





# Bienvenidos al Invierno



¡Por un invierno divertido y  
seguro!

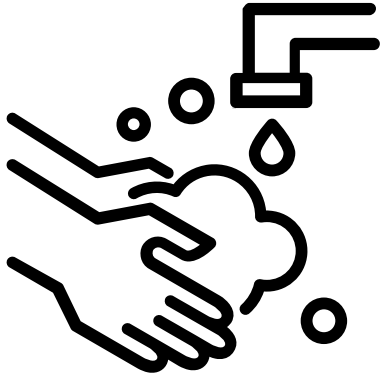


Consejos de  
Seguridad para  
Niños en el Invierno

[www.YakimaHealthDistrict.org](http://www.YakimaHealthDistrict.org)



# HÁBITOS SALUDABLES DURANTE EL INVIERNO

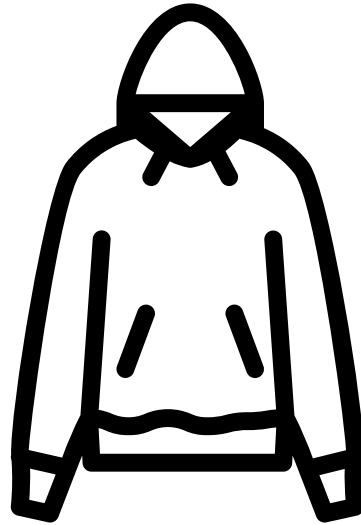


Lavate las mano

Vístase en capas para  
mantenerse abrigado



Quédate en casa si  
estás enfermo



Haz ejercicio



Cúbrase al toser o  
estornudar

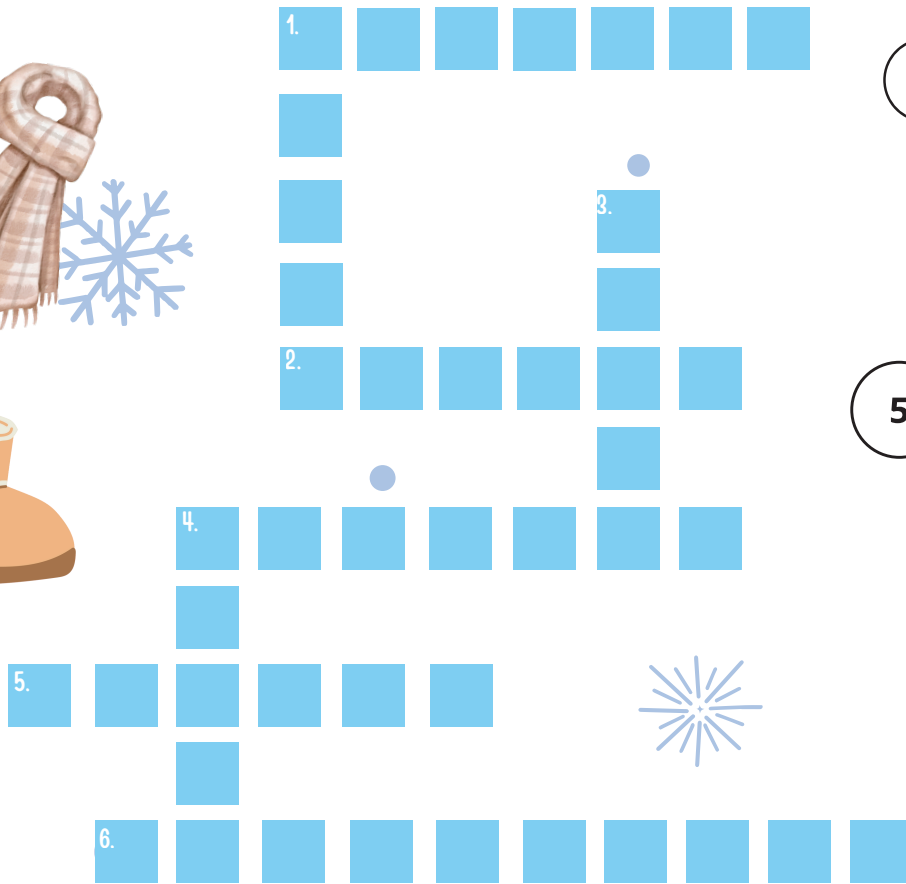
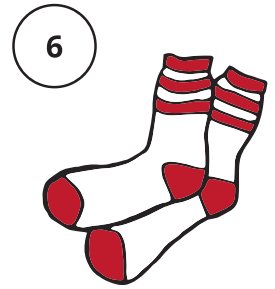
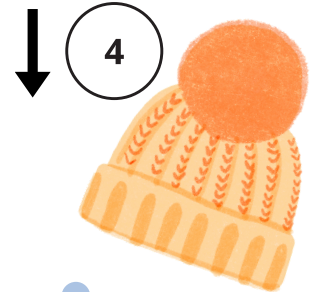
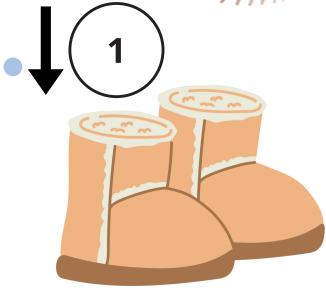




