



KIDS OUGHTA BE COVERED!

KIDCARE ACTIVITY BOOK

Florida KidCare

HELLO KIDS!

My name is KidCare, and I help kids stay healthy and happy! This activity book is for you to get familiar with some of the things you can do to stay healthy, while having fun with puzzles, comics and coloring.



Let's start with some health tips.
Are you doing all of these important things?

- Get a check-up before school starts
- Get a flu shot
- Wash your hands... with soap!
- Cough into your elbow so you don't spread germs
- Brush your teeth every morning and every night
- Eat fruits and veggies every day
- Drink lots of water
- Get moving! Play outside with friends or participate in a sport

Ask your parents to visit www.floridakidcare.org or call **1-888-540-5437** to learn more about Florida KidCare and how they can help you stay healthy... and don't forget to ask for help when you cut out your KidCare mask at the end of this activity book so you can be a healthy superhero like me!

Florida KidCare

WORD SEARCH

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

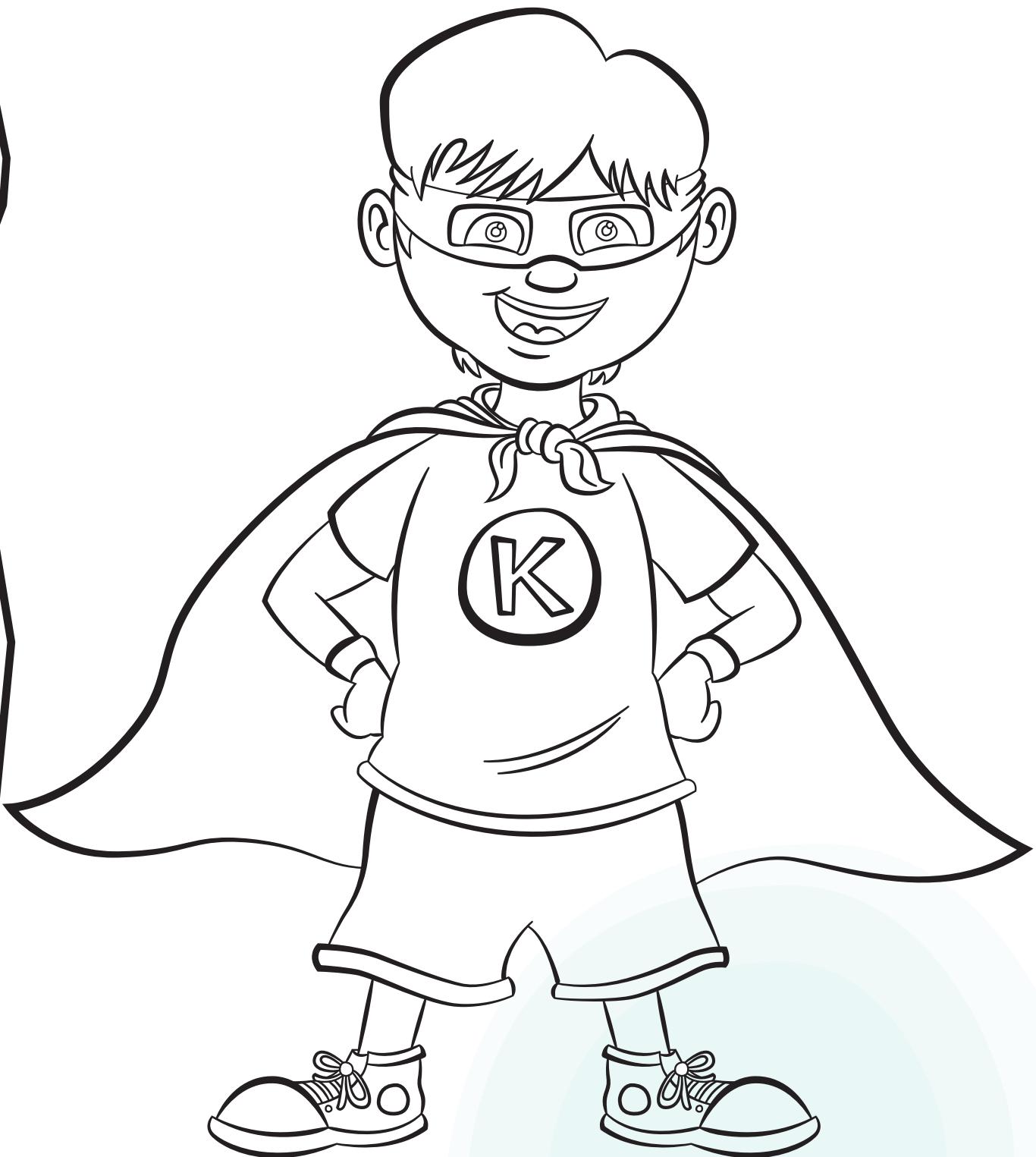
Answers on page 19

Words:

