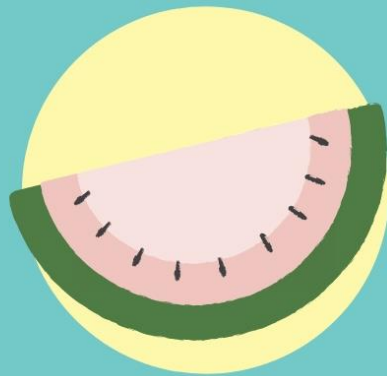


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# TEDDY BEAR HOSPITAL

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## ACTIVITY WORKBOOK

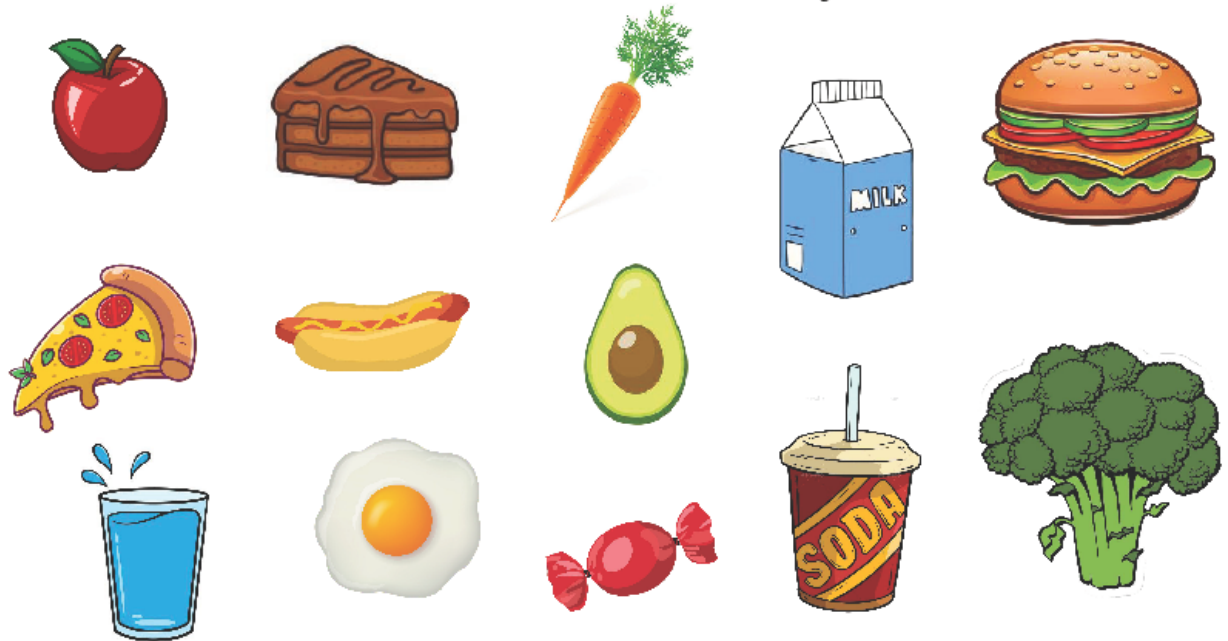


Leicester  
Teddy Bear  
Hospital

# Healthy Eating

We need to eat a variety of healthy foods to get all the nutrition to grow!

Circle the foods which are healthy:



Draw your favourite healthy food:



**Fun Fact!**

Pineapples  
take 2-3 years  
to grow



# Sweets and Fruits



























To play this game you will need a dice and counters.

You can make counters by drawing your favourite piece of fruit



### The rules

1. Roll the dice and move your counter forward the number of spaces shown on the dice.
2. If you land on the bottom of the ladder you can climb up it!
3. If you lands on the top of a sweet  you must slide down to the bottom of it
4. If you land on a lollipop  you must move back 2 spaces
5. The first player to get to the end wins!

	99	98		96	95	94		92	91
81	82	83	84		86	87		89	90
80	79		77	76		74	73		71
61		63	64	65		67	68		70
60	59		57		55		53	52	51
41		43	44	45	46		48	49	50
	39	38		36	35	34	33	32	31
	22	23		25	27		29	30	
20	19		17	16	15		13		11
1	2		4	5	6	7		9	10

# Teddy is Hungry!



Teddy is hungry! Can you unscramble the words and colour the food! Can you guess which food is healthy for Teddy? Circle the healthy food!



PLAPE



CHASDNIW

RPGAES



ETLAHOCOC

NNAABA



TOSRRC A

PSSRCI



CCAEMIER

HSFI



SIPHC

ZYZIF KNRIDS

Join the item to the nutrition  
it gives you...



