

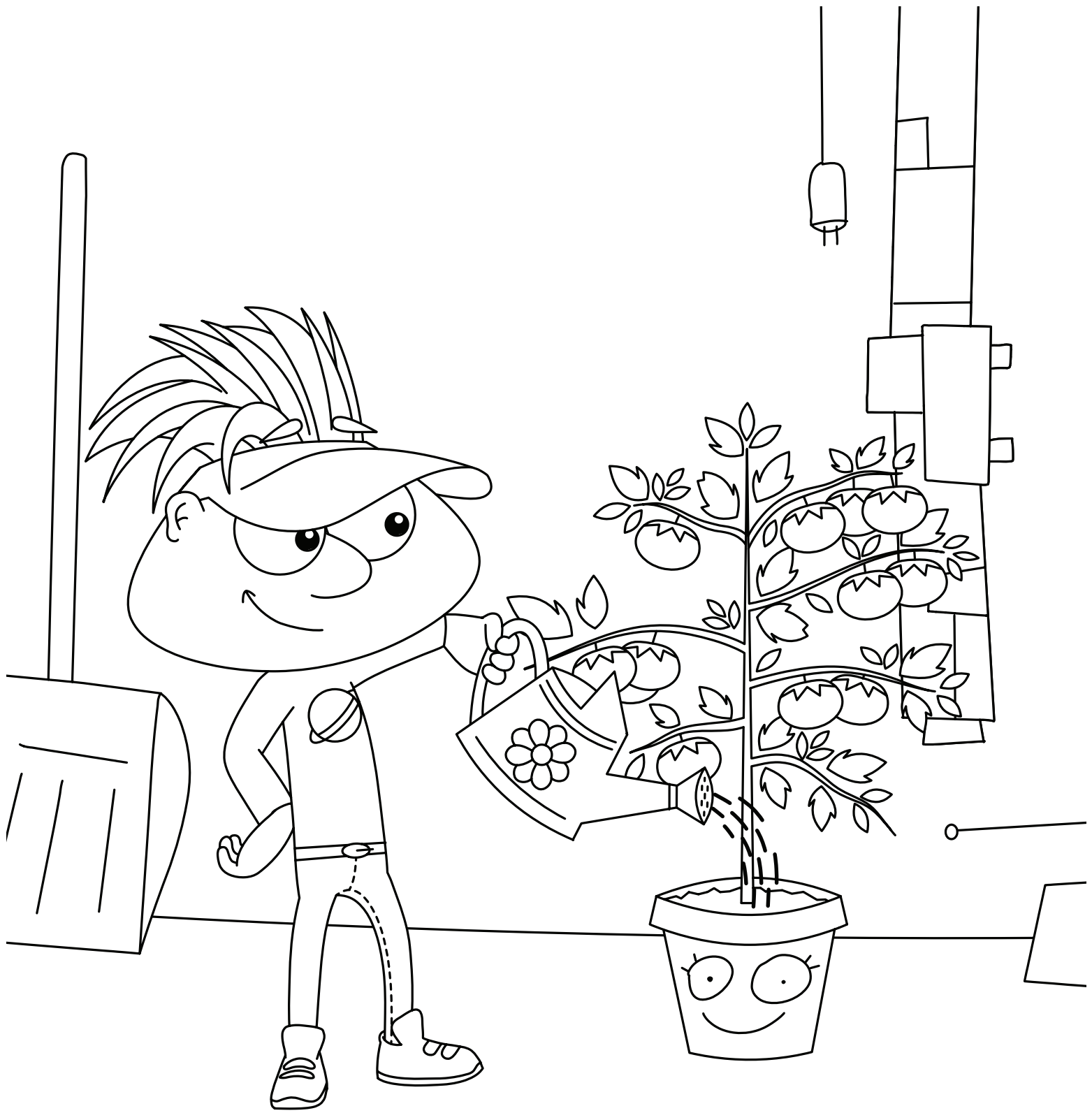
# Healthy Choices Count!

Color along as Miss Roberta, Lucy, Glen and D.O.G. help kids learn about healthy habits!