# Cosas de Invierno

**MANTENTE  
ABRIGADO**

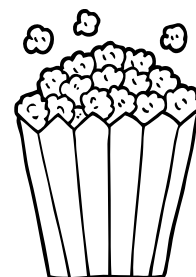
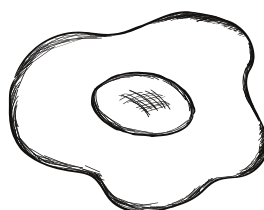
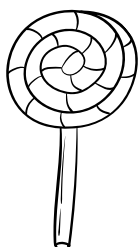
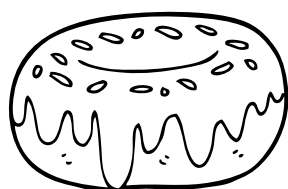
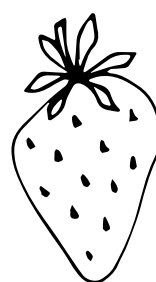
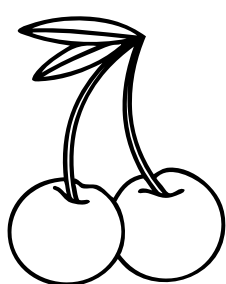
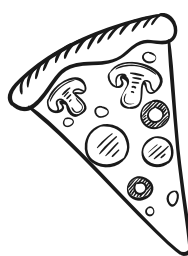
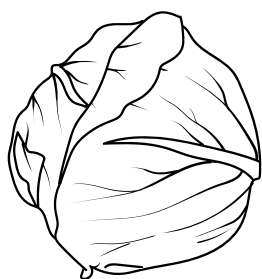
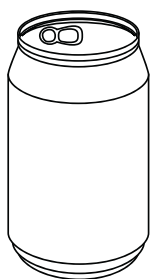
**CRUCIGRAMA**



RESPUESTA: 1. → Bufanda 1. ↓ Botas 2. Suéter  
3. Nieve 4. → Guantes 4. ↓ Gorra 5. Abrazo 6. Calcetines

