



Staying Well in Winter

A book about
Healthy Habits

This book
belongs to

Always wash your
hands before you
eat!

Use warm water and
soap-- really scrub
those germs off!

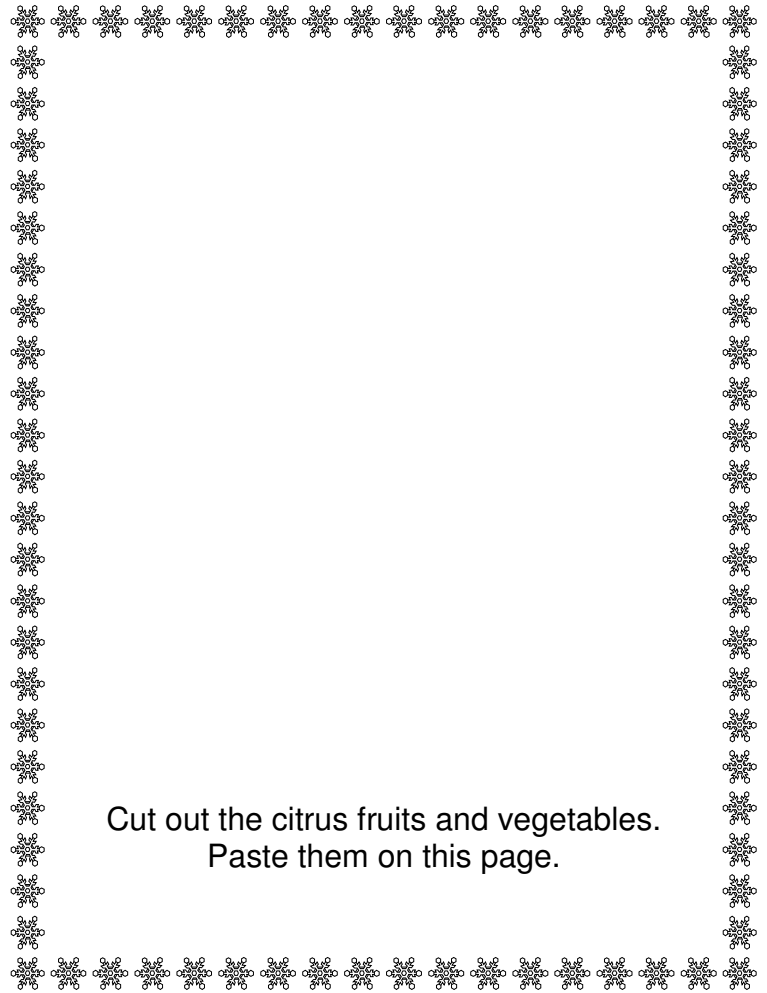
Trace your hand. Color it in.

Dress for the weather. Remember to wear your coat, gloves, and especially your hat. When you are cold, your immune system gets worn down, and it's harder for your body to fight off germs.

Draw a person.
Cut out the hat, gloves, and coat.
Paste them on the person.

Eat foods that contain Vitamin C and take a vitamin every day.

Vitamin C helps boost your immune system giving you an extra edge on fighting germs!



Cut out the citrus fruits and vegetables.
Paste them on this page.