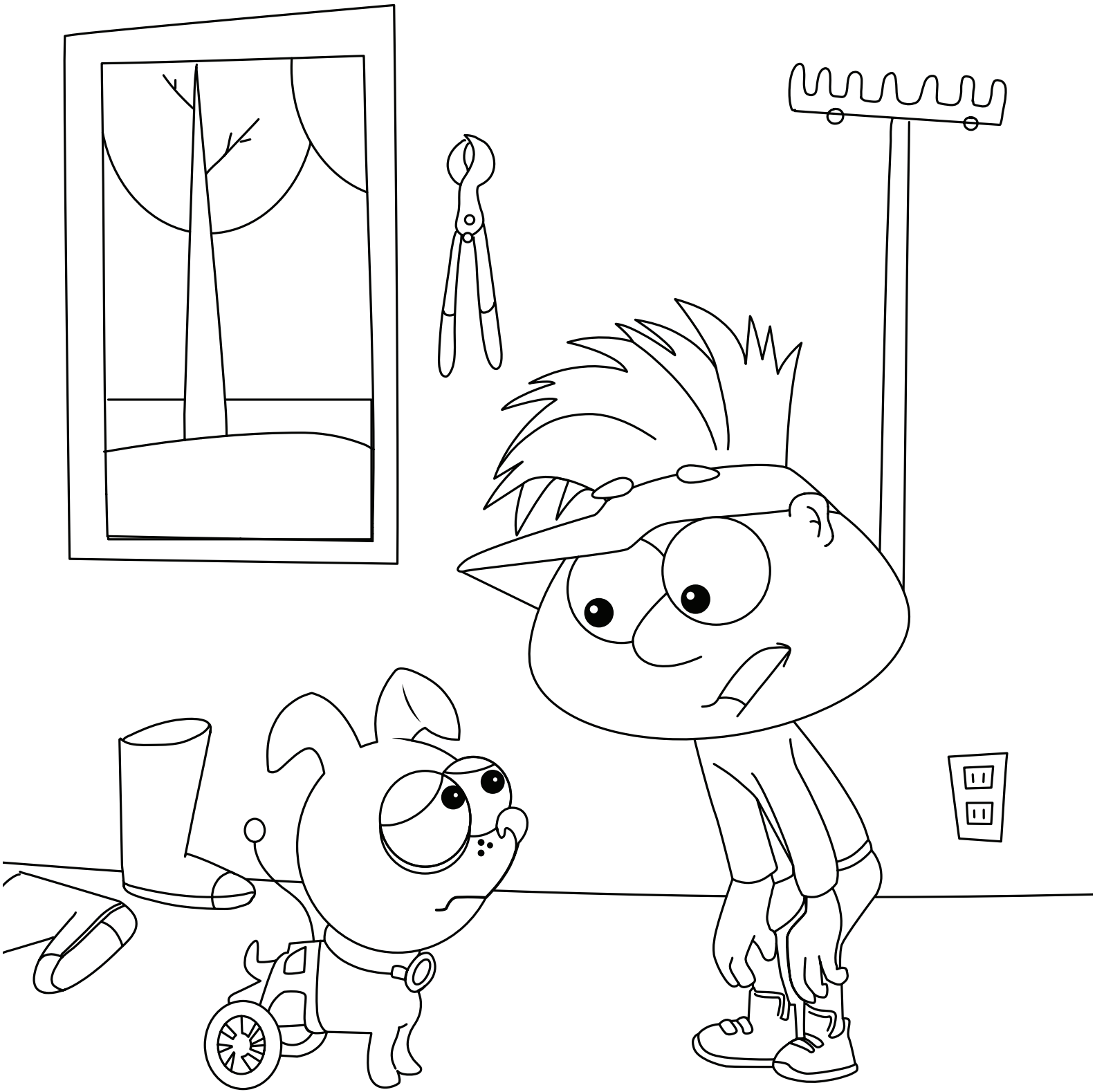
**HEALTHY HABIT  
ALL-STARS**



COLORING BOOK



***In Lucy's Workshop, Glen takes care of his tomato plant, Taylor.***



***D.O.G. says Hannah needs help! She's been on her tablet way too long.