



Fuel Sort Showdown

Lap 1: Is each food **everyday fuel** or **sometimes fuel**? Tick one box under each food.



Remember: Everyday fuel is full of nutrients. Sometimes fuel is a treat once in a while. It often has lots of added sugar, salt, or grease.



banana

- ☐ Everyday
☐ Sometimes



donut

- ☐ Everyday
☐ Sometimes



water

- ☐ Everyday
☐ Sometimes



potato chips

- ☐ Everyday
☐ Sometimes



strawberries

- ☐ Everyday
☐ Sometimes



soda

- ☐ Everyday
☐ Sometimes



cookies

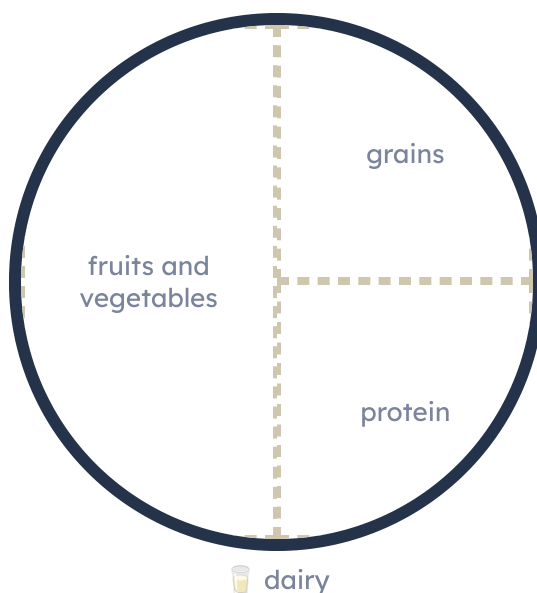
- ☐ Everyday
☐ Sometimes



broccoli

- ☐ Everyday
☐ Sometimes

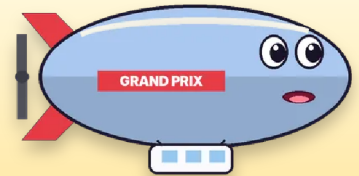
Your turn! Draw a winning plate. Fill **half** of it with fruits and vegetables. Then add some grains, some protein, and some dairy.





Fuel Sort Showdown

Lap 2: Is each food a **GO**, **GROW**, or **GLOW** food? Circle one word under each food.



GO

grains:
energy to
go



GROW

protein
and
dairy



GLOW

fruits and
vegetables



bread

GO GROW GLOW



chicken

GO GROW GLOW



carrots

GO GROW GLOW



milk

GO GROW GLOW



rice

GO GROW GLOW



apple

GO GROW GLOW



beans

GO GROW GLOW



eggs

GO GROW GLOW



pasta

GO GROW GLOW

Bonus: Whole grains, like brown rice and whole wheat bread, are slow burning fuel. Write one whole grain food: _____



Chief's Pit Board

Each fact has a gap. Pick a word from the word bank and write it in the gap. Use each word once.



save

half

rashes

20

two

breakfast

pea

once

9 to 12

full



Fill _____ your plate with fruits and vegetables.



Brush your teeth _____ times a day, for two minutes each time.



Scrub your hands with soap for _____ seconds.



Most kids need _____ hours of sleep every night.



Use a _____-sized dab of toothpaste with fluoride.



Eat when you're hungry, and stop when you're comfortably _____.



Sleep is the _____ button for your brain!



Your brush can't reach between your teeth, so floss _____ a day.



Don't skip _____. It's the fuel that starts your day!



After your bath, dry all over. Staying damp can cause itchy _____.



Big Word Match

Read each meaning. Draw a line to the word it tells about.



Meaning

Tiny living things that can make you sick. They are too small to see!

A clear, sticky film of germs on your teeth.

Tiny holes in your teeth. Acid from germs makes them.

It is in toothpaste, and it makes your teeth stronger.

The good stuff inside food, like vitamins and minerals.

It is in milk, and it builds strong bones.

Your body's germ-fighting team.

Changed a lot from how it grows, like fries made from potatoes.

Word



fluoride



germs



calcium



processed



plaque



immune system



cavities



nutrients



Pit Stop Crossword

Name all five pit stops! Read each clue and look at its picture. Write one letter in each box.



1		2		3				4
				5				
6								



1 down · 4 letters

Pit stop 4. Sleep and relaxing.



2 down · 4 letters

Pit stop 3. Exercise, like running, jumping, and dancing.



3 down · 4 letters

Pit stop 5. Keep your body clean.



4 down · 4 letters

Pit stop 1. Healthy food that powers your body, like gas for a race car.



5 across · 5 letters

Pit stop 2. Brushing your teeth for a sparkly smile.