DENTIST
FRUIT
HEALTHCARE
HOSPITAL
JUMP

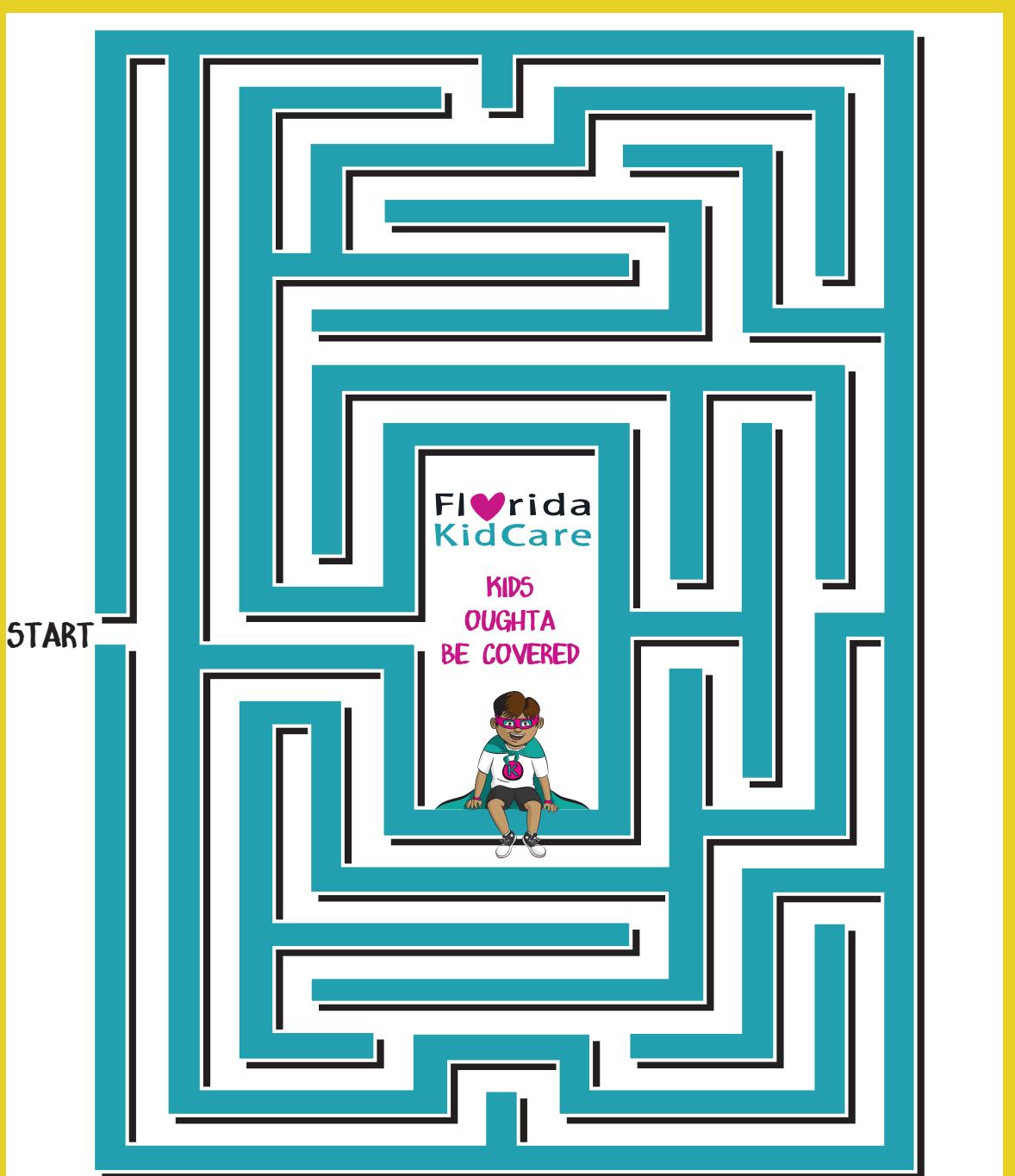
KNEE
LAUGH
PLAY
SMILE
SPORTS
TOOTHBRUSH

Color Superhero KidCare



HEALTHY KIDS MAZE

Find your way through the maze and become
a healthier kid with KidCare.



