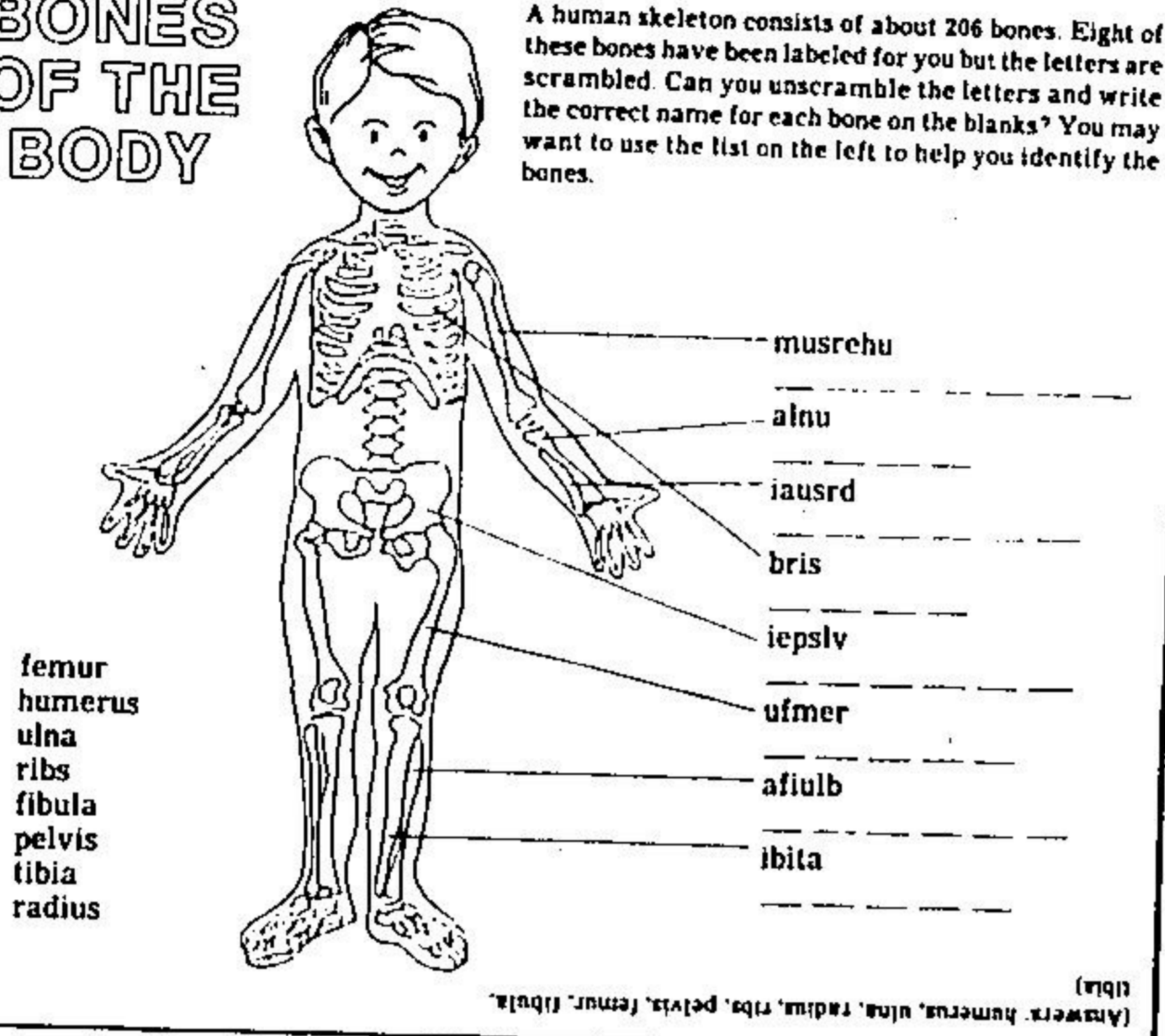


Young Outlook

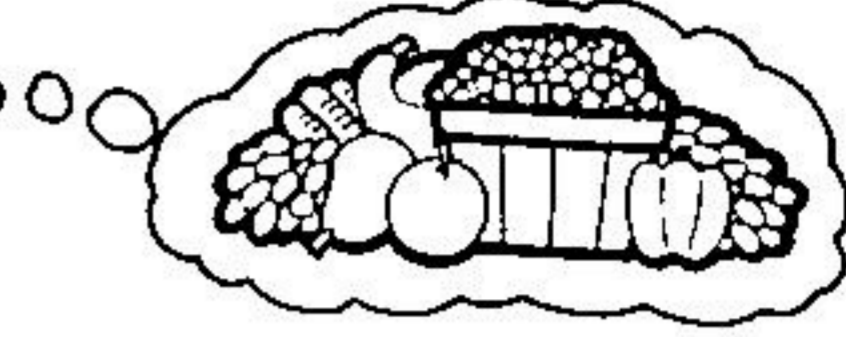
BONES OF THE BODY



A human skeleton consists of about 206 bones. Eight of these bones have been labeled for you but the letters are scrambled. Can you unscramble the letters and write the correct name for each bone on the blanks? You may want to use the list on the left to help you identify the bones.

NATURALLY NUTRITIOUS

Alfie Alligator would like to remain healthy and physically fit. That's why he makes sure he eats foods that are good for him. Alfie is thinking about some of these foods now. To discover six nutritious fruits that are good for Alfie and for you, change one letter in each word written below. The first one has been done for you.



1. plug - plum
2. beach - _____
3. dares - _____
4. apply - _____
5. gripe - _____
6. ferry - _____

(Answers: 1. plum, 2. peach, 3. dates, 4. apple, 5. grape, 6. berry) © 1983 by NEA, Inc.

One way to stay healthy is to exercise regularly. Hidden in this word search are the names of many different kinds of exercises and games. Circle each one you find.

- | | | | | |
|---------------|--------|----------|------------|---------|
| hide and seek | dance | jogging | chase | skating |
| soccer | run | swim | gymnastics | bowling |
| jump rope | golf | walk | kickball | tag |
| football | tennis | softball | bicycling | skiing |



