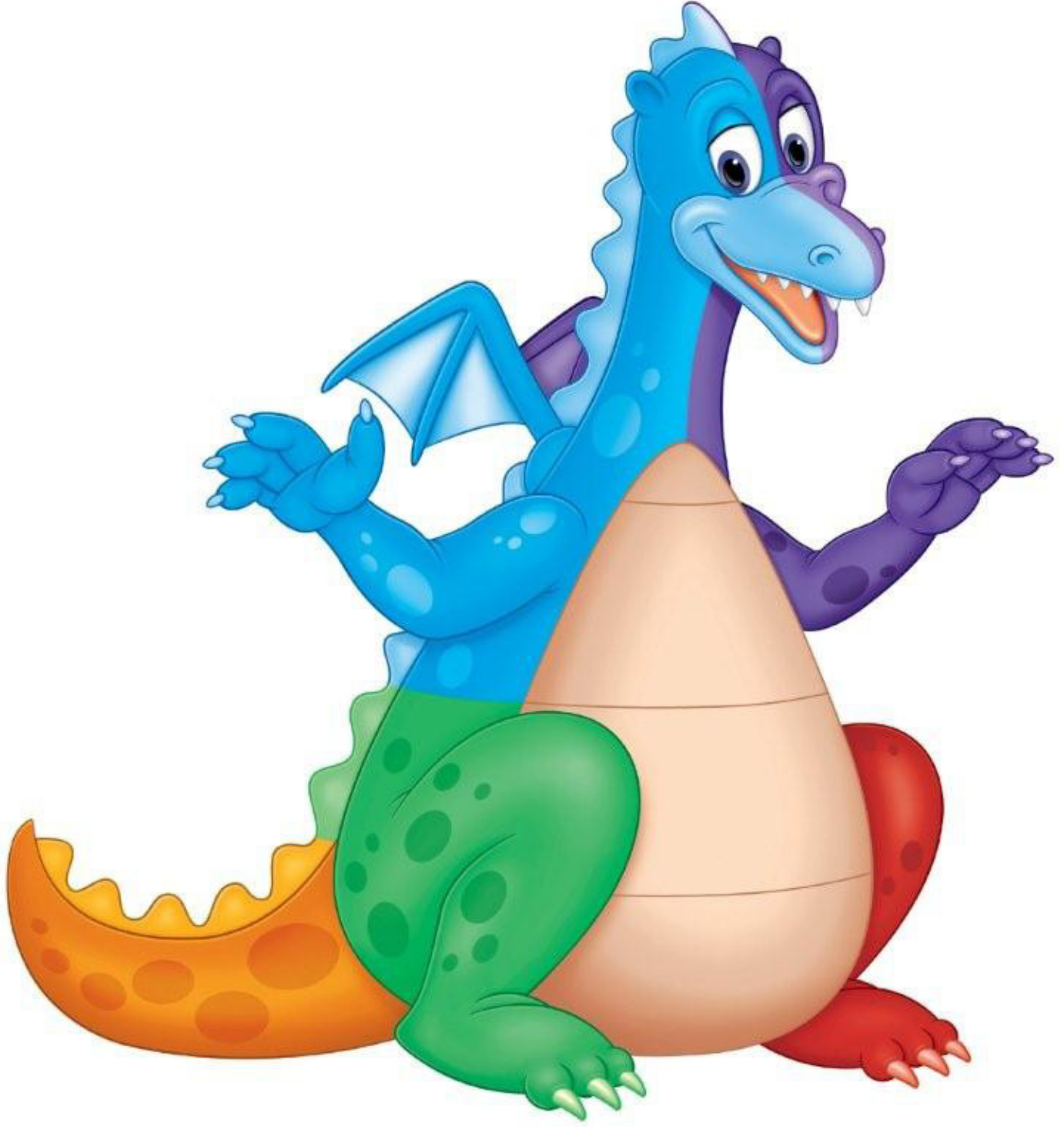


Be Active! Five Ways We Like to Move



Materials and Directions

- Colored paper to cover bulletin board and for contrasting border
- Letters for title: **Be Active! Five Ways We Like to Move**
- Download and print:
 - Full-color image of Little D, the Five Food Group Dragon
 - Blank Little D reproducible master – 1 per student
 - Royal Food Family Characters – 1 of each for 6 total
 - Lady Holly the Cow
 - Sir Milkford
 - King Henry the Egg
 - Prince Waffle
 - Queen Anna Banana
 - Princess Peapod
 - Movement Words
- Cut out movement words and Royal Food Family characters
- Have students complete their Little D blackline masters as follows:
 - Distribute and have students draw five different pictures of physical activities they enjoy doing, one drawing in each of the large, blank spaces on Little D's tummy.
 - Optional: Have students color and cut out their dragons.
 - Collect completed dragons.
- Mount bulletin board



Name _____

LITTLE D, THE FIVE-FOOD-GROUP DRAGON

ACTIVITY 10