6 across · 5 letters

Brush these two times a day, for two minutes each time.

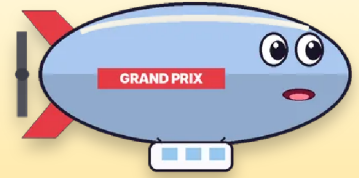
Word bank: FUEL · SHINE · MOVE · REST · WASH · TEETH

Memory trick: Hold up one hand. Five fingers, five pit stops! Fuel, Shine, Move, Rest, Wash!



Word Hunt

Five words are hiding. Read each clue and write the word first. Then find it and color it in. Words go across → or down ↓ only.



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



Your body's best coolant. Drink it all through the day!



Wet your hands and add this. Then scrub, scrub, scrub!



Most kids need 9 to 12 hours of this every night.



Exercise makes it strong. Feel it beat faster when you run!



The pit crew for your teeth. Visit for check-ups!

Stuck? Here are the words, upside down: water · soap · sleep · heart · dentist





Think Like a Crew Chief

Decide if each racer is right. Then explain why. A good crew chief always explains!



Rusty says: "I brush my teeth every morning, so eating candy right before bed is fine!"

Step 1. Is Rusty right? ☐ Yes ☐ No

Step 2. Why?

Step 3. How sure are you? 😞 ☐ 😊 ☐ 😄 ☐



Turbo says: "Reading a book is relaxing, not resting!"

Step 1. Is Turbo right? ☐ Yes ☐ No

Step 2. Why?

Step 3. How sure are you? 😞 ☐ 😊 ☐ 😄 ☐



Rusty says: "I can't see any germs on my hands, so I don't need to wash them before I eat!"

Step 1. Is Rusty right? ☐ Yes ☐ No

Step 2. Why?

Step 3. How sure are you? 😞 ☐ 😊 ☐ 😄 ☐



Ray says: "Brown rice and whole wheat bread are slow burning fuel. They keep you full for longer!"

Step 1. Is Ray right? ☐ Yes ☐ No

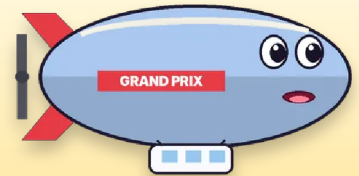
Step 2. Why?

Step 3. How sure are you? 😞 ☐ 😊 ☐ 😄 ☐



The Body Grand Prix

A race for 2 to 4 players. You need a die (or number cards 1 to 6) and a coin or button for each racer.



20 finish	19 oil slick: back to 12	18 question card	17	16
11 up to 17	12	13	14 question card	15 oil slick: back to 8
10 question card	9	8	7 up to 13	6
1 start	2	3 up to 9	4	5 question card

How to play: Roll and move. Land on 🪜, 🛢️ or ★? Another player reads you a question card. 🪜 Answer right to climb up. 🛢️ Answer right to steer around the oil slick, or skid back. ★ Answer right to zoom ahead 1 square. First to the 🏆 wins!



Question Cards

Cut out the cards and put them face down in a pile. The answer is printed upside down at the bottom.



★ Question 1

What keeps your body healthy?

A. Food, exercise, sleep, and washing · B. Only candy · C. Only TV · D. Never sleeping

Answer: A. Food, exercise, sleep, and washing

★ Question 2

What should fill half your plate?

A. Grains · B. Fruits and vegetables · C. Dairy · D. Sweets

Answer: B. Fruits and vegetables

★ Question 3

What do GO foods like bread and rice give you?

A. Energy · B. Cavities · C. Germs · D. Rashes

Answer: A. Energy

★ Question 4

Which food has calcium for strong bones?

A. Soda · B. Chips · C. Milk · D. Candy

Answer: C. Milk

★ Question 5

What is the best drink for your body?

A. Soda · B. Water · C. A milkshake · D. A sugary juice box

Answer: B. Water

★ Question 6

What is plaque?

A. A sticky film of germs on your teeth · B. A toothbrush · C. A vegetable · D. A race car

Answer: A. A sticky film of germs

★ Question 7

How often should you brush your teeth?

A. Once a week · B. Twice a day · C. Once a year · D. Never

Answer: B. Twice a day

★ Question 8

Exercise makes your muscles stronger, and helps you feel...

A. Grumpy · B. Sleepy · C. Happier · D. Hungry

Answer: C. Happier

★ Question 9

How many hours of sleep do most kids need?

A. Two or three · B. Five · C. Nine to twelve · D. Twenty

Answer: C. Nine to twelve

★ Question 10

How long should you scrub your hands with soap?

