

Good Health Matters!

Thinking and Growing

When you take good care of your body, you feel better. You think better too. Your body needs good food. It needs exercise. And it needs rest. Let's start with good foods!

Eat Good Foods

Good foods help your body grow. Good foods keep your bones strong. Good foods help build strong muscles. Always try to fill your plate with colorful foods. Colorful foods are good for you. They taste good too. If your plate looks like a rainbow, you have a jump start on good health. But there's more.

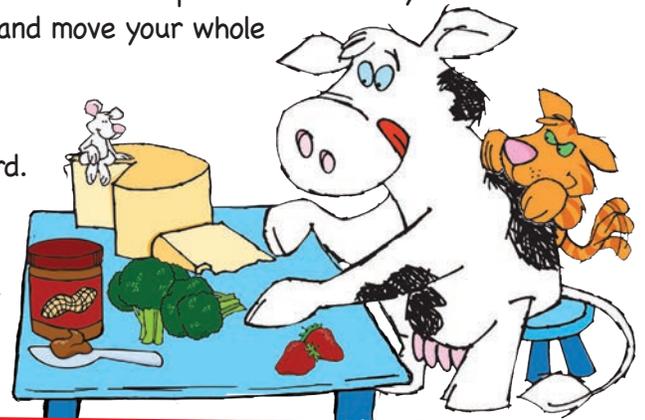
Did you know your body needs dairy foods? Dairy foods are foods made with milk. Cheese is a dairy food. So is yogurt. Dairy foods help you build strong bones and teeth. They also help build muscles. You need to eat three servings of dairy foods every day. Lucky for you, there are lots of dairy foods to choose from. Cheese, yogurt, and milk are the most nutritious dairy foods.

Be Active

What does it mean to be active? It means to keep moving! When you use your muscles, they stay strong and grow. Choose things you like to do. You can skip rope one day. Play catch with a pal on another day. Roller skate, walk your dog, or shoot hoops. Stretch your muscles and move your whole body for 60 minutes every day.

Rest Your Body

Each day your brain works hard. Each day your body works hard. Your body is growing too. All these things take energy. Bedtime is important because this is when your body recharges. When you get plenty of sleep, your body and brain work well. Even when you do not feel tired, your body and brain still need rest. Take good care of your body and your brain by getting plenty of sleep.



Write the answers.

1. What did you learn about colorful foods? _____

2. What are dairy foods? _____
3. What are three ways dairy foods help your body? _____

4. What does it mean to be active? _____
5. Why is it important to get plenty of sleep? _____



Answer Key
“Good Health Matters!”
Grade 2 (RI.2.1)

1. Colorful foods are good for you.
2. Dairy foods are made with milk
3. Dairy foods help you build strong bones, teeth, and muscles.
4. It means to keep moving.
5. Your body and brain need to recharge.

Bonus: Answers will vary.



Cheesy "Cow-culations"

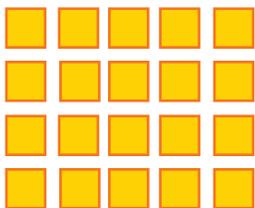
It takes **5 quarts of milk** to make **1 pound of cheese**.

Skip count by 5s.

Write how many quarts of milk are needed for each cheese order.

Key
 = one pound of cheese

Cheese Order A



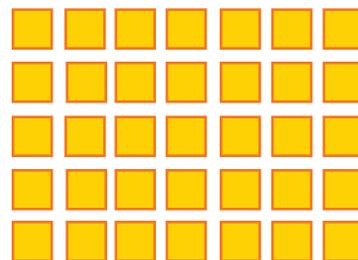
_____ quarts of milk

Cheese Order B



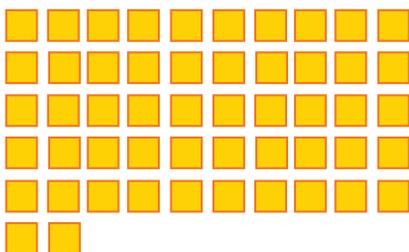
_____ quarts of milk

Cheese Order C



_____ quarts of milk

Cheese Order D



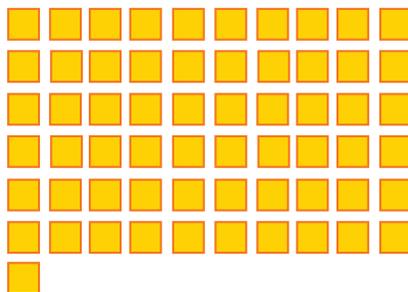
_____ quarts of milk

Cheese Order E



_____ quarts of milk

Cheese Order G



_____ quarts of milk

Cheese Order F



_____ quarts of milk

5, 10, 15,
20...



Bonus: How many quarts of milk are needed to fill orders A, B, E, and F altogether? Count by 5s!



Answer Key
“Cheesy ‘Cow-culations”
Grade 2 (2.NBT.A.2)

A. 100

B. 70

C. 175

D. 260

E. 45

F. 60

G. 305

Bonus: 275 quarts of milk