Answers on page 19

FIND SIX DIFFERENCES



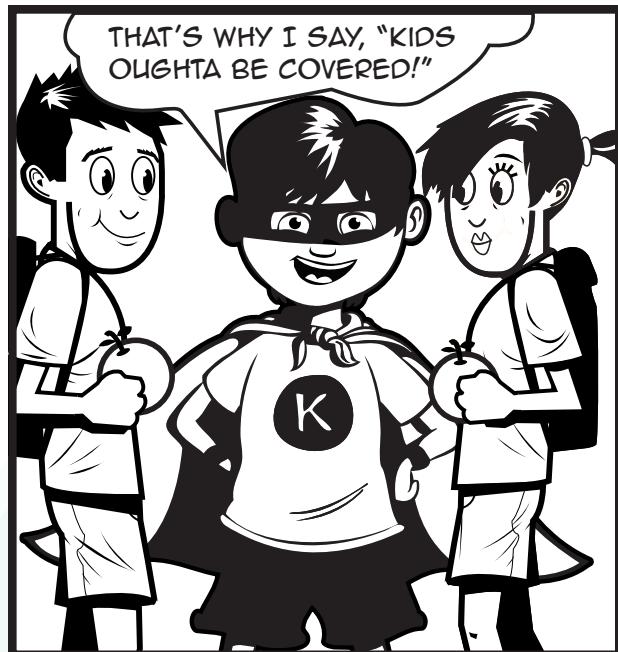
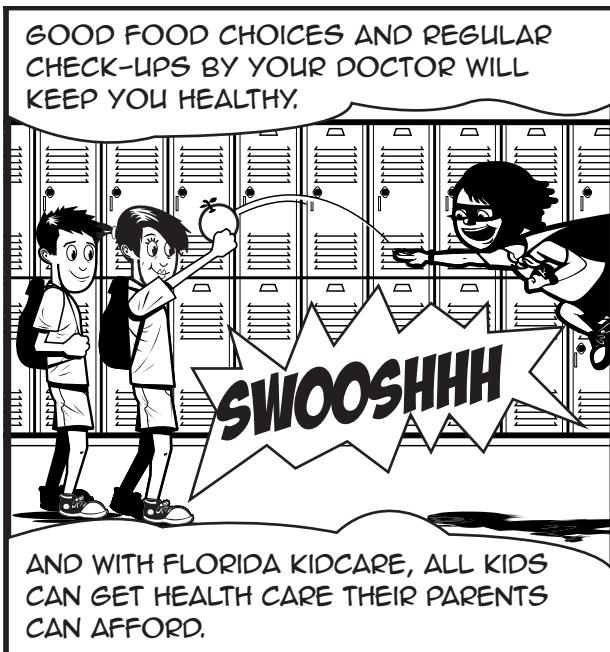
Answers on page 19

WHERE IS KIDCARE?

