* Introduction
	+ Questions to get the kids engaged:
		- ***What is a doctor?***
			* A doctor is a professional who treats you when you are sick and gives you medicine
		- ***How often do you see a Dr.?***
			* You should see a doctor at least 2 times a year
		- ***What does a doctor do?***
			* A doctor looks at you when you are sick, makes you healthier and better, and tells you how to get better soon
		- *Flu Shot/Dr. Visit….*
* Disease Prevention
	+ ***What makes you sick?***
		- Germs make people sick
	+ ***What are Germs?***
		- Germs are bacteria that can enter your body and make you sick if you are not careful
	+ Proper Hand Washing Practice
		- Glitter activity
			* Spread glitter by shaking hands/ touching objects
			* Teach them to wash their hands
				+ 20 seconds
	+ Proper coughing/ sneezing
		- Cough into elbow to prevent spread of germs
* Strengthening the immune system
	+ ***What kind of foods do you eat every day?***
	+ *Do you eat breakfast?*
	+ “How do you look w/o breakfast” drawing activity
		- Nutrition/ Eating
			* Healthy diets rich in fruit and vegetables may reduce the risk of cancer and other chronic diseases
			* Fruits and vegetables also provide essential vitamins and minerals. Fiber, and other substances that are important for good health
		- Exercise
			* ***When do you exercise?***
			* Children should do 30 min. or more of physical activity per day.
		- Water Intake
			* Children should drink 6-7 cups of water everyday
			* Body is 75% water
			* When to drink water… ( before/ after recess etc)
		- Sleep
			* *Who has a bedtime…when?*
			* You need an average of 9 hours of sleep per day (especially for developing kids)
				+ Why sleep for 9 hrs?

Sleep promotes better memory

More energy to be active during the day

Prevent future chronic diseases

* Recap Quiz and Prizes
* Q&A
* Swap w/ dental