

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.

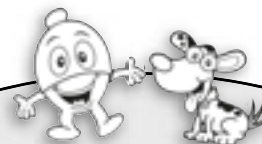


NAPNAP and the **LYSOL® Products Brand Team** share a collaborative relationship, and working together we are pleased to be able to bring you this high quality educational program. Expert members who specialize in the care of children have reviewed the information provided and are pleased to strongly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

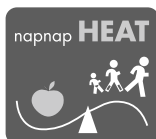


Get Out and Have Fun!

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!

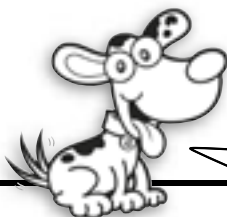


HEALTHY EATING & ACTIVITY TOGETHER

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

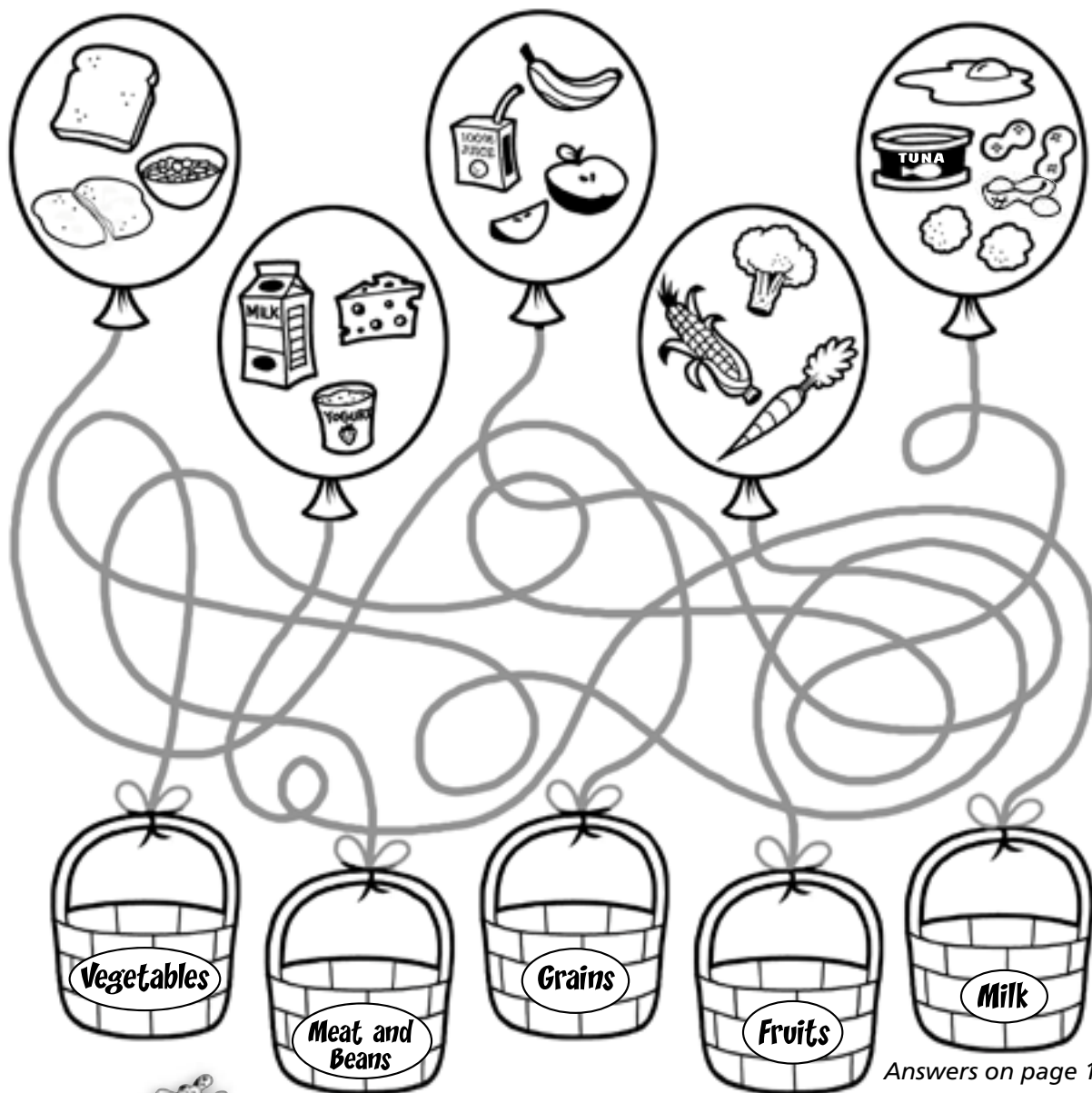


Making good food choices can keep you flying high! Follow these balloon strings to put the foods into the right food group baskets.

