

Mrs. Brunelle says she needs to look after the new baby and eat lots of good food. Babies are an example of God's gift of creation. Mothers show appreciation for God's gift by keeping themselves and the growing baby healthy. You might ask the students:

- What do you do to show your appreciation to God for the gift of your life? How do you keep yourself healthy and others healthy? (washing hands with soap; using a tissue; sleeve sneezing; brushing and flossing teeth; not sharing hats or hairbrushes) You may wish to discuss how each hygiene habit keeps the individual healthy, while also keeping others healthy.
- Near the end of the story, the family is about to eat lunch. What should you do before and after you eat lunch to keep your body healthy? (wash hands before you eat; brush and floss teeth after you eat)
- What other things can we do to keep our teeth healthy? (visit the dentist regularly for a checkup)

#### **Health and Physical Education expectation D2.4**