* 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