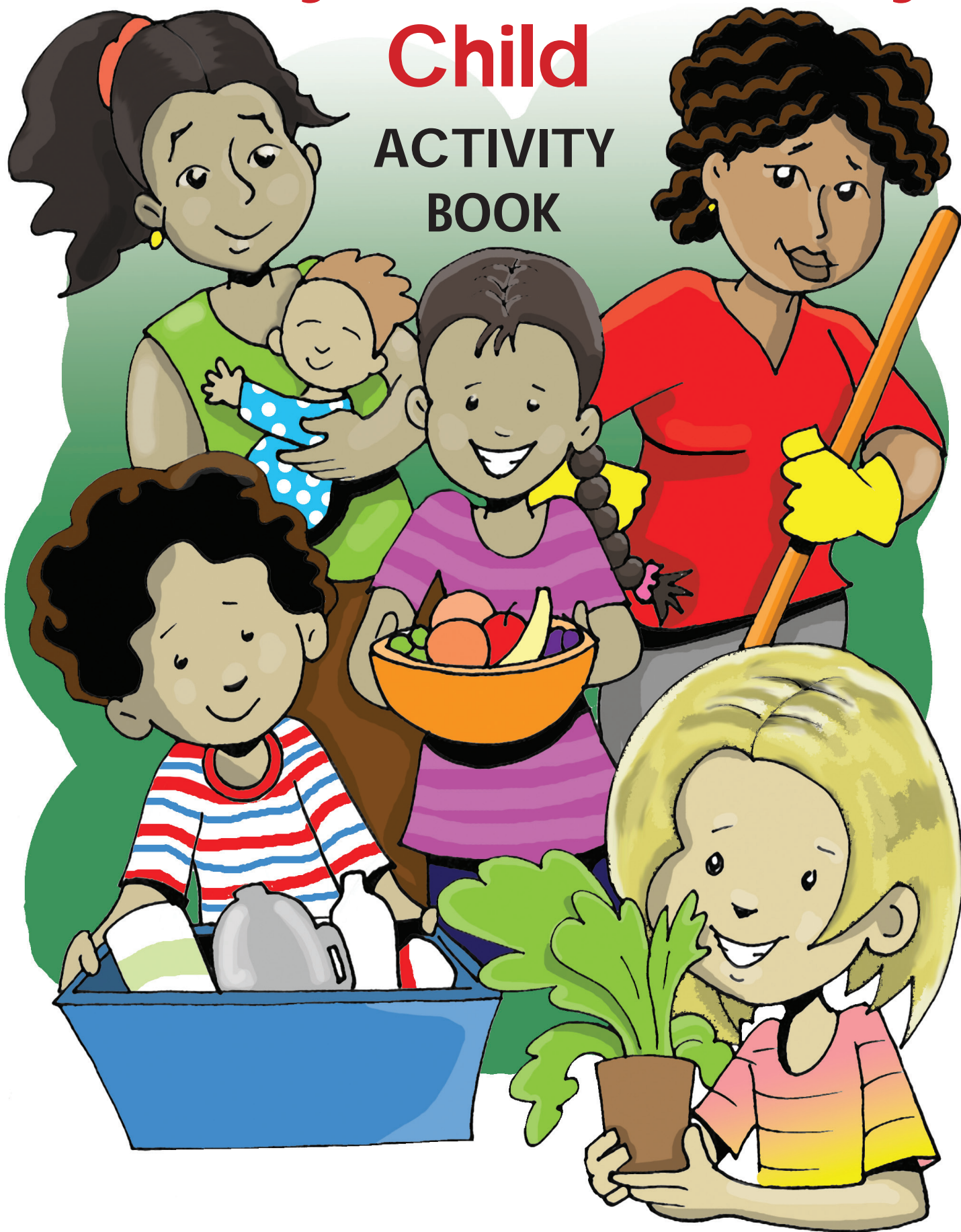


Healthy Home, Healthy Child

ACTIVITY
BOOK



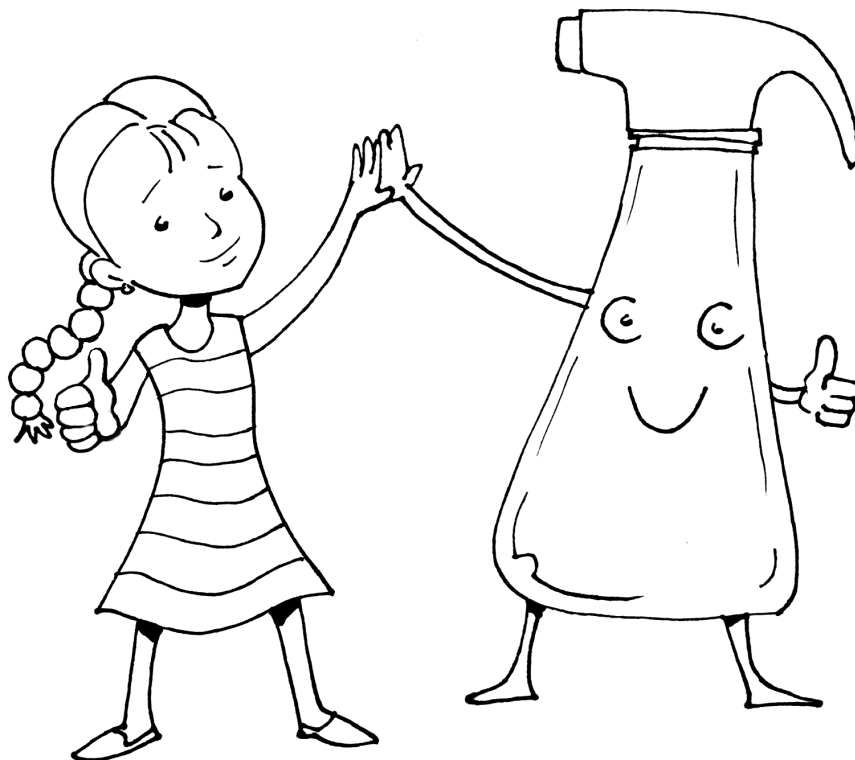
WELCOME!

A healthy environment means healthy kids!
This book offers fun, easy activities
for you and your child that will provide
healthy alternatives to everything from
cleaning to eating to playing.

So what are you waiting for?
Let's get moving!

Developed for Columbia Center for
Children's Environmental Health
by Sabrina Carter