***





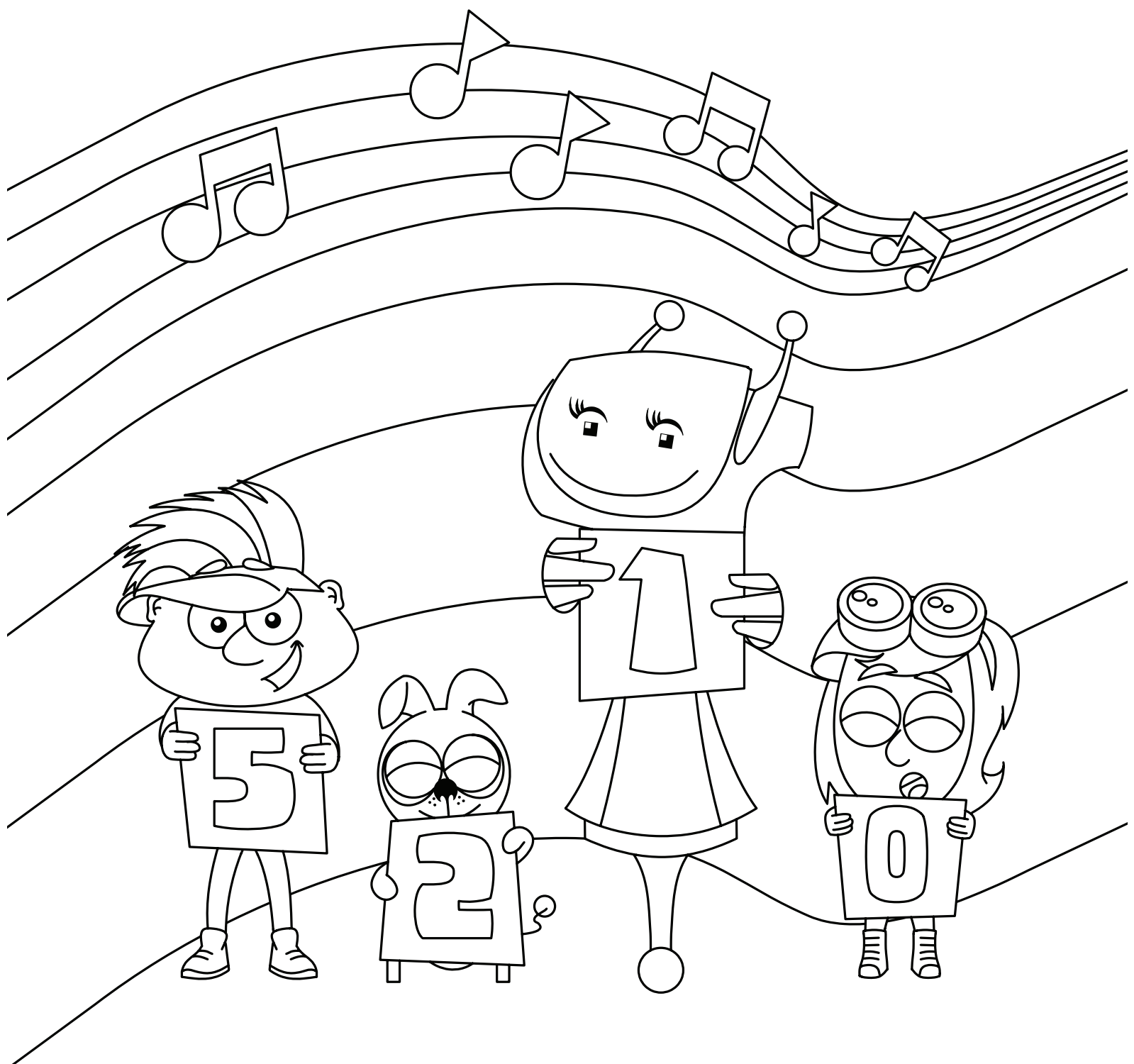
***Lucy and Miss Roberta take a soccer timeout to go help Hannah.***



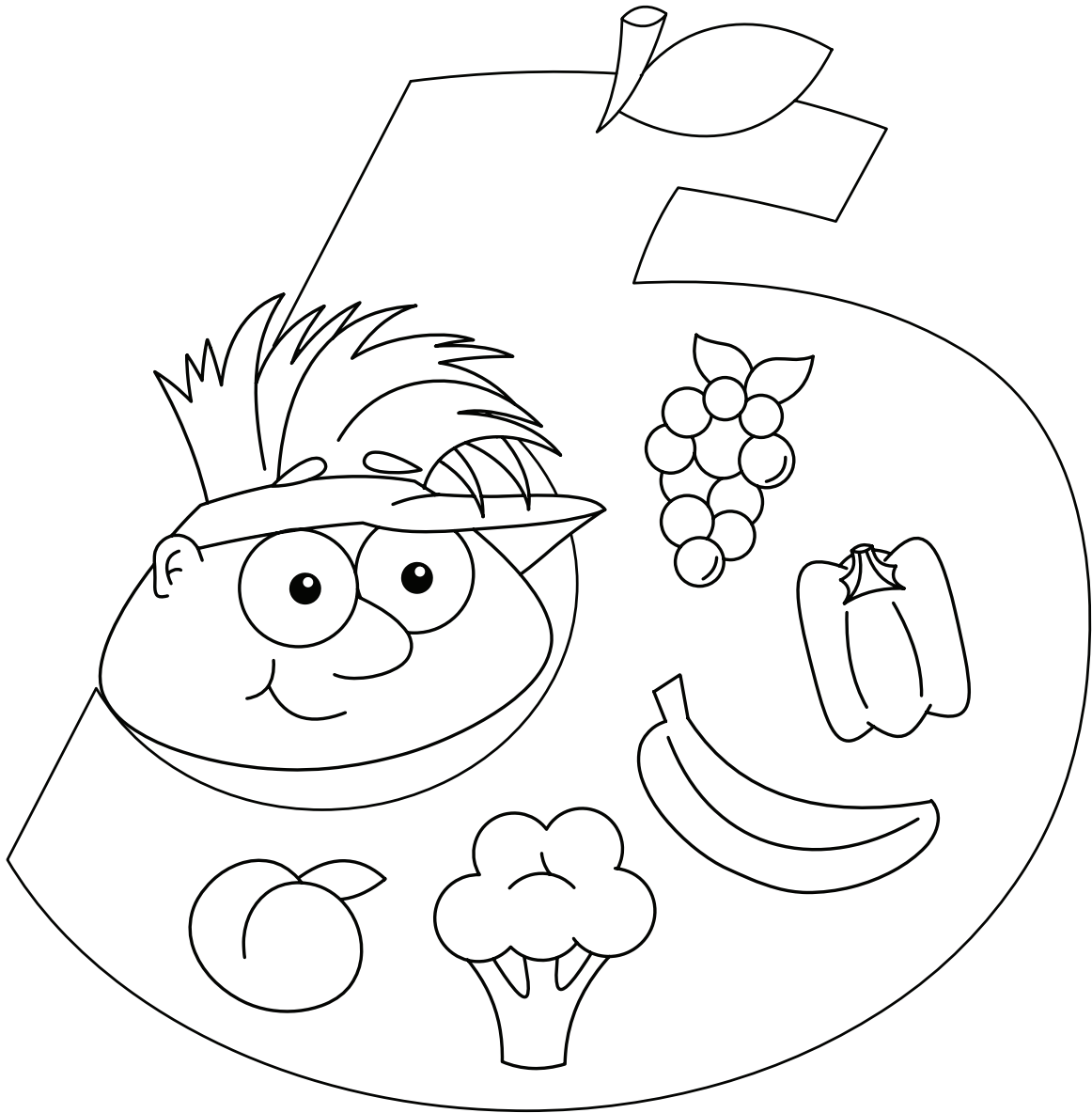
***The Healthy Habit All-Stars are  
on their way to save the day!***