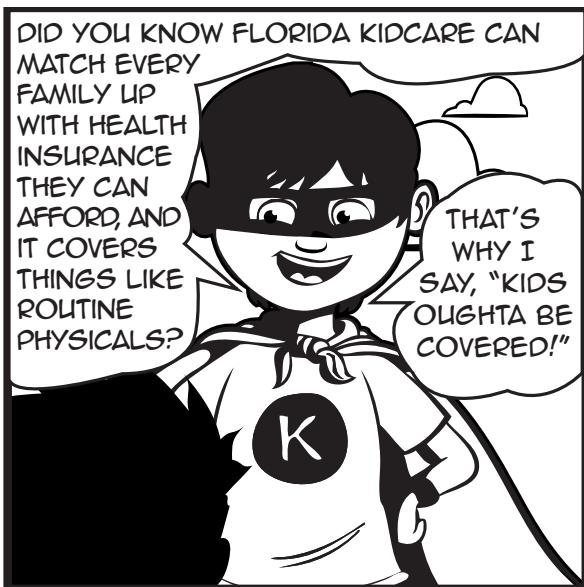


Answers on page 19

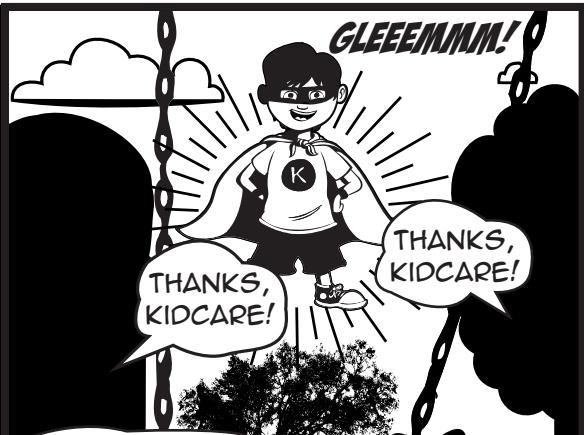
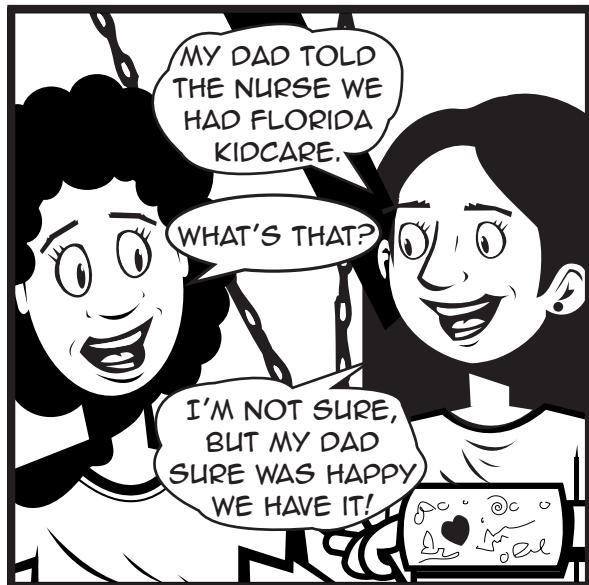
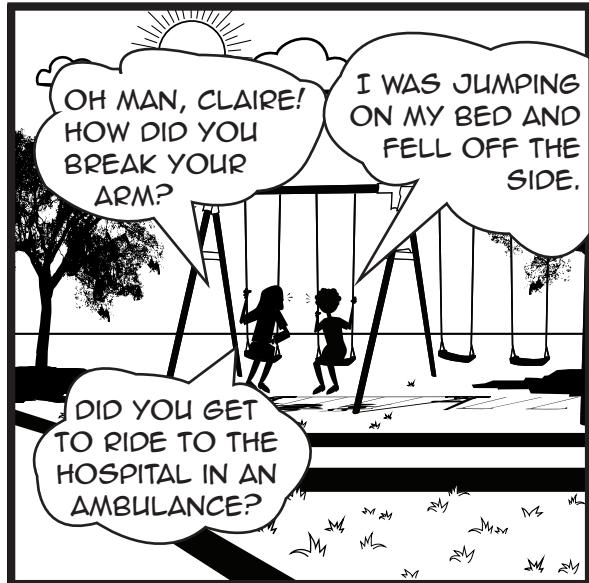
HEALTHY NUTRITION



SPORTS CHECKUP



ACCIDENTS HAPPEN

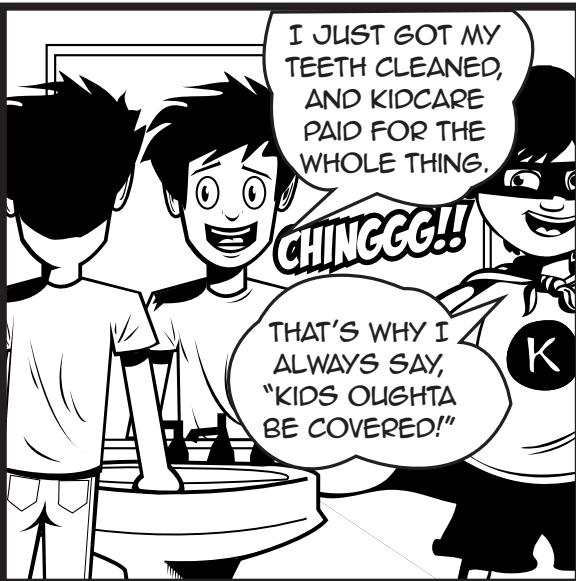
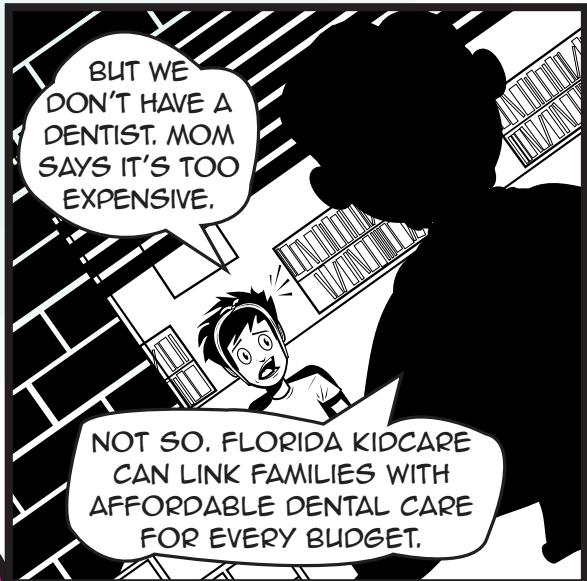