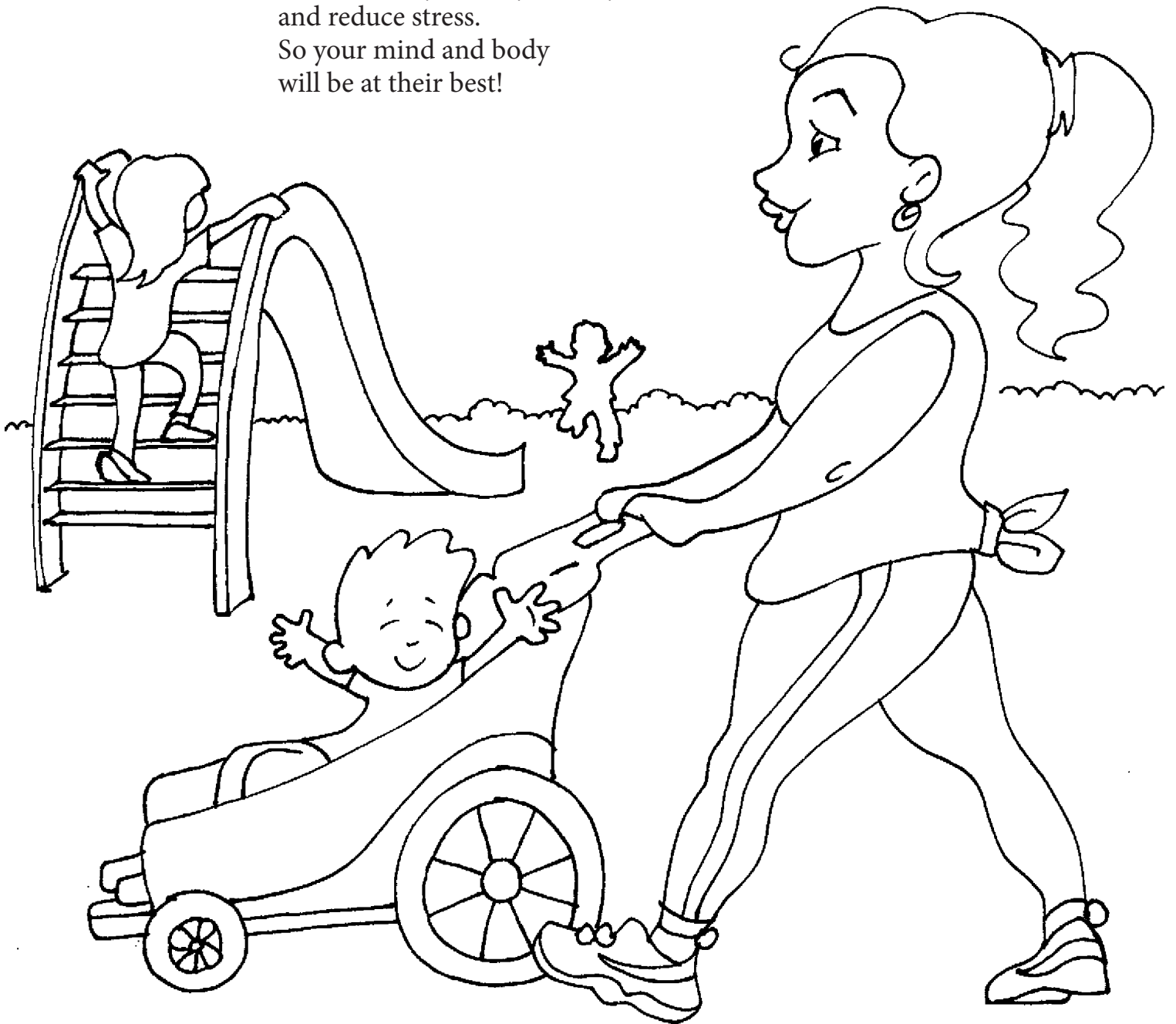
Illustrated by Jerry Craft



Get moving!

Get up, get out and move around.
Take a walk in the park or explore your town.
Visit a friend, but don't take the bus.
Ride a bike, power walk or push the baby in a cart!

These are ways to stay healthy
and reduce stress.
So your mind and body
will be at their best!



Healthy Kids!



Little children love to play.
They get dirty in a lot of ways.
Like food in their hair or picking up worms,
things like these spread lots of germs!

The trick to keeping them healthy and clean
is to wash them up right at the scene.
With a little warm water and regular soap,
you'll show those germs just where to go!



Create Change!

Draw a line from the words below to the pictures that they describe.



- Don't Litter

- Recycle

- Volunteer



Build a Community Garden!



Green and Clean!



PARENT TIP

Parents, did you know that simple household items like baking soda and vinegar combined into a paste can be used to clean bathrooms or using a slightly damp cloth to wipe down furniture can help prevent dust from getting in the air we breathe?



Word Search

See if you can find a few of the different items you can use to safely clean your home in this fun word find puzzle.

Enjoy!

c t e w z t j q s
i l i l m t q x r
f p e n m d w m e
e g n a s o a p t
n a i m n k i u a
d o g r e e n x w
y d k l e m o n t