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



Answers on page 12



For more on the Food Pyramid, visit www.mypyramid.gov



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.

17. 1

16.

15.

14.

13.

12.

11.

10.

9.

8.

7.

6.

5.

4.

3.

2.

1.

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 12

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!

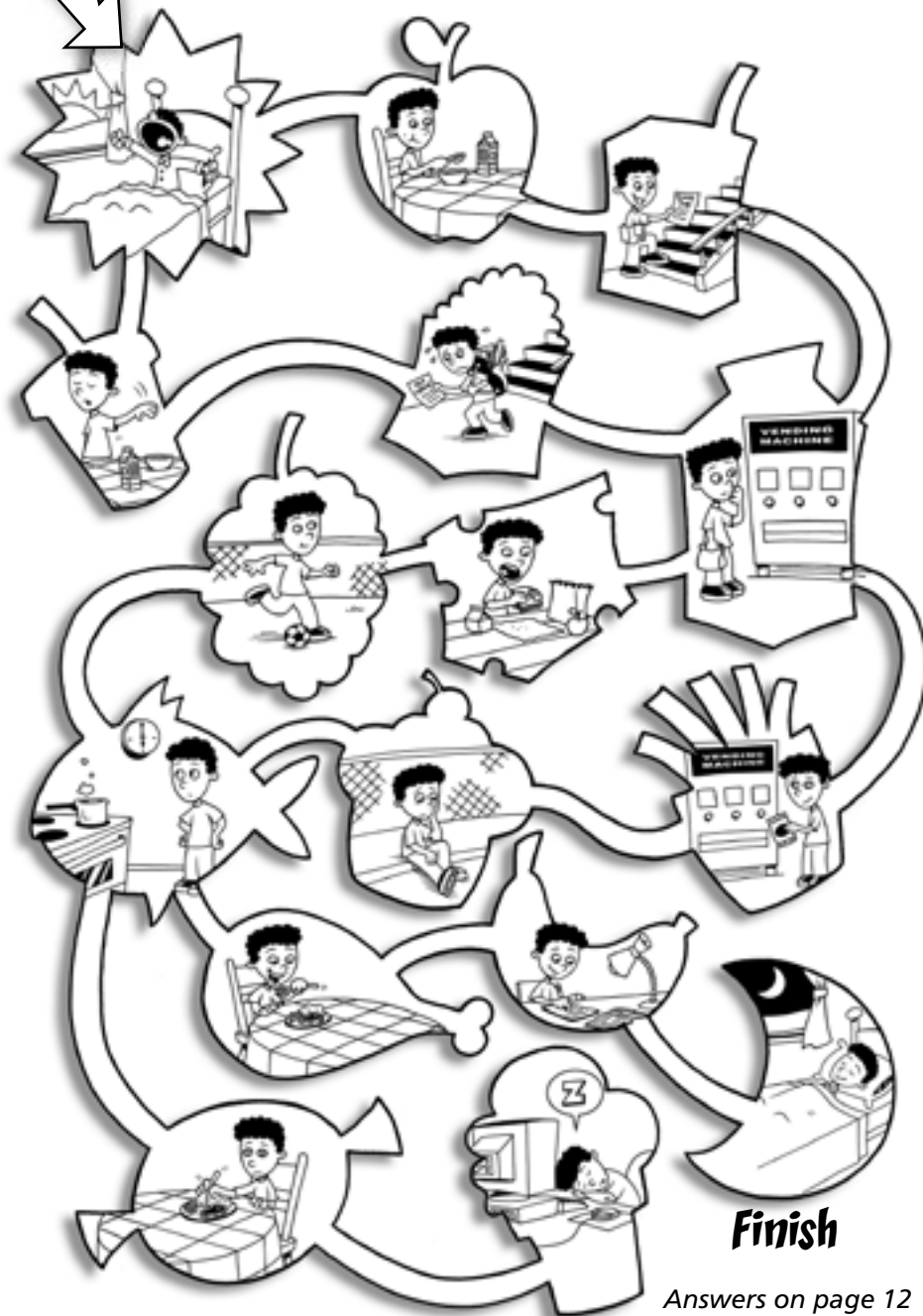


The Choice is Yours!



