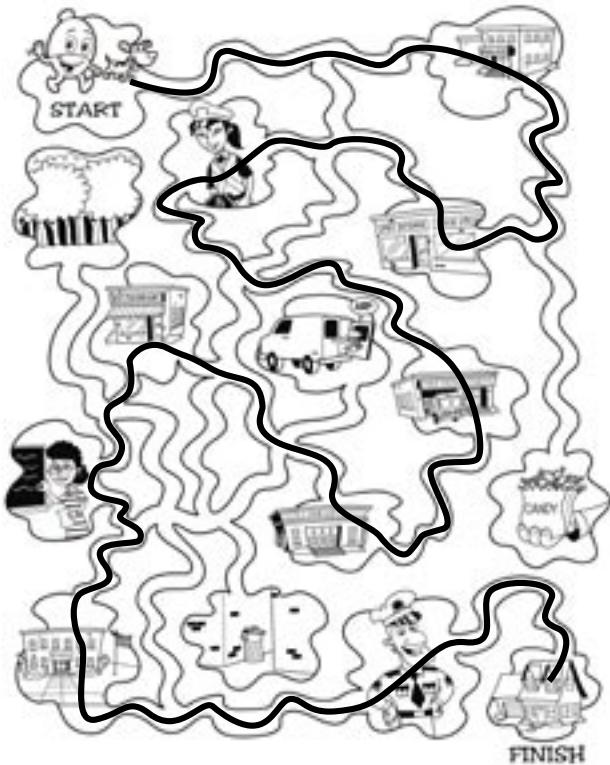
If You're 4'9" or taller:

**BUCKLE YOUR
SEATBELT**

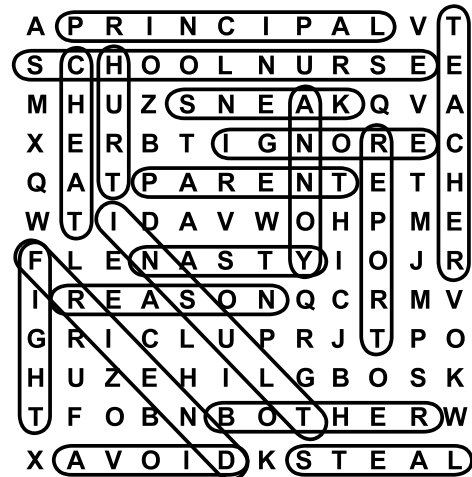
If You're Under 4'9":

**USE A
BOOSTER
SEAT**

Page 16: Safe Spots and Safe People



Page 17: Beat it, Bullies!



Page 18: Ready to Ride!

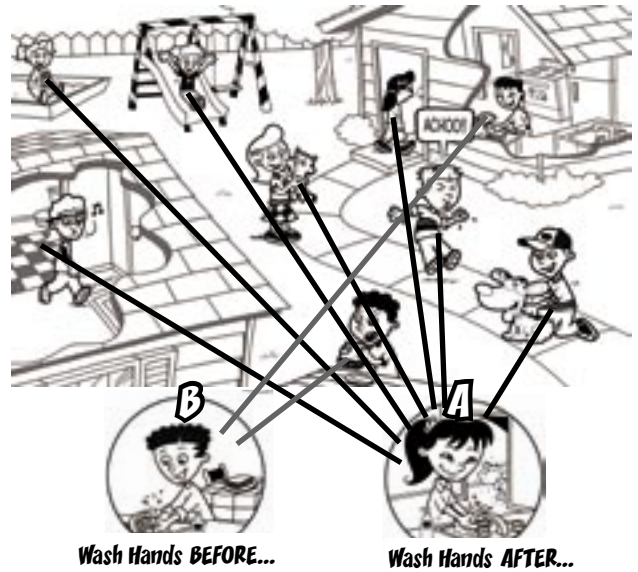


Answer Page

Page 20: Scrub's Secret Symbols



Page 21: Jumpin' Germs



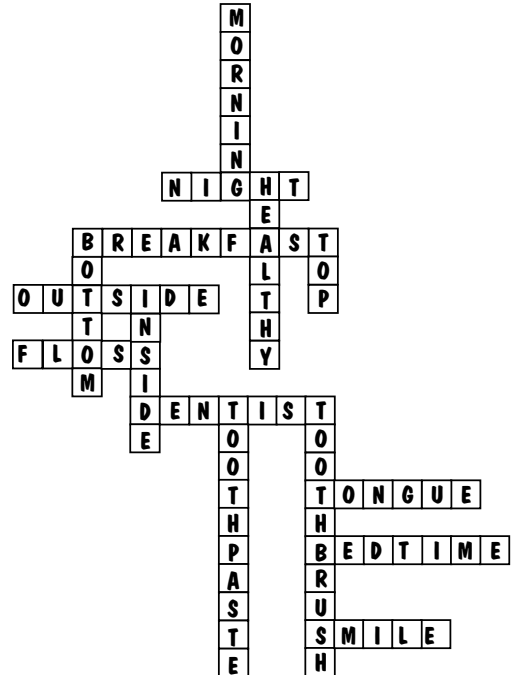
Page 23: "Share Your Smile" Seek-and-Find

Find:

- apple ★
- bedtime moon ★
- crayon
- dental floss ★
- dentist ★
- fish hook
- morning sun ★
- padlock
- smile ★
- soda can
- star
- toothbrush ★
- toothpaste ★



Page 24: Toothy Teaser



Page 25: Look Who's Smiling . . .



PLAQUE + SUGAR = CAVITIES



R.B.'s Healthy Activity Award



This is to certify that

(insert name)

has learned all about staying healthy and safe.

- By completing R.B.'s Activity Book, now you know how to:
- Make good food choices and be active for a healthy body
 - Take care of your teeth to keep your smile healthy and bright
 - Wash your hands in the right way and at the right times
 - Make safe choices every day



**Congratulations
— and thanks for
sharing my
Activity Book!**

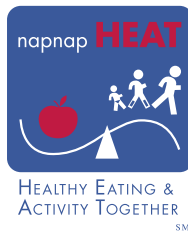


**Keep up the
good work!**





R.B.'s Activity Book is proud to support the following national health initiatives for children:



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