***Hannah's playing on her tablet  
- but she needs to get active.***

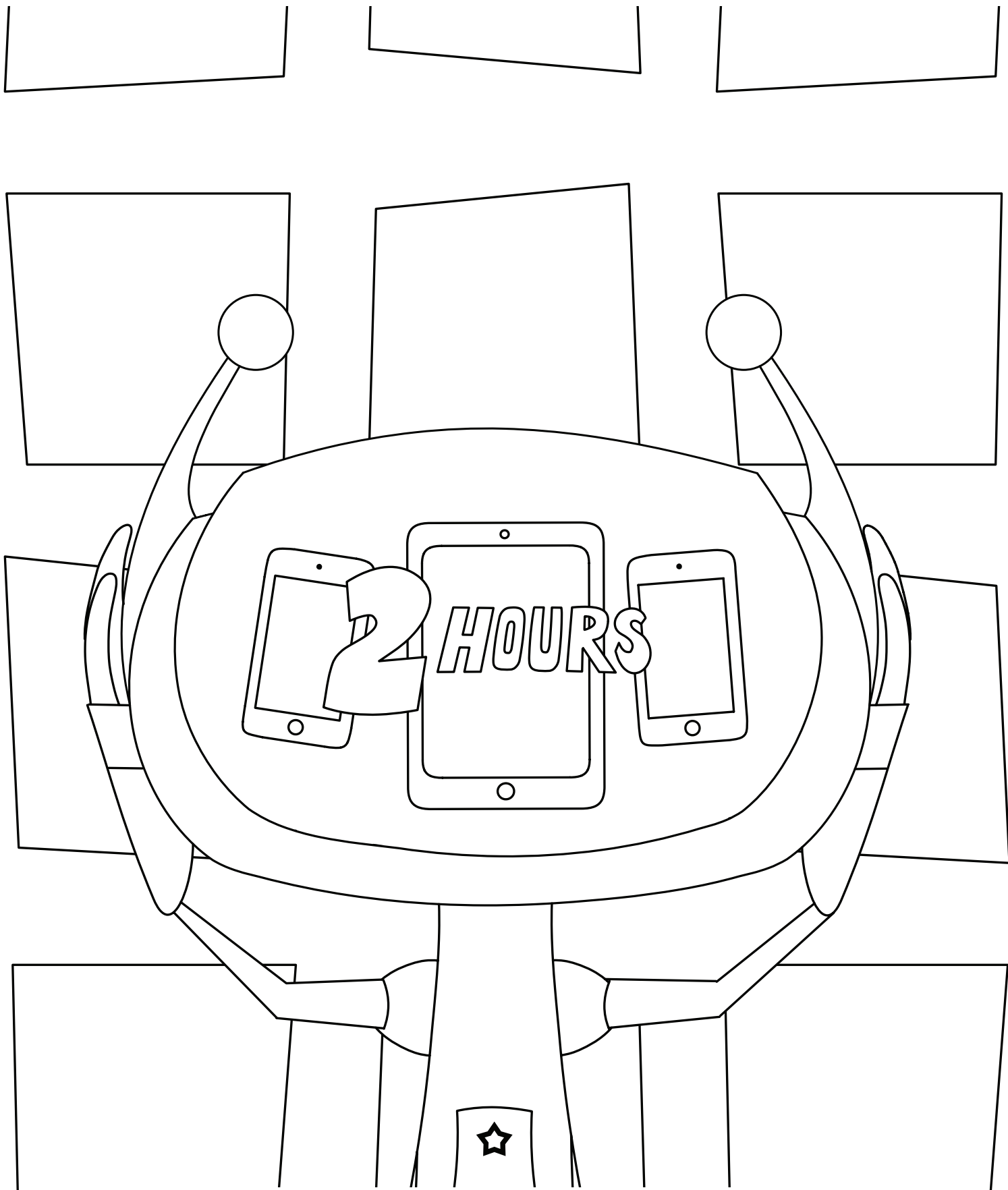


***The gang sings about four little numbers that are a really big deal. If you do these every day, you'll be super healthy for real.***