VITAMIN A



VITAMIN B12



VITAMIN C



VITAMIN D



VITAMIN E



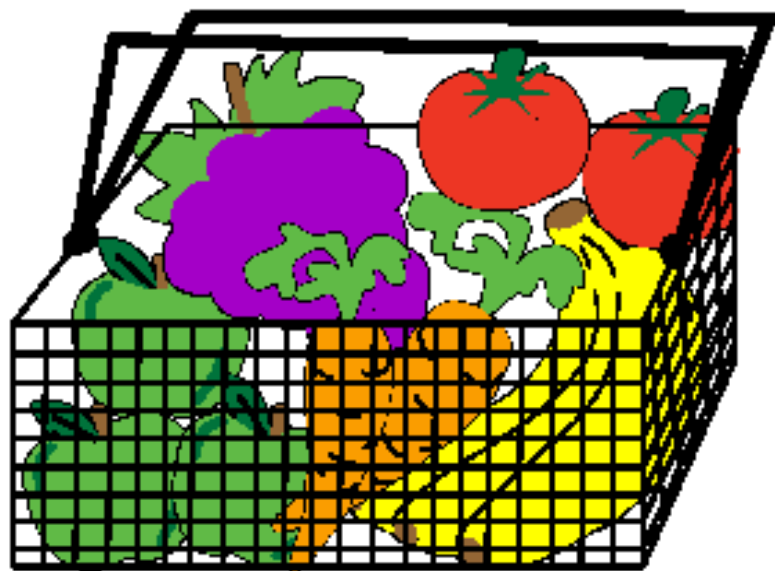
IRON



CALCIUM

# What is Lénie's 5 a day?

Hi! Can you help me choose my 5 a day?  
Colour and unscramble them below!



PLEAPS

\_\_\_\_\_



RP&ESA

\_\_\_\_\_



NABANSA

\_\_\_\_\_



OTTOAM

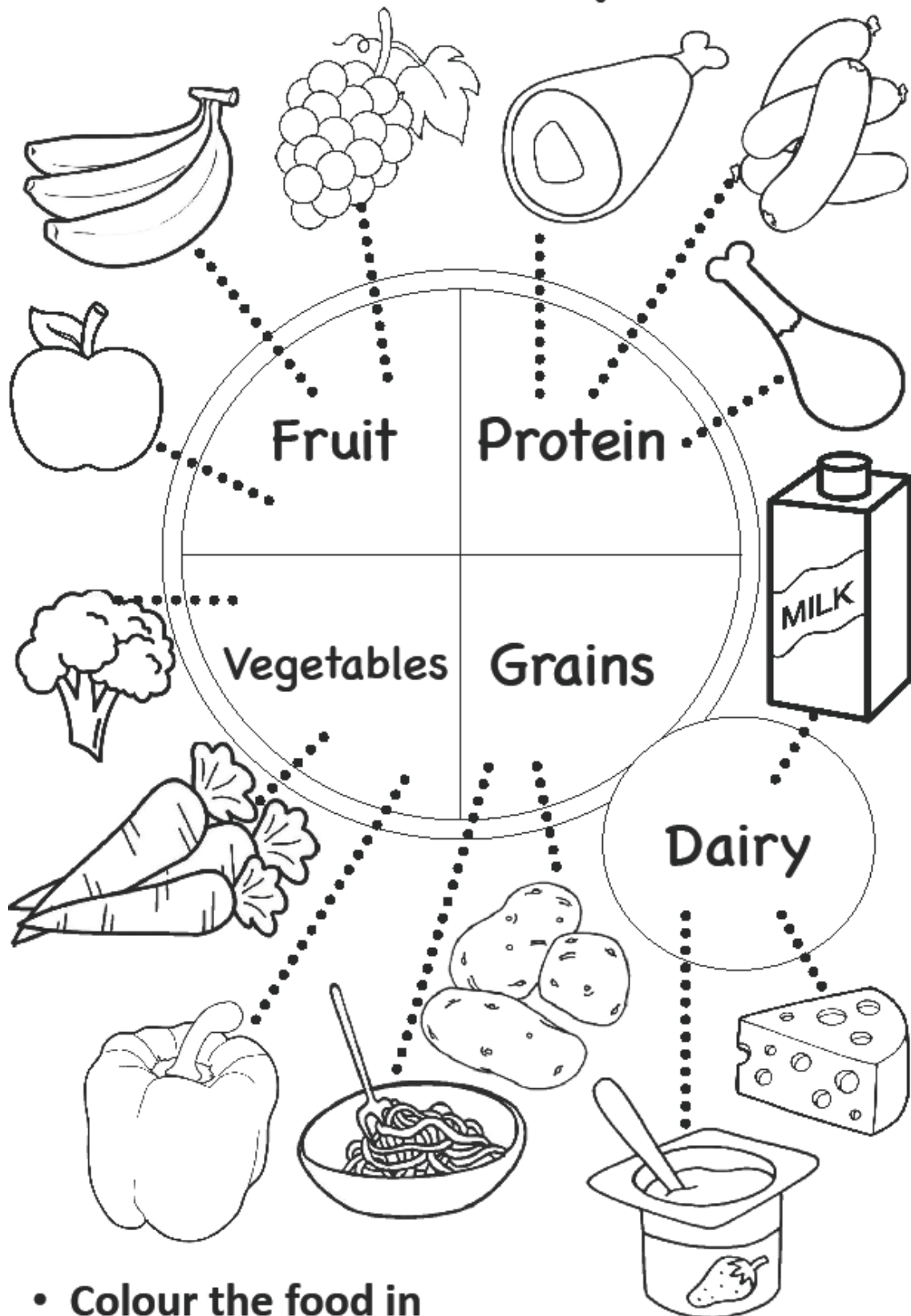
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ACRRTD

\_\_\_\_\_

# My healthy plate



- Colour the food in
- Follow the lines to place the food in its food group



Hi! I'm Teddy! I'm learning about the hospital.  
Can you help me match the pictures with the right words?



Bone



Hospital



Doctor



Medicine



Ambulance



Bandage



X-ray



Nurse