FLORIDA KIDCARE HEALTH
INSURANCE IS JUST FOR KIDS. NOW,
CLAIRE'S DAD CAN TAKE HER TO SEE
DOCTORS THAT WILL MAKE HER FEEL BETTER.



DENTAL VISITS

WHAT'S WRONG WITH YOU?



IMPORTANT IMMUNIZATIONS



CONNECT THE DOTS

Connect the dots to make the shape of the fruit... and make sure you're eating fruits and veggies every day!



Answers on page 20

WORD GAME

How many words can you make out of “Florida KidCare?”

DARE

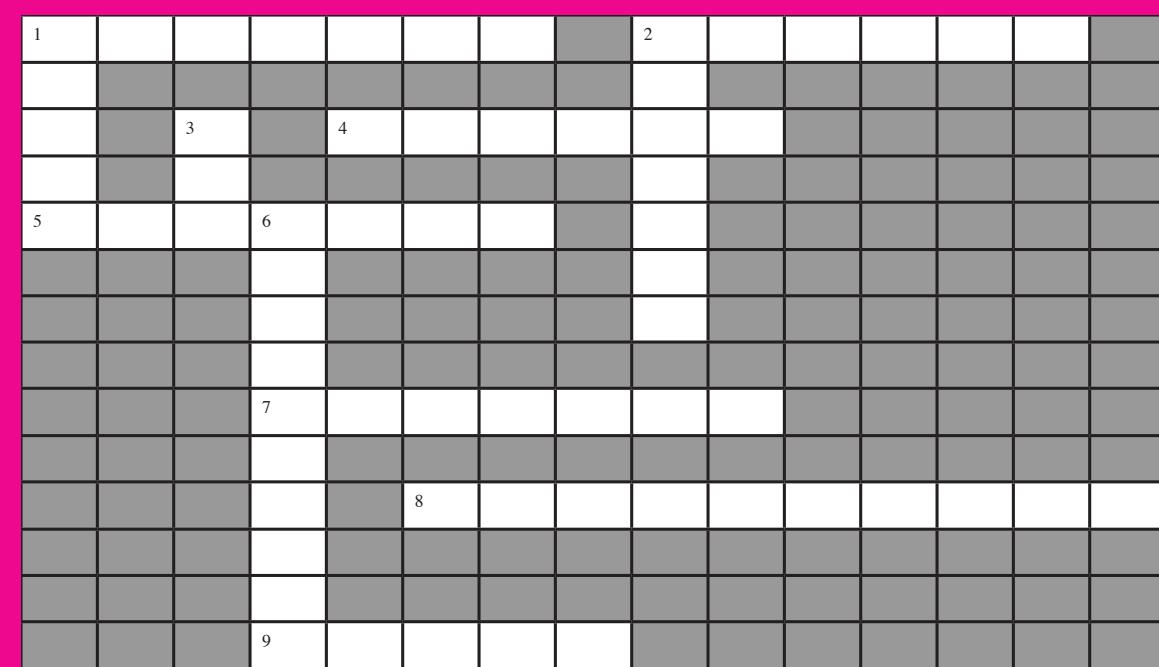
RIDE

How many words can you make out of “Kids Oughta Be Covered?”

RED

VOTE

CROSSWORD PUZZLE



Answers on page 20

ACROSS

1. KidCare says, "Kids Oughta Be _____!"
2. Moms, dads, grandmas, grandpas, uncles, aunts, brothers, sisters and cousins are all members of your _____.
4. The person who makes sure you are healthy and who you go to when you are feeling sick.
5. The person who takes care of your teeth and makes sure you don't get cavities.
7. The opposite of sick.
8. Fruits and _____ are healthy foods that are good for your body.
9. The opposite of sad.

DOWN

1. Right now, you are a _____. You will grow up to be an adult!
2. The state we live in!
3. You have to walk in school, but on the playground and during physical education, you can _____!
6. You brush your teeth with a _____.

