

activity sheet



be tobacco free

Smoking can harm you from the very first puff. Complete the activities below to learn more.

word scramble

Unscramble the following sentences to reveal the secret message!

I'm tobacco free because tobacco makes me M E L L S D A B .

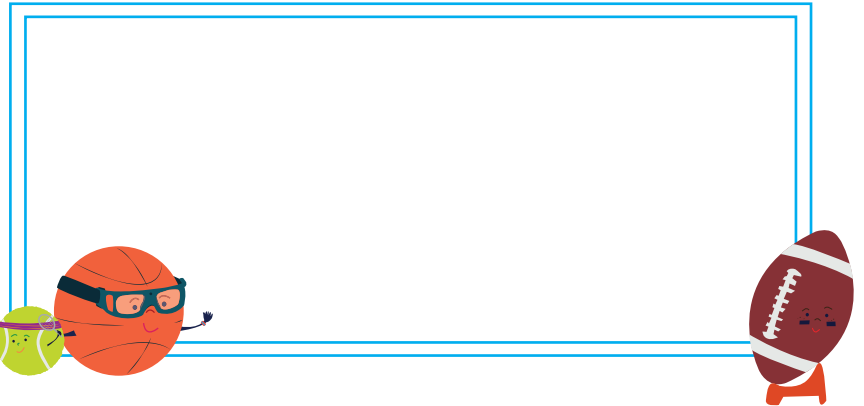
I refuse to smoke because tobacco causes N A R C E C .

I avoid tobacco because it makes your teeth W E L L O Y .

(Answers: smell bad, cancer, yellow)

draw a picture

Tobacco destroys your lungs and makes it hard to catch your breath. Draw a picture of a game or sport you love to play with your healthy lungs.



shape your future

Make half your plate fruits and vegetables and be active for 60 minutes a day to grow up healthy and strong.



stay active

Write down your favorite ways to get 60 minutes of activity a day.

finish the sentence

Draw a line between the sentence on the left and the word on the right that BEST completes the sentence.



Eating junk food makes me _____.

Heart Disease

Eating fruits and vegetables gives me lots of _____.

Healthy

Fruits and vegetables contain lots of _____.

Energy

Eating unhealthy and not exercising can cause _____.

Unhealthy

Eating right and exercising makes me _____.

Nutrients

word search

Circle the healthy foods from the list below. Can you find them all?

(Apples, Salad, Celery, Berries, Peaches, Kiwi, Plums, Carrots, Spinach, Onions, Beets, Raisin, Kale, Kelp, Pears)

A	P	P	L	E	S	X	B	E	D
K	E	L	P	K	A	L	E	R	F
D	A	U	C	E	L	E	R	Y	O
W	C	M	A	U	A	G	R	P	N
C	H	S	R	K	D	K	I	W	I
P	E	A	R	S	V	U	E	O	O
J	S	B	O	R	A	I	S	I	N
B	E	E	T	S	W	C	M	L	S
X	O	Q	S	P	I	N	A	C	H