Start

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



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

Healthy Food Choices:

Not-So-Healthy Food Choices:

Finish

Answers on page 12



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?

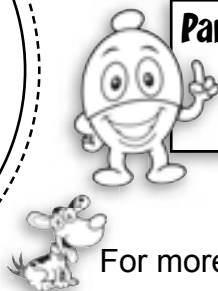


Answers on page 12



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



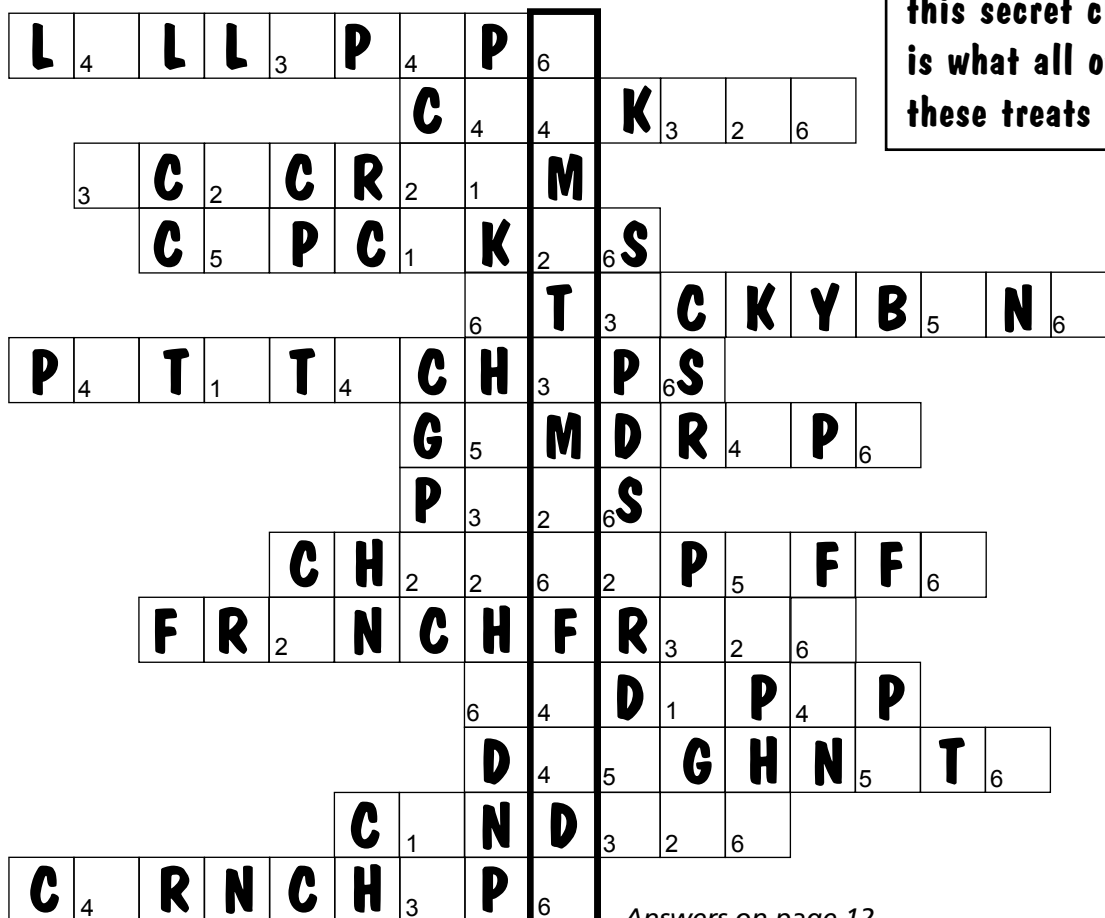
Time for a Treat . . .



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!