WORD SEARCH

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

Answers on page 20

Words:

AVOCADO
BEANS
BEEF
CARROT
CHEESE

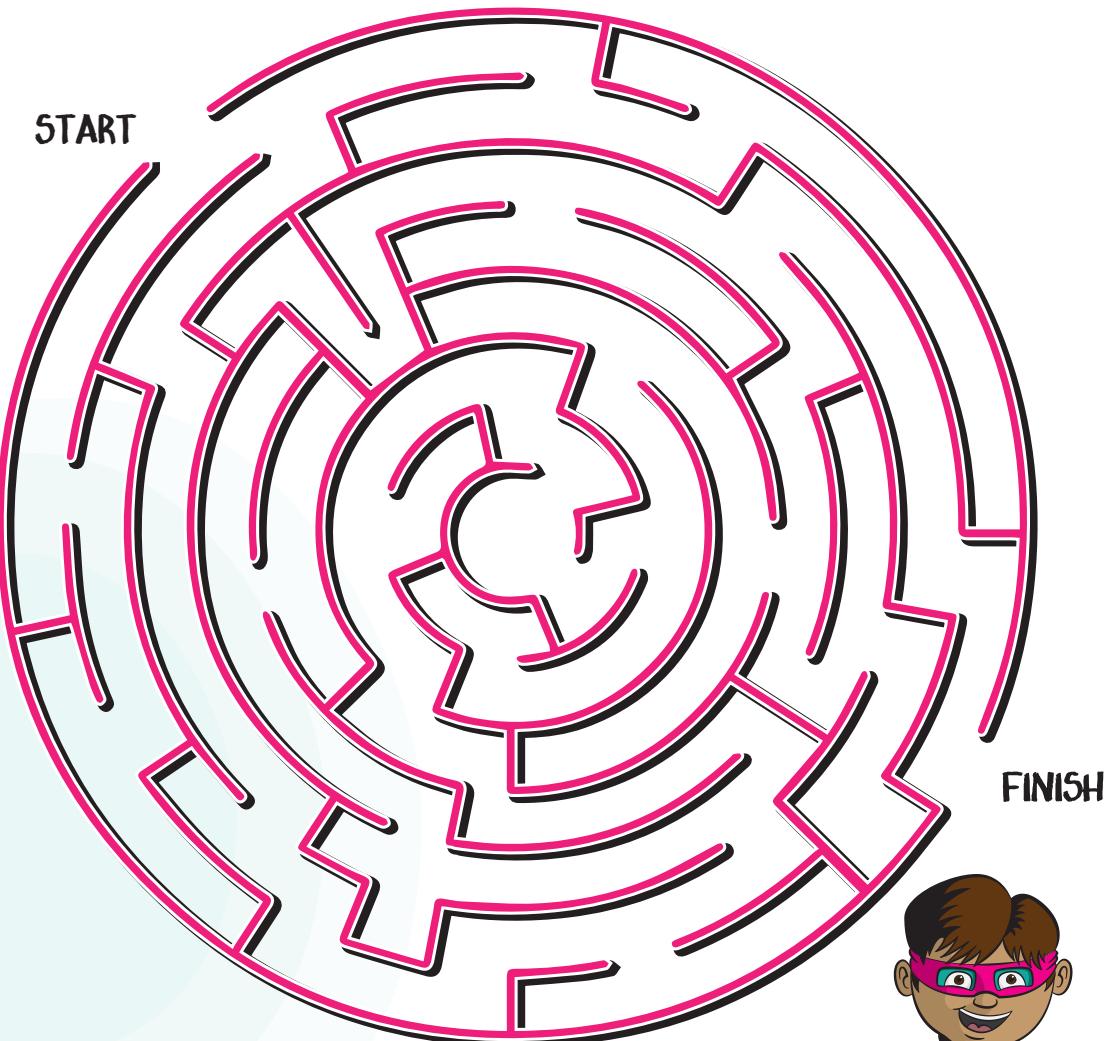
CHICKEN
CITRUS
DAIRY
HERB
KALE

MILK
PEANUTS
PROTEIN
SALAD
SHRIMP

SQUASH
TILAPIA
WATERMELON

KIDCARE MAZE

Find your way through the maze and become a healthier kid with KidCare.



