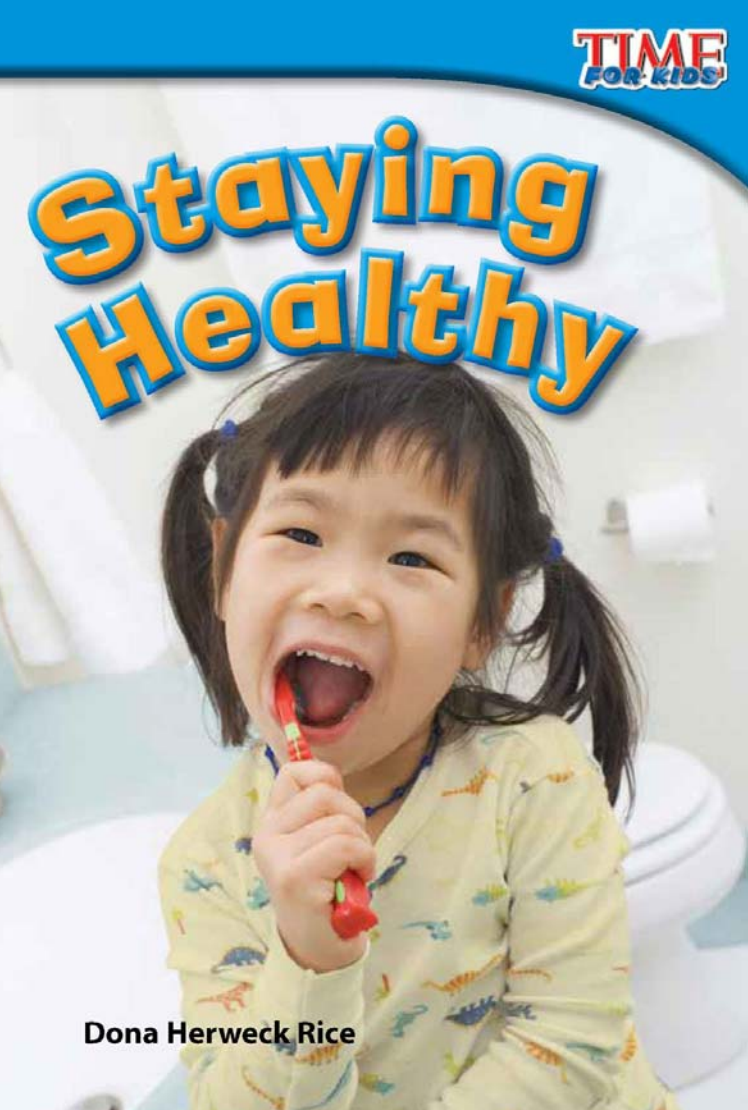


TIME
FOR KIDS

Staying Healthy

A young girl with dark hair in pigtails is smiling broadly while brushing her teeth with a red toothbrush. She is wearing a light-colored shirt with a dinosaur pattern. The background shows a bathroom with a white toilet and a roll of paper towels on a wall.

Dona Herweck Rice

Consultant

Timothy Rasinski, Ph.D.
Kent State University

Publishing Credits

Dona Herweck Rice, *Editor-in-Chief*
Lee Aucoin, *Creative Director*
Conni Medina, M.A.Ed., *Editorial Director*
Jamey Acosta, *Editor*
Robin Erickson, *Designer*
Stephanie Reid, *Photo Editor*
Rachelle Cracchiolo, M.S.Ed., *Publisher*

Image Credits

Cover Photolibary; p.4 visionaryft/Shutterstock; p.5 Monkey Business Images/Shutterstock;
p.6 Andresr/Shutterstock; p.7 wavebreakmedia ltd/Shutterstock;
p.8 Stuart Monk/Shutterstock; p.9 Forster Forest/Shutterstock; p.10 kali9/iStockphoto;
p.11 Monkey Business Images/iStockphoto; p.12 AlexRaths/iStockphoto;
p.13 sjlocke/iStockphoto; p.14 matka_Wariatka/Shutterstock; p.15 tan4ikk/Shutterstock;
p.16 ranplett/iStockphoto; p.17 Rich Legg/iStockphoto; p.18 3445128471/Shutterstock;
p.19 Studio 1One/Shutterstock; back cover Garsya/Shutterstock

Based on writing from *TIME For Kids*

TIME For Kids and the *TIME For Kids* logo are registered trademarks of TIME Inc.
Used under license.

Teacher Created Materials

5301 Oceanus Drive
Huntington Beach, CA 92649-1030
<http://www.tcmpub.com>

ISBN 978-1-4333-3595-2
ePUB ISBN 978-1-5457-0592-6

© 2012 Teacher Created Materials, Inc.

Table of Contents

Staying Healthy	4
Eating Right	6
Drinking Water	8
Running and Playing .	10
Seeing the Doctor . . .	12
Sleeping	14
Using Your Mind	16
Words to Know	20

Staying Healthy



You are growing fast now. You need to take good care of yourself.

You've Just Finished your Free Sample

Enjoyed the preview?

Buy: <http://www.ebooks2go.com>