clean

wipe

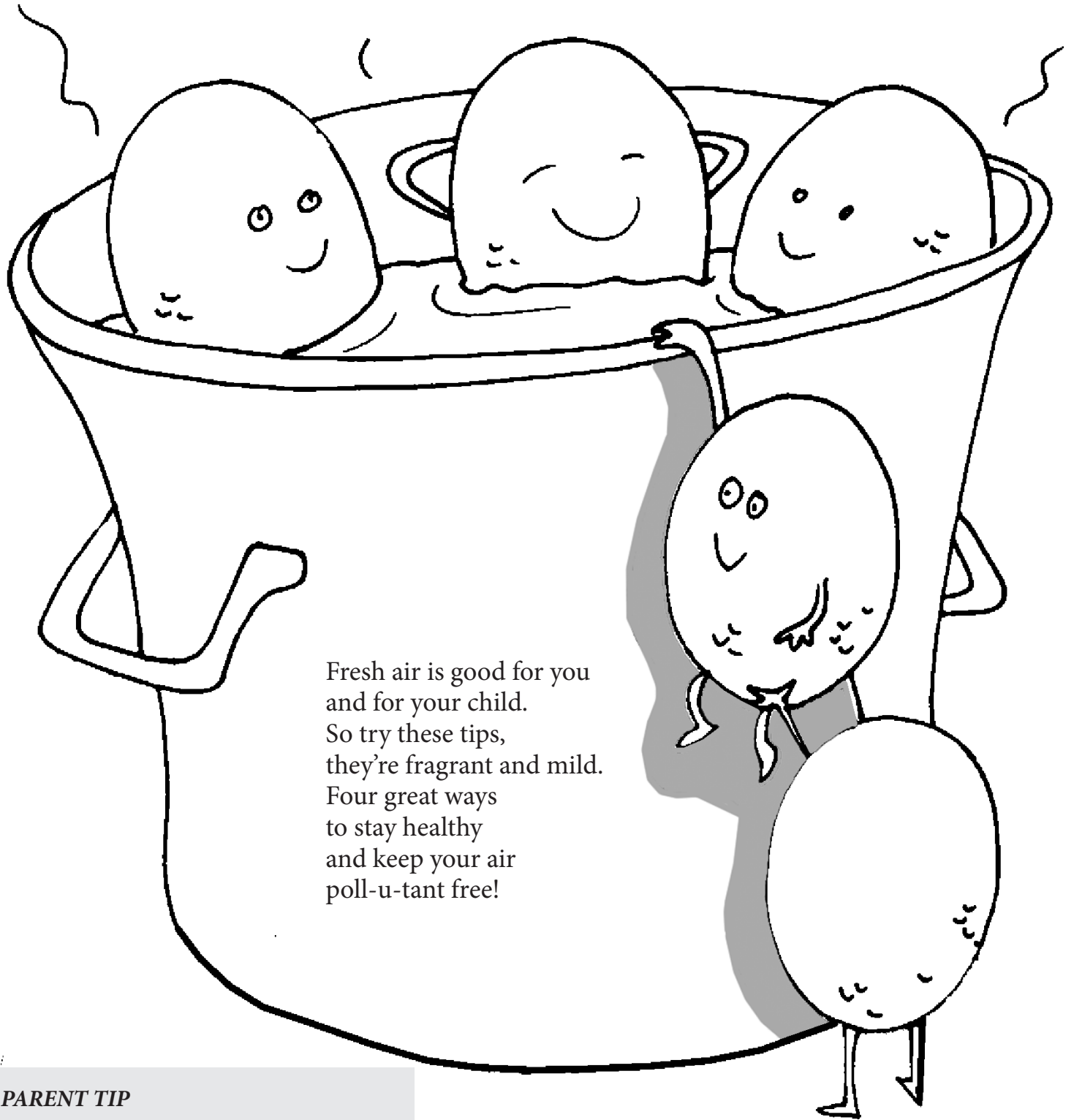
soap

green

water

lemon

fresh Air!