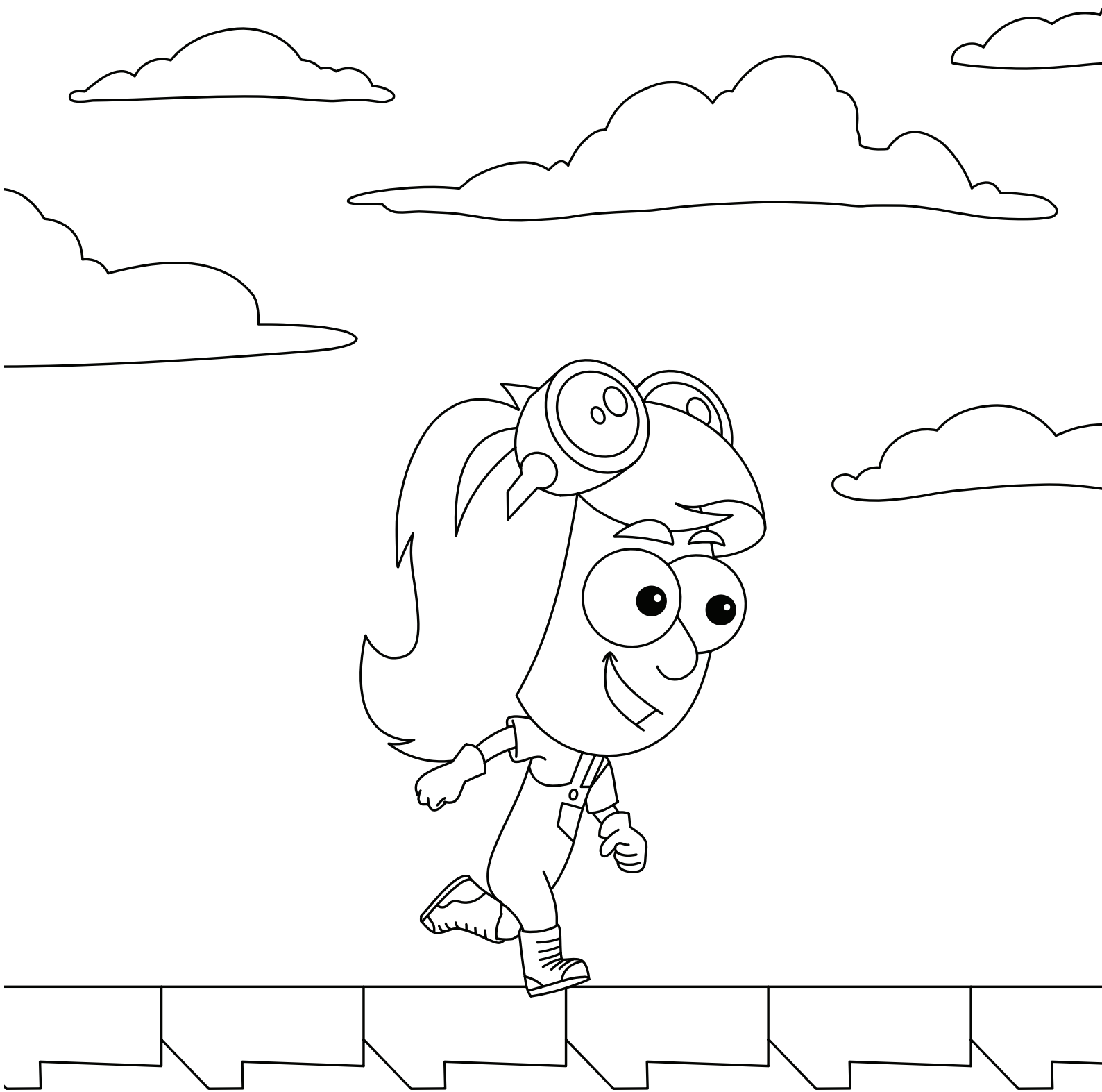


***Eat FIVE fruits and veggies to  
grow healthy and strong!***

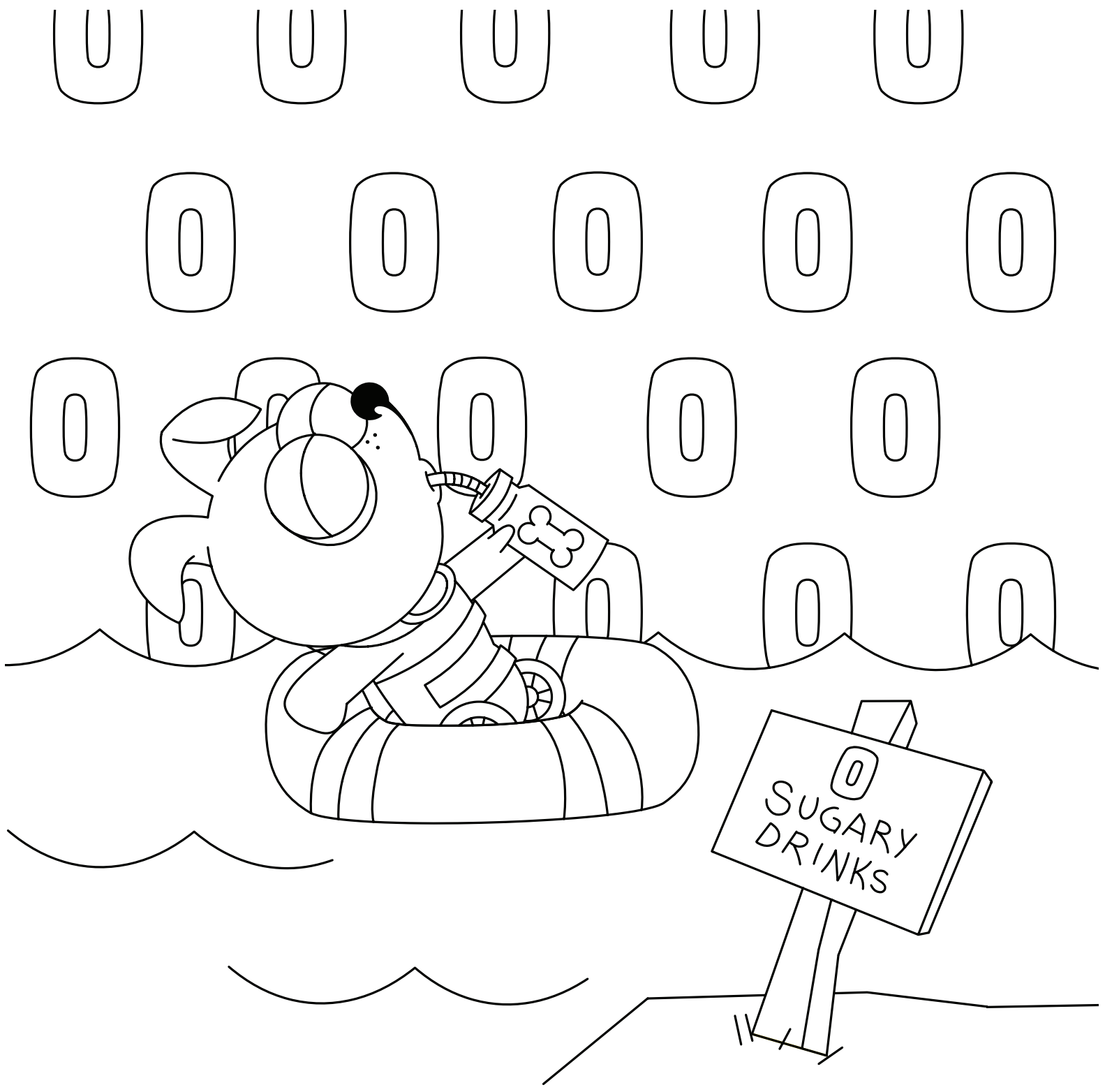




***Less than TWO hours of screen time and you can't go wrong!