



moda
HEALTH

FUEL LIKE A BLAZER

Activity book



FUEL UP
RIGHT &
BE YOUR
BEST...

All bodies need energy to run. Fuel up the healthy way with fresh food, restful sleep and outdoor play.



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Did you know?

Bananas are actually berries!



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Find your fuel

Can you find words to fuel by in this word search?

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

NUTRITION
PLAY
APRICOT

FRUITS
BROCCOLI
SPINACH

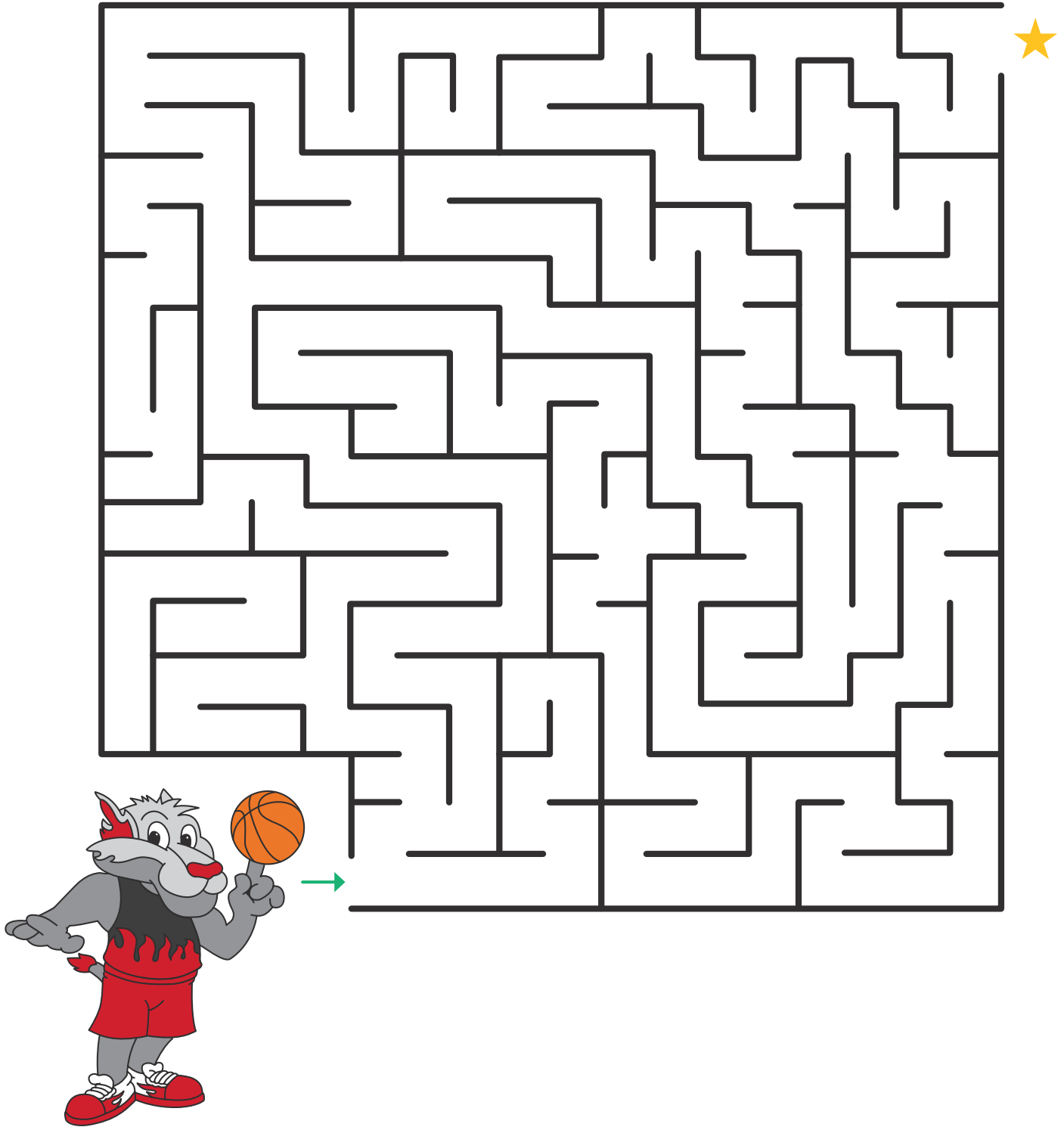
PROTEIN
WATER
SLEEP



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Blaze maze

Help Blaze get outside to play!





