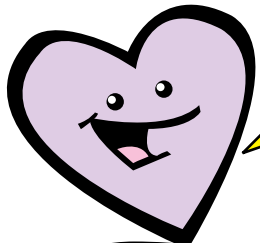


# February is the month to Love Your Body!

February is Heart Month and Dental Health Month. Use the tips on today's page to exercise your heart and be sweet to your teeth!



Your heart is a muscle. And, like all of your muscles, it works best when you exercise, rest, drink water and eat healthy. Love your heart, and your heart will love you!

The state of your teeth and gums may affect your heart. The culprit is a common oral problem called periodontal disease: a chronic infection of the gums caused by the buildup of plaque (see below). So visit your dentist regularly!



## Do you feel with your heart?

Are you making pictures of hearts and giving little heart-shaped candies to friends for Valentine's Day? When you make a promise you really, really mean, do you "cross your heart"? Or, do you listen to songs about broken hearts?

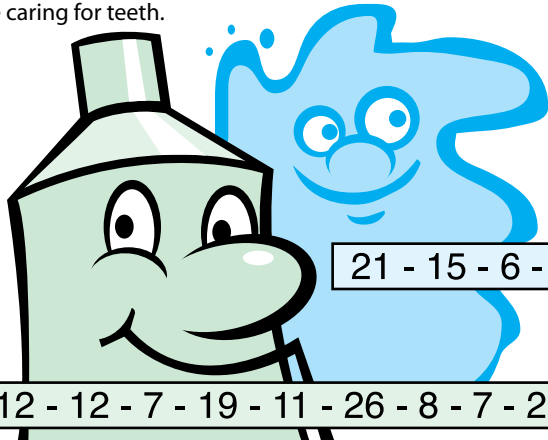
We see and hear about hearts everywhere. Long ago, people thought our feelings came from our hearts. Maybe because strong feelings can make our hearts beat faster. Now we know feelings come from the brain, not the heart.

**Lesson:** History/Social Science: Understand the purposes of and events honoured in holidays.

## Be Sweet to Your Teeth!

Every day a terrible troublemaker hides in your teeth, waiting to carve holes in them and spread bacteria to other parts of your body—**PLAQUE!** (Say it like *plak*, rhymes with *tack*.) You must remove it everyday, or else it will cause your teeth to decay. How do you get rid of it? Visit your Dentist regularly and use the secret code to find the names of the Mighty Plaque Fighters that help keep your smile dazzling!

**Lesson:** Health: Understand good personal hygiene practices that include caring for teeth.

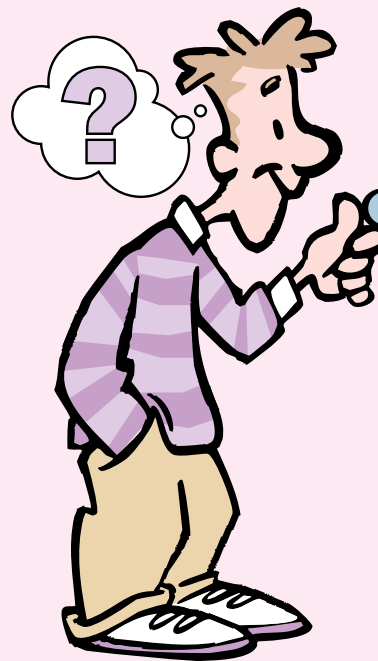


21 - 15 - 6 - 12 - 9 - 18 - 23 - 22

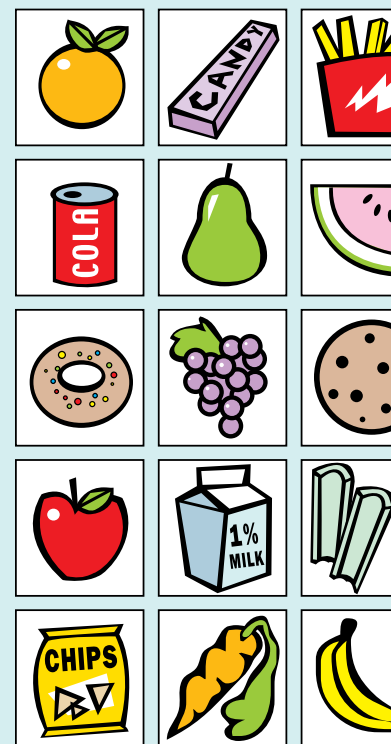
21 - 15 - 12 - 8 - 8

7 - 12 - 12 - 7 - 19 - 11 - 26 - 8 - 7 - 22

Draw a heart around the healthy snacks. Draw an X through the unhealthy ones.