A. One second · B. Twenty seconds · C. One hour · D. No scrubbing

Answer: B. Twenty seconds



Question Cards

Cut out the cards and put them face down in a pile. The answer is printed upside down at the bottom.



★ Question 11

What is the fuel for your body?

A. Healthy food · B. Soap and water · C. A comfy bed

Answer: A. Healthy food

★ Question 12

Which are GROW foods that build your muscles?

A. Bread and rice · B. Chicken and beans · C. Apples and carrots

Answer: B. Chicken and beans

★ Question 13

What is your body's best coolant?

A. Soda · B. Water · C. A milkshake

Answer: B. Water

★ Question 14

How long should you brush your teeth?

A. Ten seconds · B. Two minutes · C. Two hours

Answer: B. Two minutes

★ Question 15

Which one is exercise?

A. Watching TV · B. Playing tag · C. Taking a nap

Answer: B. Playing tag

★ Question 16

When should you wash your hands?

A. Before you eat · B. Only on birthdays · C. Never

Answer: A. Before you eat

★ Question 17

Which one is part of a cozy wind-down routine at bedtime?

A. Read a book · B. Drink a soda · C. Play a video game

Answer: A. Read a book

★ Question 18

Where should you brush in small circles?

A. Where your teeth meet your gums · B. On your nose · C. On your shoes

Answer: A. Where teeth meet gums

★ Question 19

Without enough sleep, you might wake up...

A. Grumpy and tired · B. Super strong · C. Very tall

Answer: A. Grumpy and tired

★ Question 20

Which one keeps your whole body clean?

A. A bath or a shower · B. A nap · C. A snack

Answer: A. A bath or a shower



Pit Stop Pro!



won all 7 turbo boosts at the **Pit Stop Grand Prix**

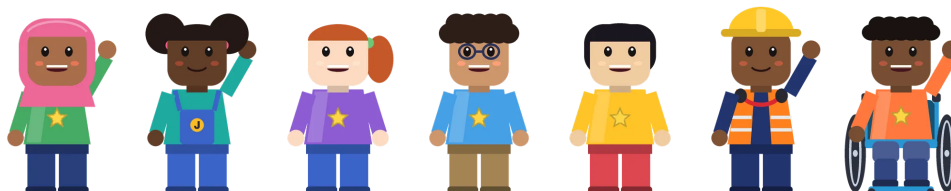
Five fingers, five pit stops: 🛢️ Fuel, 🪄 Shine, 🏃 Move, 🌙 Rest, 🧼 Wash. Take care of your body every day, and you'll always be ready to win!

How do your pit stops feel now? Color one.

● I need more practice ● I am getting there ● I can teach it!

Date _____

Signed _____



Answer Key

1. Fuel Sort Showdown

Lap 1. Everyday: banana, water, strawberries, broccoli.

Sometimes: donut, potato chips, soda, cookies.

Lap 2. GO: bread, rice, pasta. GROW: chicken, milk, beans, eggs. GLOW: carrots, apple.

Bonus: brown rice or whole wheat bread (oatmeal is fine too).

2. Chief's Pit Board

1. half, 2. two, 3. 20, 4. 9 to 12, 5. pea, 6. full, 7. save, 8. once, 9. breakfast, 10. rashes

3. Big Word Match

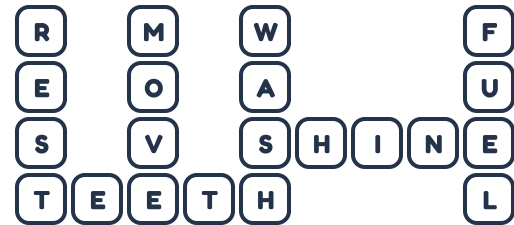
germs, plaque, cavities, fluoride, nutrients, calcium, immune system, processed (in the order of the meanings)

6. Think Like a Crew Chief

1. No. Sugar before bed is the worst, because you make less spit while you sleep.
2. Yes. Relaxing is doing something calm and fun, like reading. Resting is being still and quiet, like sleeping.
3. No. Germs are too small to see, so wash your hands before you eat.
4. Yes. They are whole grains, the best GO foods.

Step 3 (how sure?) has no right answer. A child who is right but "not sure" needs one more practice round. A child who is wrong but "very sure" has a mix-up worth talking about.

4. Crossword



Down: REST, MOVE, WASH, FUEL. Across: SHINE, TEETH.

5. Word Hunt

water, soap, sleep, heart, dentist



Key facts for the assessment

5 pit stops: Fuel, Shine, Move, Rest, Wash · 5 food groups: vegetables, fruits, protein, grains, dairy · Brush 2 times a day for 2 minutes · Floss once a day · 9 to 12 hours of sleep · Scrub hands 20 seconds · Water is the best drink