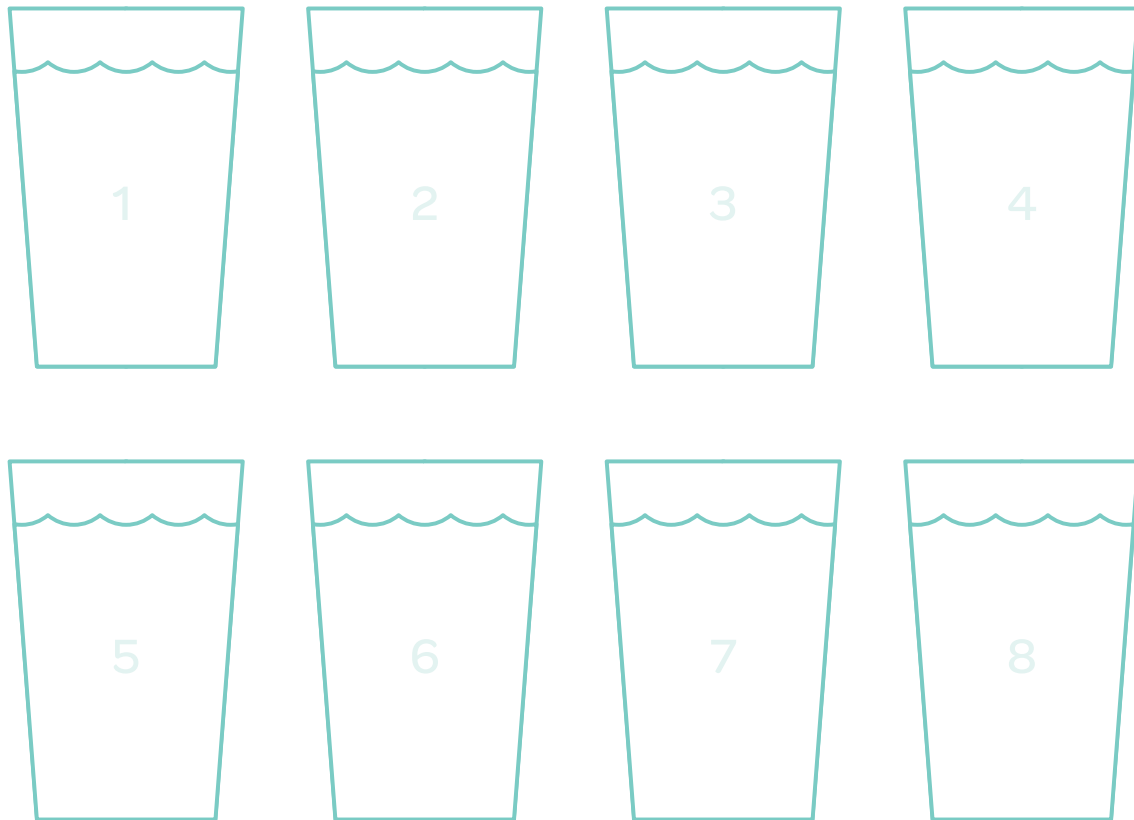
Did you know?

NBA players run about 3 miles during a game!



Hydration station

Fill in a glass for each cup of water you drink today.
Can you meet your goal in the chart below?



Goal chart

Age	7	8	9	10
For girls	5 cups	5 cups	7 cups	7 cups
For boys	5 cups	5 cups	8 cups	8 cups





D R [] N []
[] A T [] []
T [] B []
H [] [] L [] [] Y

Fill in the blanks to
discover a health tip.





Did you know?

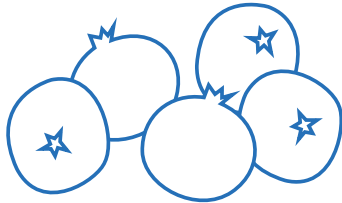
Humans spend about 1/3 of their lives sleeping, but cats spend 2/3 asleep.



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Healthy hunt

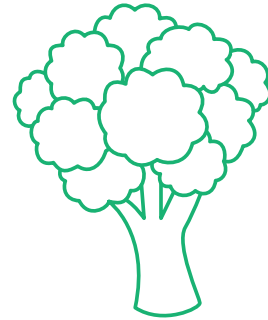
Can you find these fresh foods in your grocery store?



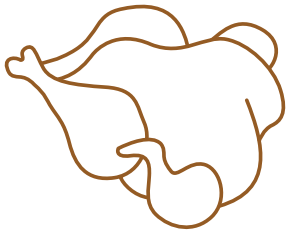
Blueberries



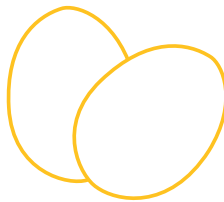
Milk



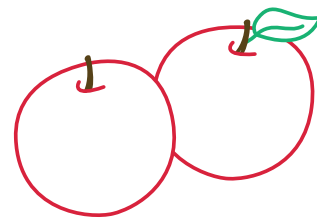
Broccoli



Chicken



Eggs



Apples



Carrots

Did you find them all?
Where were they? (Circle one)

- A: Entrance to the store
- B: Edge of the store
- C: Middle of the store
- D: Ice cream aisle



