

MAY

Billy Buffalo's Tip

TOO MUCH SUGAR IS BAD FOR YOUR HEALTH.

Just like how candy and ice cream make things sticky, sugary drinks can make your insides sticky and slow you down. Many drinks have sugar in them, like soda and sports drinks. Healthy kids should aim for less than six teaspoons of sugar per day.



0 SUGARY DRINKS



School Spotlight

INFUSED WATER!

Kenmore's Hoover Elementary students made strawberry-infused water! Yum! Adding fresh fruits to your water can make it taste even better and helps to keep your body healthy.



Track Yourself

COLOR IN A WATER DROP FOR EVERY GLASS OF WATER YOU DRANK. TRY TO DRINK 8!

DAY 1	
DAY 2	
DAY 3	
DAY 4	



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

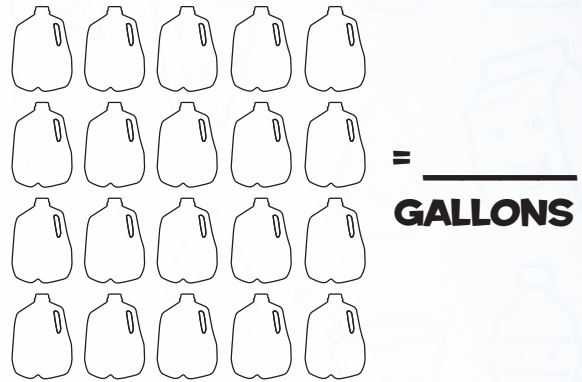
MAY

Challenge:

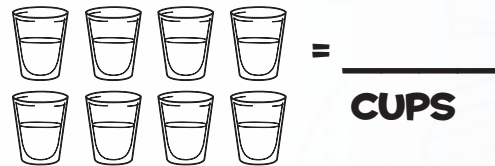
SIP SIP

Animals need water just like you!
Count how much and fill in the blank.

This is how much water tigers drink a day!



This is how much you should drink a day!



Activity

ALL LIVING THINGS NEED WATER

Add 20 drops of food coloring to a cup half full of water. Put a white flower with the stem in the cup of food-colored water. Make sure to keep your flowers in sunlight. The next day, check the color of the flowers. The petals should turn the same color as the food coloring.



This means that the water from the cup, traveled up the stem and into the petals to help the flower survive and grow, just like water does for us!

Try This...

**TRY NOT TO
DRINK ANY SODA
THIS WEEK.**

Add fresh fruit like strawberries or lemons to your water instead.



Name _____

Grade _____

Teacher _____