***



***Spend ONE hour active. You can  
dance and you can run!***



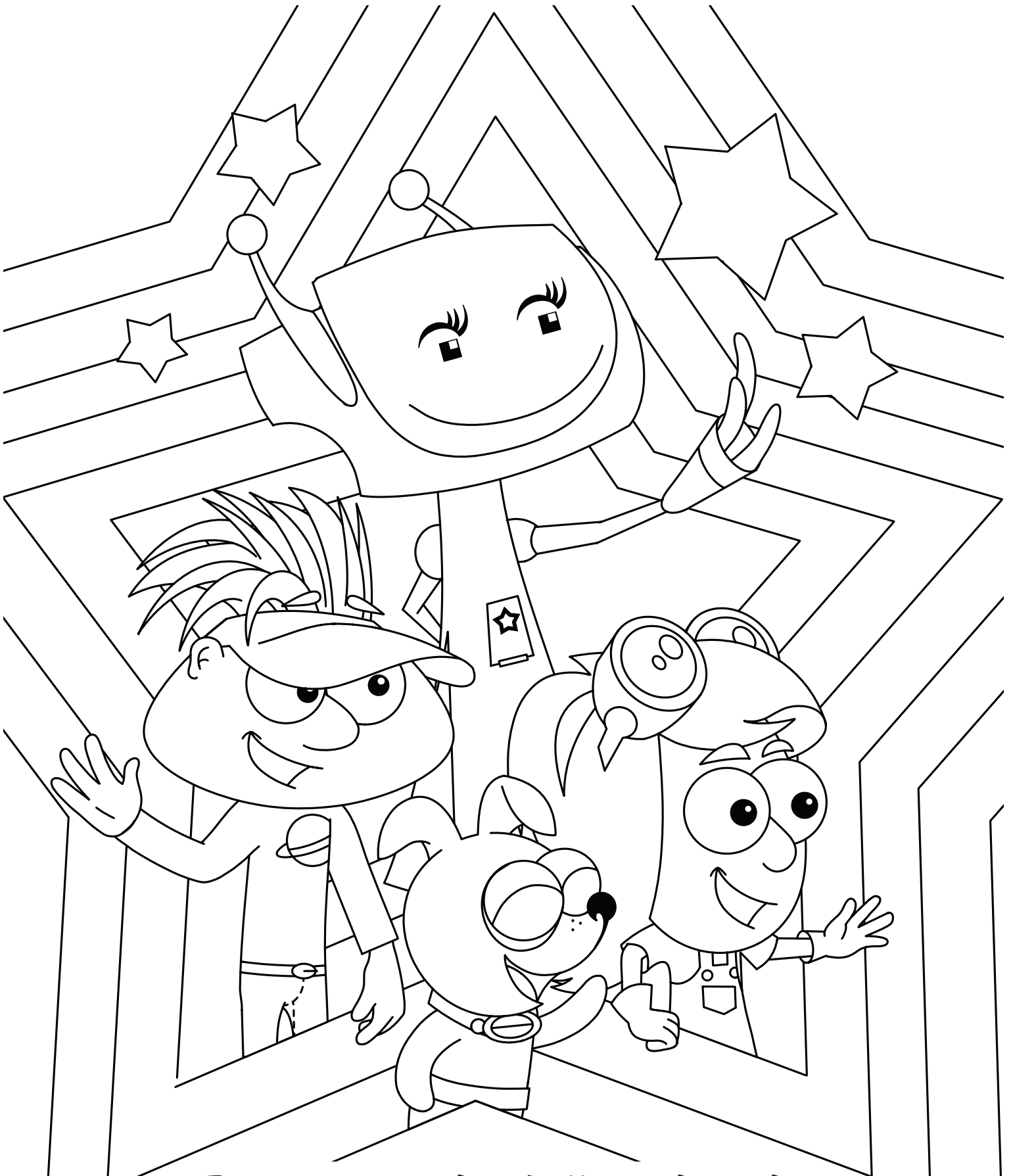
**Drink ZERO drinks with sugar.  
Water is the healthy one!**



