

Health and Hygiene Coloring Pages

Check out our [doctor, hygiene, healty food and dentist coloring pages](#) you can print out for this theme or use the links above to check out the quick and easy arts and crafts, games, activities, recipes, snacks, songs, poems and finger plays that are part of this activity theme.

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Health and Hygiene Arts and Crafts

Art

Yellow construction paper teeth, white paint and toothbrushes. Have children brush the

yellow teeth with the white paint. Frame the completed 'smiles with red construction paper lips!

Art II

Group collage: magazine pictures of smiles. (Not whole faces, just mouths - any kind - human or animal!)

Sensory

Cut the bottoms off of large plastic soda bottles and turn them upside down - they look like teeth! Spray them with shaving creme and give the kids toothbrushes to brush the teeth clean.

Science

Scrounge some small white ceramic tiles (from construction sites, tile stores, parents who are remodeling etc). Provide children with a variety of food products to smear on the tiles such as: jelly, ketchup, syrup, peanut butter etc, have children brush the teeth with toothbrushes and real toothpaste. Which tiles are stained?

Making Toothpaste

Materials

* 4 tsp. baking soda

*1 tsp. salt

*1 tsp flavoring(vanilla, almond or peppermint Extract)

*toothbrush

*floss

*airtight containers

Mix together, put in containers. Dampen toothbrush and dip in mixture to use.

Good Food Collage

Make a "good food" for their teeth collage out of pictures from magazines. They might even want to hang them on their own refrigerator to remind them which foods are healthy.

Paper Plate Meals

Have the children look through magazines to find pictures of different kinds of foods. Then have them cut out the pictures and glue them onto paper plates to make 'breakfasts', 'lunches'

or 'dinners'.

Pizza Collage

Materials Needed:

Round piece of tagboard

Glue

Red tempera paint,

Yellow & white Easter grass or yarn scraps

green, red, and black felt

brown scraps of paper

Procedure:

1. Mix red tempera with glue. Let children paint tagboard with red glue.

2. Tear brown scraps of paper and crumple them. Stick them to tagboard (sausage). Use green felt (peppers); red felt (tomatoes); black felt (olives); Easter grass or yarn (cheese).



Health and Hygiene Games and Activities

How To Sneeze

The new recommended way is to cough or sneeze into the crook of your arm instead of the hand if no Kleenex is available.

Group Time/Math

Graph favorite toothpaste flavors - mint, bubble gum or fruit?

Dramatic Play

Dentist office (call your dentist for donations!)

Dental Health

One thing you can do when doing dental health is to hard boil an egg ahead of time. Then bring in some dark soda. Place the egg in the soda for a day. Then the next day talk about why we should keep our teeth clean and how we can keep them clean. Then take the egg out. It is discolored, yellow, looks like plaque. Take a tooth brush with a little tooth paste, that's how you can fit in how much they should be using, and brush it off. It REALLY comes off. They love it. They each get a turn.

Playing Doctor

Let the children dress up in white

shirts or smocks and take turns playing doctor/patient. You could bring out a shoe box filled with different supplies, bandages, popsicle sticks for tongue depressors, empty ball point pen for pretend needles, etc)

Visiting the Doctor

You could discuss why it is important to see the doctor regularly. Ask if anyone knows how to use a stethoscope and ask if they know what a heartbeat is. If they put their hands over their heart they might be able to feel it beating. You could show them how to take a pulse on their wrists and on their neck.

Health Talk

You could discuss the difference between baby teeth and permanent teeth. Discuss how it feels to lose a tooth. Other children might be able to tell you about caring for their teeth, you can emphasize:

teeth should be brushed in the morning and before bed teeth should be brushed after meals when you can flossing is important, too sweet and sticky foods need to be rinsed or brushed off as soon as possible.

Can the children tell you the kinds of foods that are good for their teeth? What are good breakfast foods? What are good snacks?

Magic exercises

Discuss the importance of exercise and a healthy body. Let the children suggest what kind of exercises to do.

- * standing on their toes
- * clapping both hands over their heads
- * standing on one foot
- * wishing hard
- * clapping both hands behind their backs
- * waving a magic wand

Put the exercises together to make a simple routine. See if the children can repeat them several times.

Fishing for Good Foods

Children can cut pictures from

magazines (or for the little ones have them already cut) from the five basic food groups. Have the children glue these pictures onto a fish shape cut from construction paper. Slip a paper clip onto the front of each fish. Make a fishing pole from a dowel and tie a magnet onto the end of the string. Label five small buckets with the name/picture of each food group. Have the children try to catch a fish and encourage them to decide which group the food belongs to and then put the fish in the correct bucket.

Separating Solids

Mix one cup of beans, one cup of salt and one cup of rice together in a bowl.

Provide the children with a strainer and a colander and tell them to separate the items in the bowl into three separate bowls--one with beans, one with salt and one with rice. After the children are successful. ask them if they can think of another way to accomplish the task.



Health and Hygiene Recipes and Snacks

Fruit Plate (lunch or snack)

Give each child a paper plate and sliced fruit. Ask them to create themselves using the slices of fruit. Example; grapes for eyes, sliced apple for eye brows, banana sliced lengthwise for a mouth and a kiwi slice for a nose. This presents an ideal time to

discuss the importance of eating well to maintain healthy bodies. When their creation is finished they may eat the fruit plate for snack!