KIDS OUGHTA BE COVERED



Answers on page 20

Color Superhero KidCare

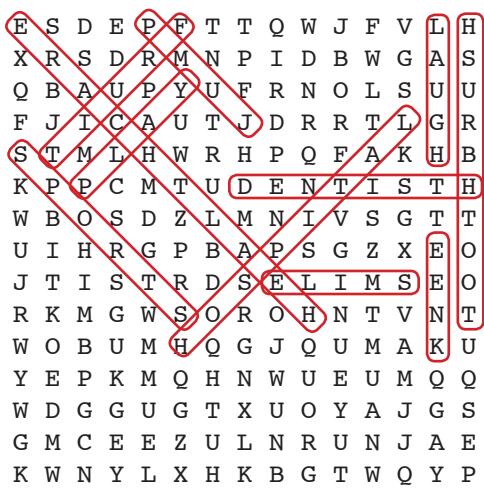


**Color Chip-In, KidCare's friend who helps make sure all
kids are covered!**

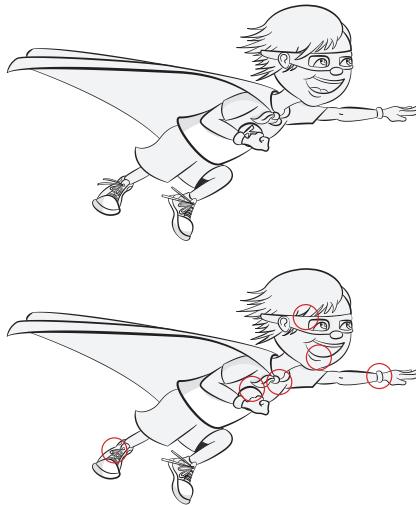


KIDCARE ACTIVITY BOOK ANSWER GUIDE

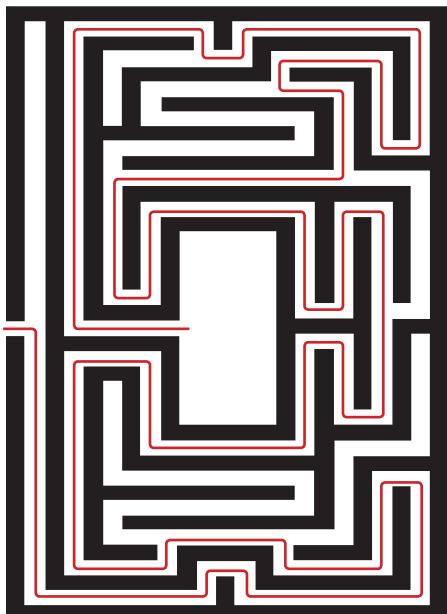
Word Search - Page 2



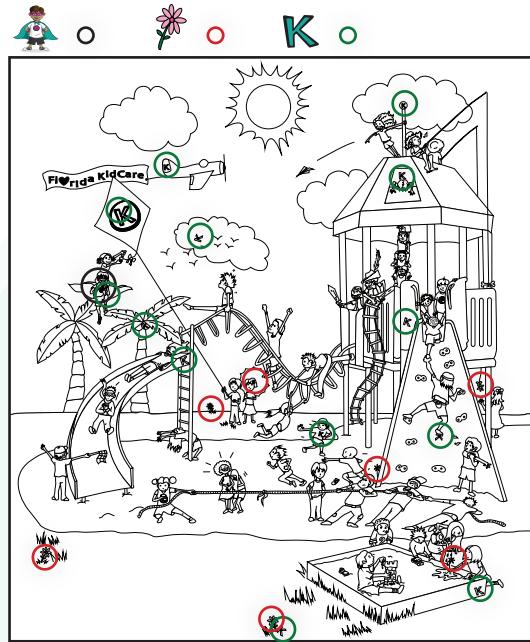
Find Six Differences - Page 5



Healthy Kids Maze - Page 4

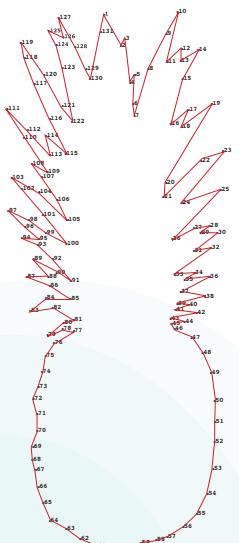


Where's KidCare? - Page 6



KIDCARE ACTIVITY BOOK ANSWER GUIDE

Connect the Dots - Page 12



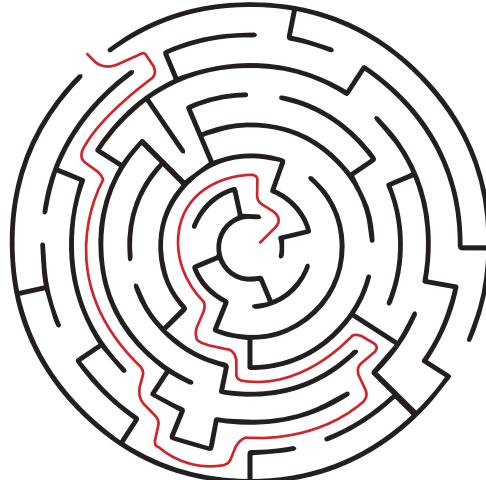
Word Search - Page 15