Alfie Alligator knows that snacks don't have to be junk food to taste good. They can be nutritious and fun to make and eat. All of the ingredients you will need to make one of Alfie's favorite snacks are shown below but the directions for making the cookies are mixed-up. Put the directions in sequential order (1-7) and follow the recipe to make a delicious snack that is good for you.

Ingredients:

- | | | | |
|------------------------|-------------------------|-------------------------|-----------------------------|
| 1 drop vanilla extract | 1 teaspoon chopped nuts | 2 teaspoons cooking oil | 2 tablespoons mashed banana |
| 1 tablespoon dates | 2 tablespoons oatmeal | 1 tablespoon wheat germ | |

Directions:

- _____ Ask an adult to remove the cookies from the oven and place them on a rack to cool.
- _____ Drop spoonfuls of the mixture on to the cookie sheet.
- _____ Enjoy your homemade snack!
- _____ Butter the cookie sheet.
- _____ Ask an adult to set the oven at 375 degrees.
- _____ Mix together all ingredients in a large mixing bowl.
- _____ Place the cookie sheet in the oven and let the cookies bake for 10 to 20 minutes.

(Answers: 6, 4, 2, 3, 1, 5, 7)

An organ is a body part that plays a major role in how your body works. Connect the dots to discover the name of your body's largest organ.



and snacks. *Munchy, Crunchy, Healthy Kid's Snack Book* by Roy Abisch. Grs. 3 and up. The hungry kid's guide to no-cook super snacks. *Going to the Doctor* by Fred Rogers. Grs. K-4. Taking care of your body sometimes means going to the doctor. Mr. Rogers explains the different things that a doctor might do and the most common instruments the doctor uses.



Work your way through the maze and you'll discover the route that blood takes through your body.