Taste Testing Various food items

Blindfold

Cut up and clean various food items. Blindfold your child and have him/her taste and smell different foods. Have him/her describe the various tastes, smells and textures before they

guess what it is.

Melon Bowl

Watermelon & various other
melons

Knife

Melon ball scoop or small ice
cream scoop

Adult cuts a watermelon in half.
Have kids scoop out the inside
using an ice cream scoop or
melon baller. Cut open other
melons and have kids make
balls with the melon ball scoop
from the other melons. Fill the

watermelon with balls from the various melons. This makes a great summer snack or dessert.

Happy Face Sandwiches

Bread

Peanut butter

Raisins

Alfalfa or bean sprouts

Squeezable cheese

Other small food items

Spread peanut butter on one side of bread - open faced.

Have child make eyes, nose, mouth and hair from other items

provided. Encourage kids to be creative and eat what they create.



Health and Hygiene Songs, Poems and Finger Plays

Growing Song

(tune: Are you Sleeping)

We need food and we
need water

We need sleep, lots of
sleep

To help our bodies grow
From our heads down to
our toes

Grow, grow, grow

Grow, grow, grow.

Meet the Veggies

Tomato: I'm round and red
And juicy too.

Chop me for a salad,
Or dump me in your stew!

Lettuce: Hey, wait a
minute!

If a salad you're fixin'

I can stand alone.
No need for the mixin'!

Onion: Chop me and slice
me

But keep water near.
I sometimes get juicy
And can bring on a tear!

Carrot: Orange is my color;
I stand long and lean.
In the garden ?you'll see
Just my bright leaves of
green.

Pea: I live in a pod
With so many others.
I think I was born
With one hundred
brothers!

Green Bean: Look in the
garden;
You'll see my sign.
Then bring out your
basket
When it's pickin' time!

Potato: I've an eye for
perfection

To give you the ?best.
Baked, mashed or fried--
I'll pass the test!

Cabbage: My head is quite
thick

So people tell me.

I guess that's the reason

Grocery stores sell me!

Celery: Cut and rinse my stalks,

Then spread on cream cheese.

A refreshing hors d'oeuvre
To make parties a breeze!

Squash: Some call me a game,

A game of good sport,
but I'm really to eat

As a side dish of sorts!

Brussel Sprout: I'm kinda
cute

When I'm served on a
plate

I'm just a little mouthful.

You can eat six or eight!

Cauliflower: I carry white
flowers

To break off and eat.

I'm sometimes served raw,
A nutritious snack treat!

Broccoli: My friends call
me trees:

Now that's a funny name.

Though I am a dark green
With stalks just the same.

We're the veggies
You should eat every day!
Now don't make a face.
We're as good as we say!

Cheese Please
(tune: 3 blind mice)

Cheese, cheese, cheese
we love cheese

Please, please please
give us cheese

We like white cheese oh
yes we do

Orange cheese taste
wonderful to

Yellow cheese is for me
and you

Oh, give us cheese

Did You Ever See A Kiwi?

(tune: did you ever see a
lassie)

Did you ever see a kiwi, a
kiwi, a kiwi

Did you ever see a kiwi it's
small and it's brown

It's brown on the outside
and green on the inside

Did you ever see a kiwi it's
small and it's brown

Did you ever taste a kiwi a
kiwi a kiwi

Did you ever taste a kiwi
it's soft and it's sweet

It's good and nutritious
and really delicious

Did you ever taste a kiwi
it's soft and it's sweet

Sneezing Song

I think --I am going to
sneeze ..(ha chew!)

I think --I am going to
sneeze ..(ha chew)

If you sneeze, pass the
tissue please....

Ha Chew, Ha Chew, Ha
Chew

Pass around a box of

tissue at the very beginning of school. Each child takes one, teach the song then sneeze and then we get up and throw the tissue away. The practice is a good practice to show them where the dirty tissues belong and that you don't want to have to pick up someone else's dirty tissue. Make a picture, but

trace their hand and glue a tissue to it. Title it "I think I am going to sneeze!"

Here is a poem to use with your germ unit.

When you cough or when you sneeze,
will you think of others please.

Use a tissue or your hand,

so on friends your germs
won't land.

Title: The Shape-Up Song

Sung to 'Farmer in the
Dell'

We're jumping up and
down

We're jumping up and
down

We're getting lots of
exercise

We're jumping up and
down.

We bend and touch our
toes.....

We kick our legs up
high.....

We jog around the
room.....

We wiggle our whole
body....

We stretch up to the

sky.....

Tooth brushing song

Brush your teeth

(chchchh, chchchchhhh)--
those are brushing sounds

When you wake up in the
morning and its quarter to
2, everyone's asleep and
there's nothing else to
do...you brush you teeth
(chchchh, chchchchhhh)

When you wake up in the morning it's a quarter to one, and you want to have a little fun....you brush your teeth (chchchch, chchchchchch)

When you wake up in the

morning it's a quarter to two, and you're lookin around for something to do....you brush your teeth (brushing sound)

When you wake up in the morning it's a quarter to three, and your mind is humming

twiddledeedee....you brush
your teeth (brushing
sound)

When you wake up in the
morning it's a quarter to
four, and you think you
hear a knock at your
door....you brush your
teeth (brushing sound)

When you wake up in the morning it's a quarter to five, and you just can't wait to come aliveyou brush your teeth (brushing sound)....you brush your teeth (brushing sound)your brush your teeth (getting progressively quieter, until brush your teeth comes out in a whisper)



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