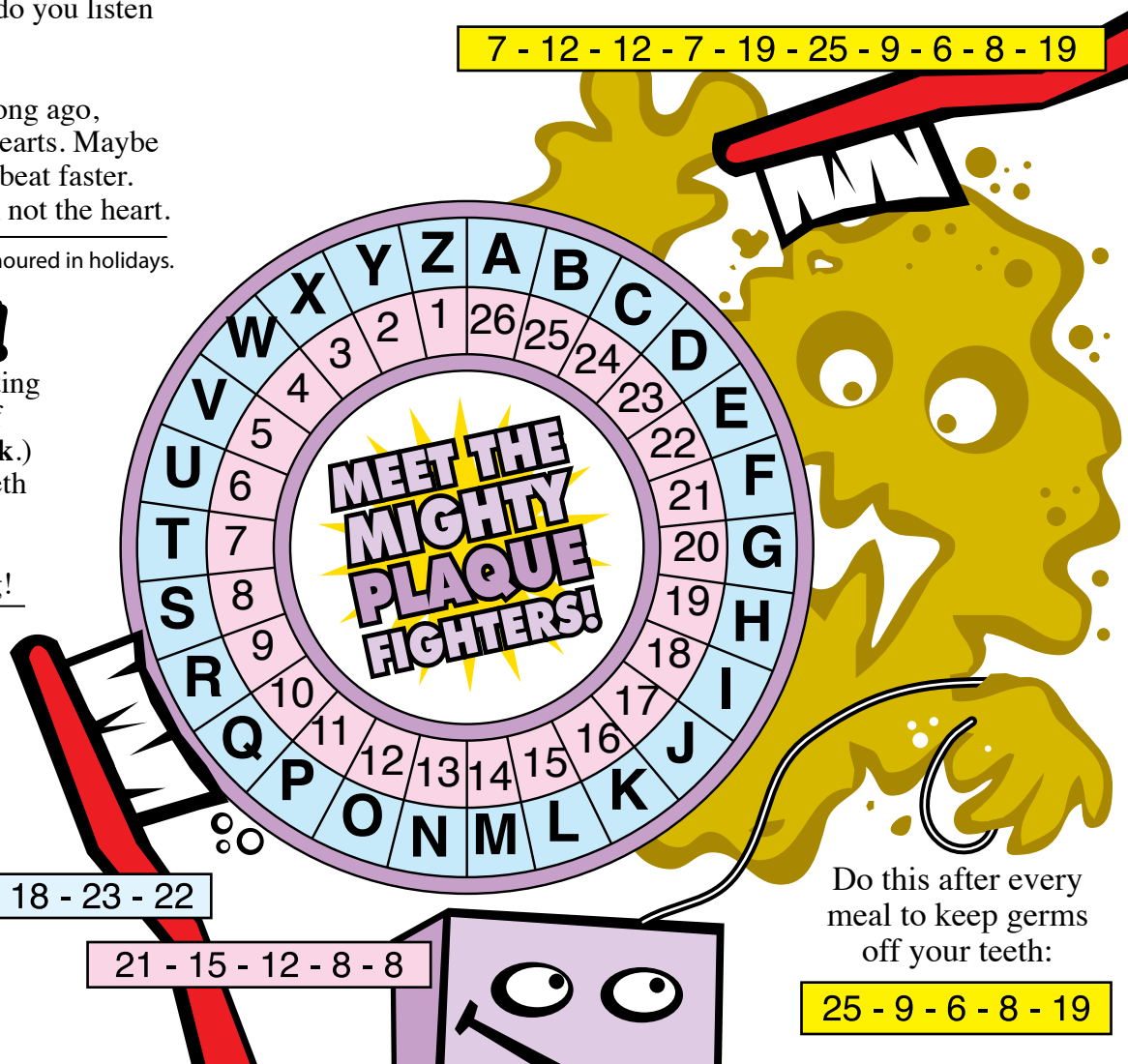


## SNACKS



**Lesson:** Health: Recognize the Fitness benefits from various types of foods.

7 - 12 - 12 - 7 - 19 - 25 - 9 - 6 - 8 - 19



Do this after every meal to keep germs off your teeth:

25 - 9 - 6 - 8 - 19