



**Healthy News & Reviews
For Ages 3-7
From Grandma and the
Healthy Kids' Club
September 2007**

Let's "B" Healthy!

Do you know your abc's? Let's talk about how to be healthier, using words that begin with the letter **B**.

The child in the picture above is riding a **B**ike. Riding a bike is a fun way to get your daily exercise. Do you ride your bike or tricycle every day? You should!

Draw a picture of you riding a bike below.



Playing Ball

The word **Ball** begins with the letter **B**. There are many kinds of sports that use a ball. Football, basketball, soccer, baseball or softball, golf, tennis, and volleyball are some of the most common. Do you play ball? See if you can get your dad, mom, brother or sister, grandparent, or friend to play catch with you, or play one of the other sports that use a **Ball**.



Ballet

Ballet is a type of dance that starts with a **B**, and dancing is a wonderful way to get your daily exercise. You can also do tap dancing, jazz, hip-hop, and many other kinds of dancing. If you think you might like to learn dancing, talk to your parents and see if you can take some lessons. If not, just start dancing whenever you hear music, and I guarantee it will make you feel better!

Now let's talk about some healthy foods that begin with the letter **B**.



Berries

Berries start with the letter **B**, and they are some of the healthiest foods you can eat. **B**lueberries, **B**lackberries, raspberries, and strawberries are some of my favorites. Have you had any berries lately? Ask your mom or dad if they will get some berries the next time they go to the supermarket, and eat lots of them!!



Bananas

Bananas also start with the letter **B**, and they are one of the most common fruits. Since they are so delicious and so easy to eat, they are great to have for snacks, or to take in your school lunch. Have a banana today!

Have a happy Labor Day holiday, and be sure to remember the “**B’s**” of staying healthy!

Hugs and kisses,

Grandma

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For permission to reprint any part of this newsletter, send an e-mail to info@grandmashealthykidsclub.com

Featured products for September:

Pretend & Play Healthy Breakfast Play Food Set
Pretend & Play Healthy Lunch Play Food Set

Help the 3 and up kids learn about healthy foods with these life-size foods in a shopping basket with handles. The little ones love to imitate mom and dad!

www.grandmashealthykidsclub.com/toysandgames.html

Sesame Street “C” is for Cooking cookbook. Kids will love the recipes and will love to help you cook. Each recipe has one or more steps marked that your child can do to help.

www.grandmashealthykidsclub.com/books.html

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