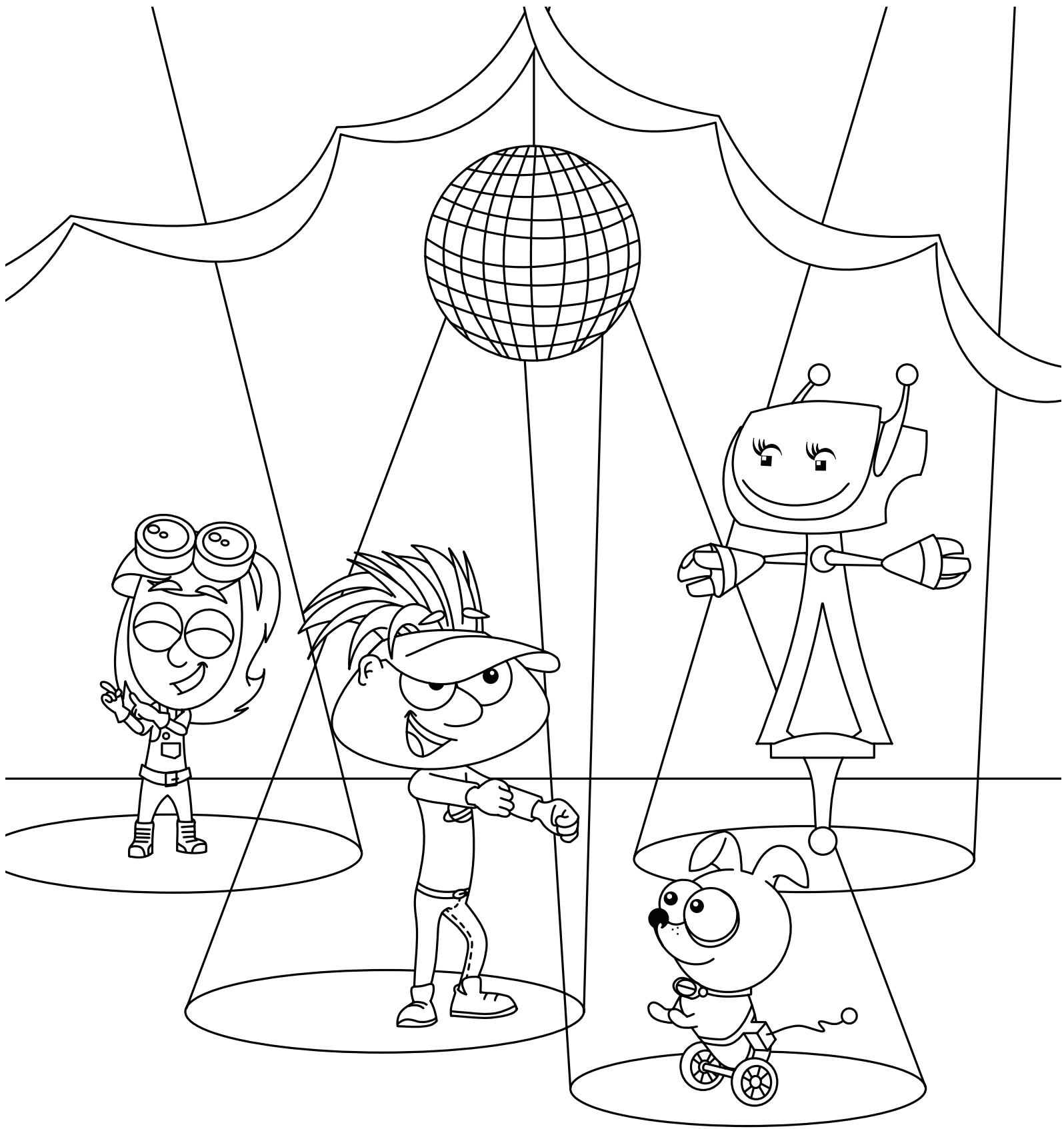
***Do this every day, and you'll be able to shout...5-2-1-0! Healthy choices count!***