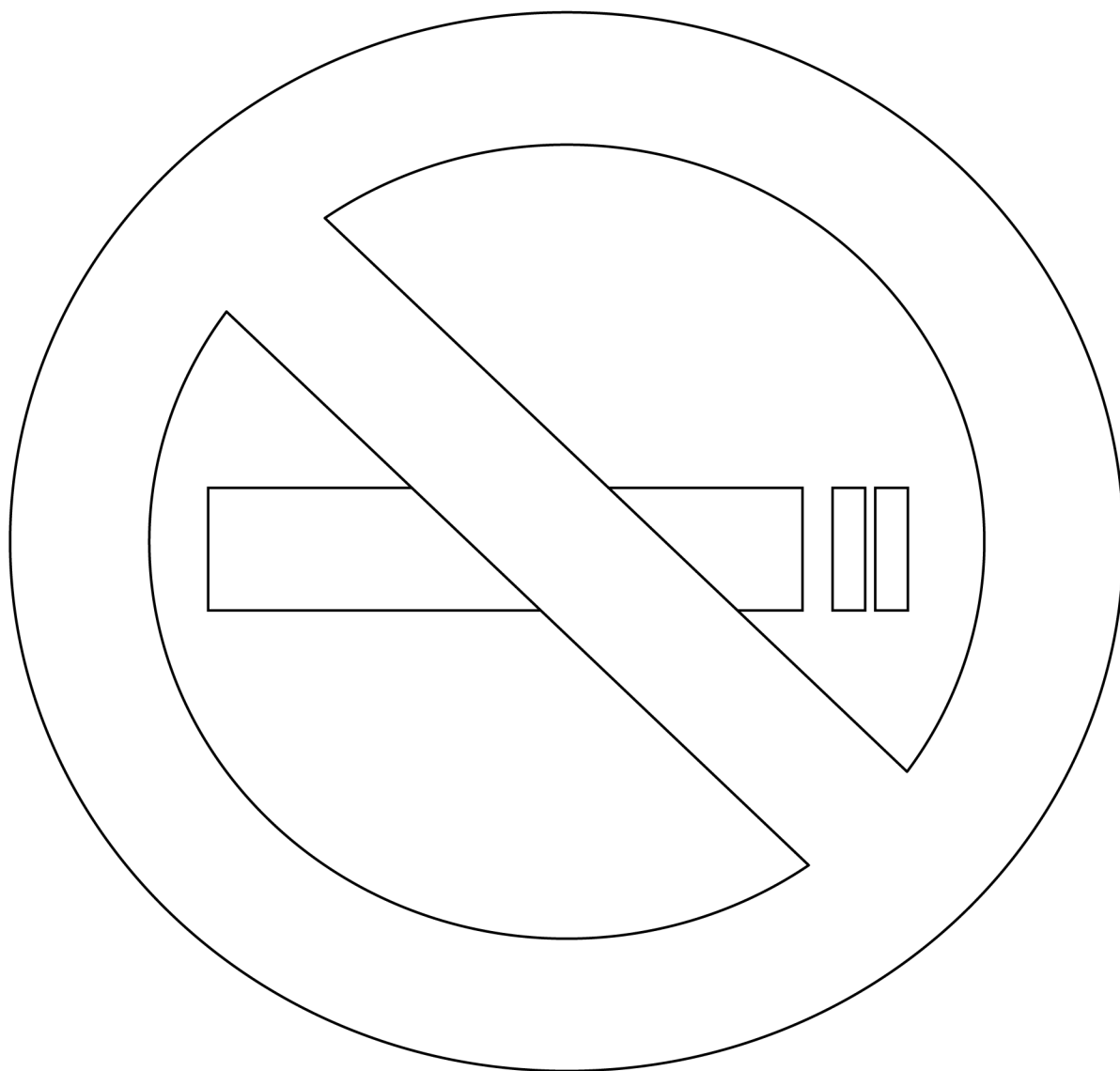
Fresh air is good for you
and for your child.
So try these tips,
they're fragrant and mild.
Four great ways
to stay healthy
and keep your air
poll-u-tant free!

PARENT TIP

- *Boil some lemons to freshen the air.*
- *Open a window on a cool summer day.*
- *Change the filter on your AC unit.*
- *Throw those cigarettes AWAY!*

Color This Picture

NO SMOKING



Eat fresh!

Fruits and veggies are good for you,
so at every meal, you should eat a few.
Beans and nuts are good for your heart.
They'll help you grow big and strong and smart!

Parents, help your
child unscramble
these delicious words!

Copy the letters in
the spaces above the
numbers to the spaces
at the bottom with the
same numbers.