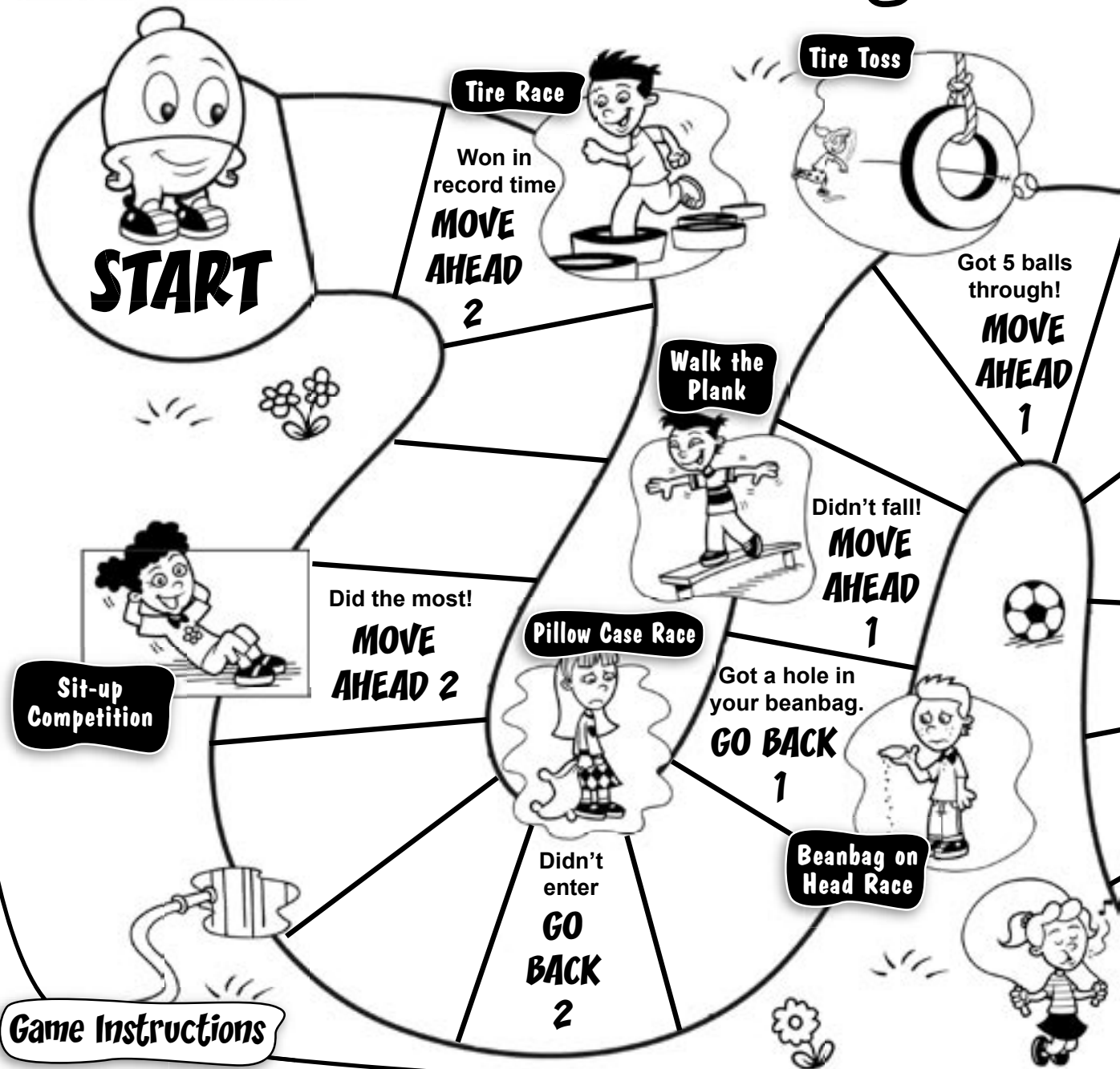
Answers on page 12



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



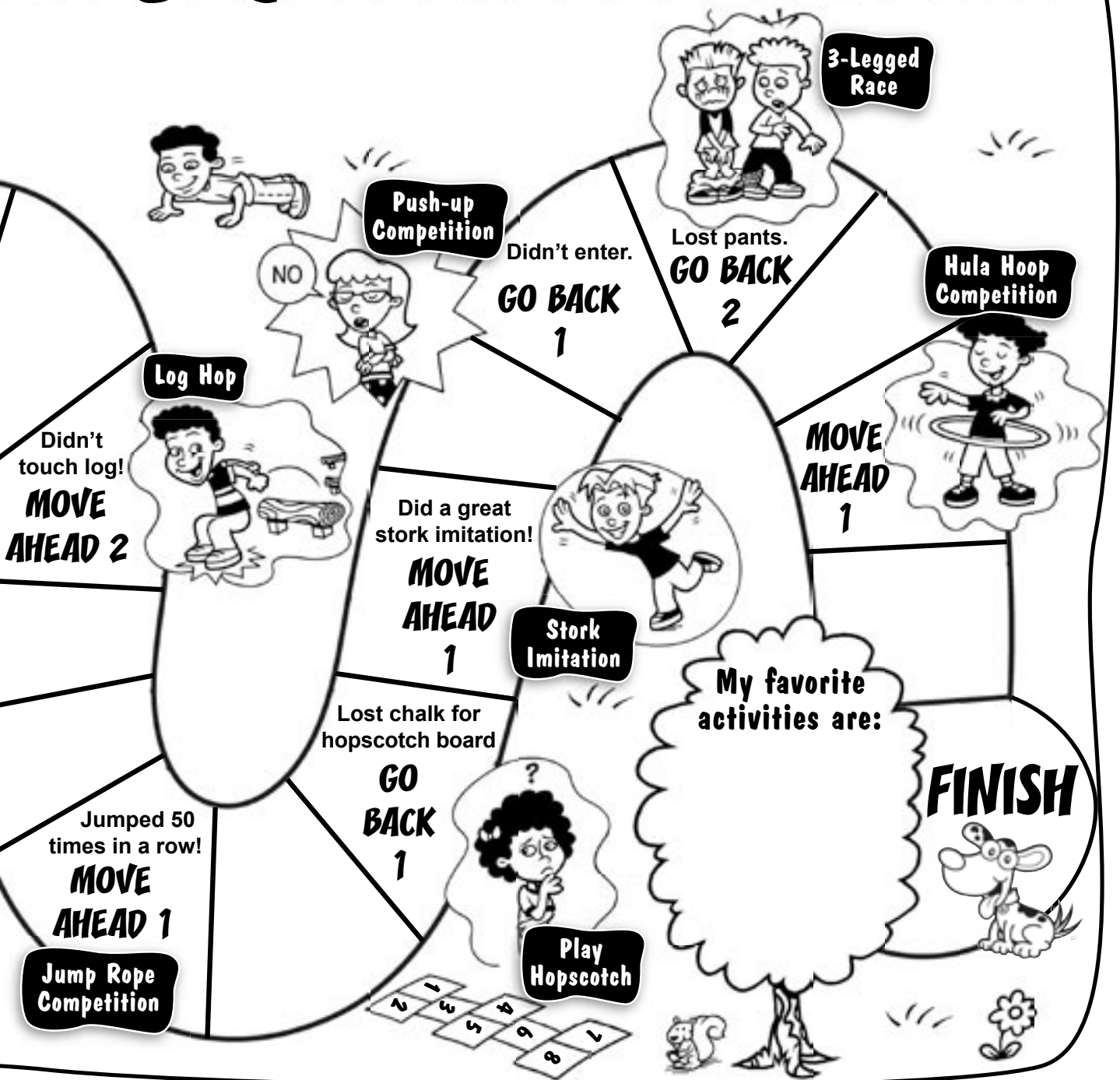
Object: Be the first player to reach the finish.

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!

Healthy Food Choices:

- apple
- juice box
- milk
- cheese
- grapes
- fish
- chicken
- banana

Not-So-Healthy Food Choices:

- soda
- popcorn
- cupcake
- candy
- ice cream

Sometimes Foods

LOLLIPOPS

COOKIES

ICECREAM

CUPCAKES

STICKYBUNS

POTATOCHIP

GUMDROPS

PIES

CHEESEPUFFS

FRENCHFRIES

SODAPOPOP

DOUGHNUTS

CANDIES

CORNCHIPS



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:**