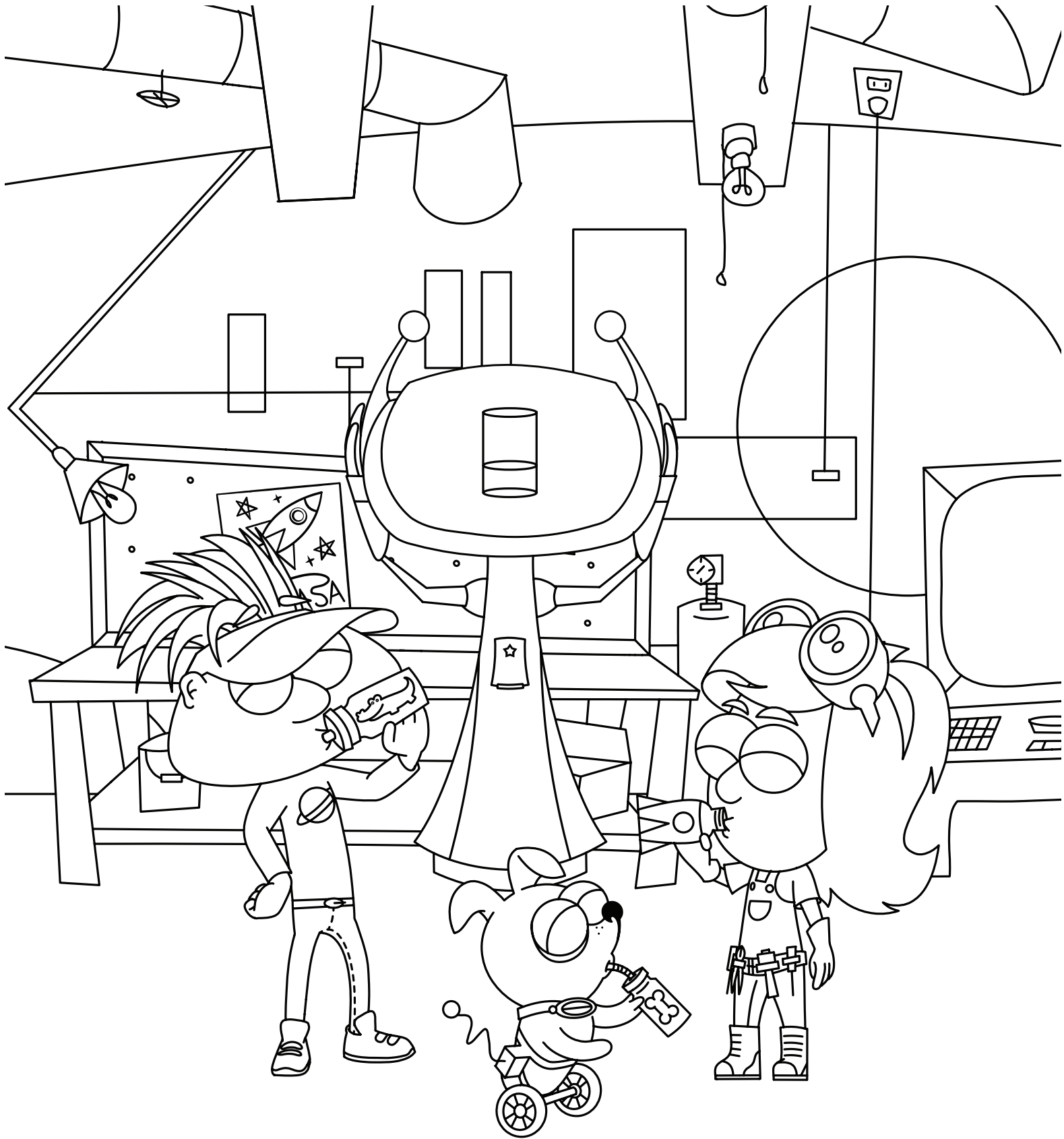
***Hannah gets off her tablet and gets active instead!***



**Everyone says bye to Hannah as she goes to tell her friends about 5-2-1-0.**



***Back in Lucy's Workshop, it's dance party time! Can you take a coloring break to show off your moves?***



***All that exercise made the gang  
thirsty. Time for some water!***





***Now, Glen and D.O.G. whip up homemade salsa for a healthy snack. Yep, it's just another day in Lucy's Workshop!***



# IDPH

IOWA Department  
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