LAPPE

____ _
2

LUPM

____ _

TUSN

____ _
3

FUITR

____ _
4

RONC

____ _
5

BASNE

____ _
6 7

SAEP

____ _
1

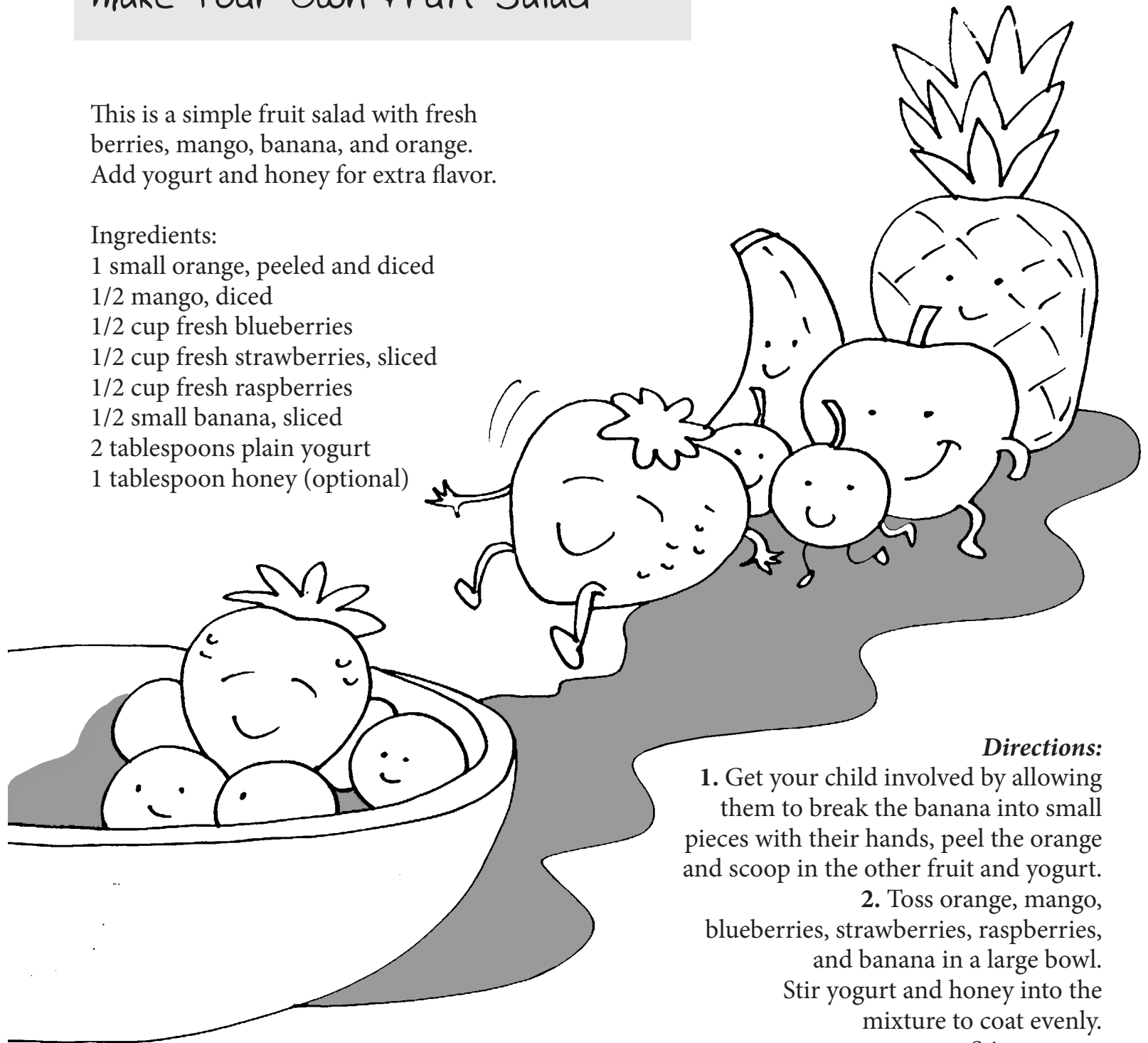
____ _
1 2 3 4 5 6 7 H

Make Your Own Fruit Salad

This is a simple fruit salad with fresh berries, mango, banana, and orange. Add yogurt and honey for extra flavor.

Ingredients:

1 small orange, peeled and diced
1/2 mango, diced
1/2 cup fresh blueberries
1/2 cup fresh strawberries, sliced
1/2 cup fresh raspberries
1/2 small banana, sliced
2 tablespoons plain yogurt
1 tablespoon honey (optional)



Directions:

1. Get your child involved by allowing them to break the banana into small pieces with their hands, peel the orange and scoop in the other fruit and yogurt.
2. Toss orange, mango, blueberries, strawberries, raspberries, and banana in a large bowl. Stir yogurt and honey into the mixture to coat evenly. Stir to serve.

PARENT TIP

Studies show that the more often families eat together, the less likely kids are to smoke, drink, do drugs, get depressed, develop eating disorders or suffer from other emotional and social disorders. Instead, they are more likely to do well in school, eat healthier meals, maintain a healthy weight, communicate more with you and experience less stress and tension.

Toxic free Shopping Choices

Parents, do you get confused about which plastics are safe and which ones are harmful? Ever wish there was an easy way to remember? Well now there is; before buying that plastic container, check the bottom for one of these numbers and follow this rule of thumb:

1 and 2 are less harmful to some,
but number 3 is BAD for everyone!
4 and 5 are pretty okay,
but 6 and 7 – STAY AWAY!





The Columbia Center for Children's Environmental Health strives to create a world in which every child has a healthy start. Grounding our work in extensive research and close partnerships with community organizations, we are ambassadors of preventive measures to protect children from environmental threats.

Contact Us:
722 West 168th Street, 12th Floor
New York, NY 10032
www.ccceh.org
cccehcolumbia@gmail.com
www.facebook.com/ccceh