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

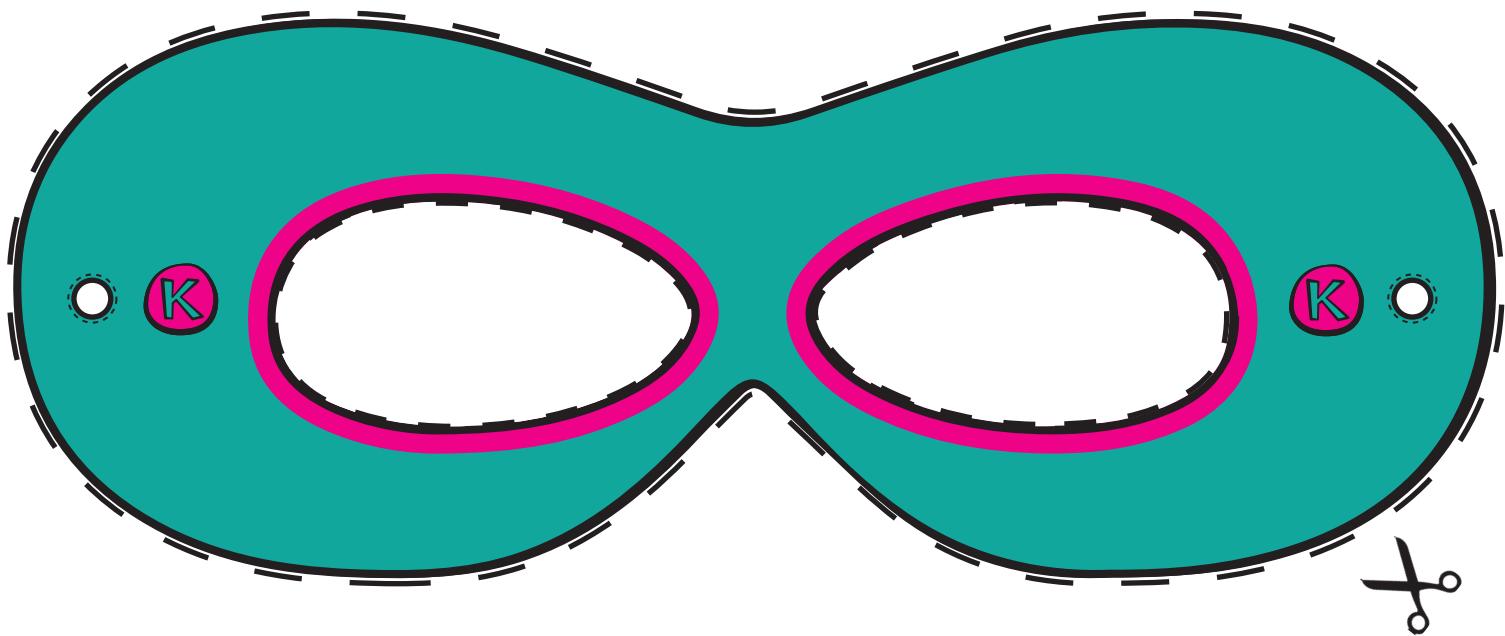
Crossword Puzzle - Page 14

¹ C	O	V	E	R	E	D	² F	A	M	I	L	Y
H				L								
I		³ R		⁴ D	O	C	T	O	R			
L					R							
⁵ D	E	N	T	I	S	T	I					
O					D							
O					A							
T												
⁷ H	E	A	L	T	H	Y						
B												
R		⁸ V	E	G	E	T	A	B	L	E	S	
U												
S												
⁹ H	A	P	P	Y								

KidCare Maze - Page 16



Ask your parents for help to cut out your very own KidCare mask!





FLORIDAKIDCARE.ORG

Florida KidCare

Affordable health insurance for every child.

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