# Alimentos saludables y no saludables

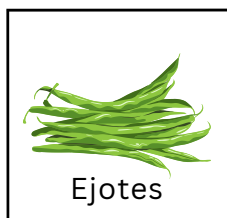
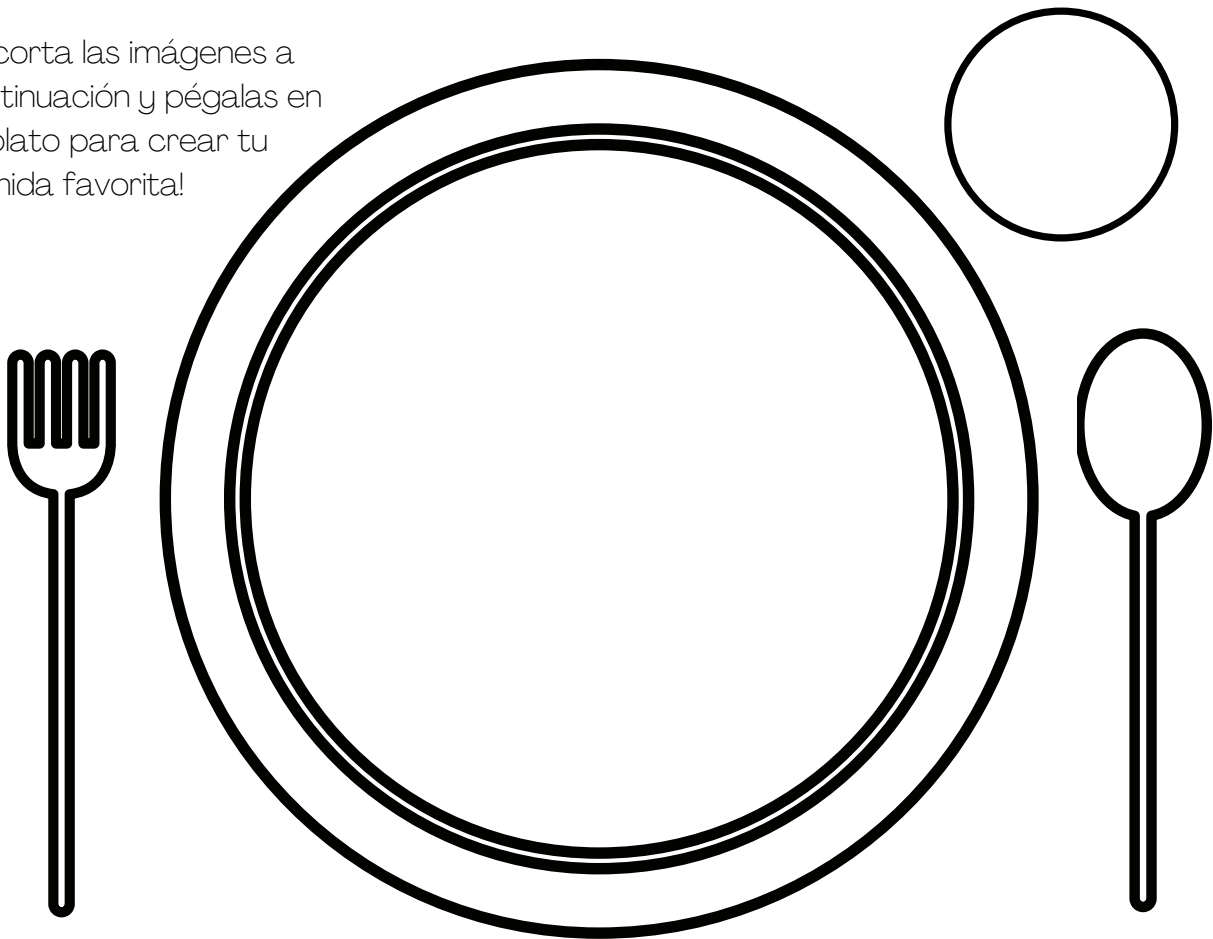
Colorea los alimentos saludables y tacha los que no lo son.



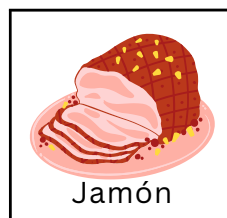
# ¿CUÁL ES TU COMIDA FESTIVA FAVORITA?



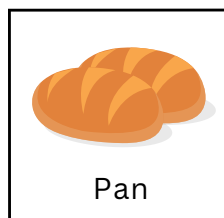
¡Recorta las imágenes a continuación y pégalas en tu plato para crear tu comida favorita!



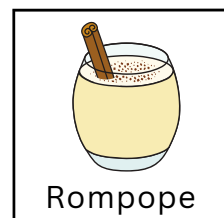
Ejotes



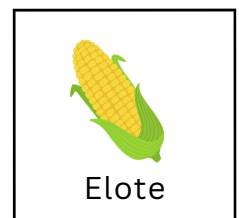
Jamón



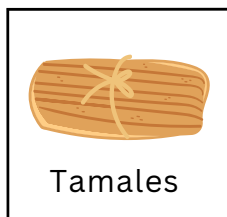
Pan



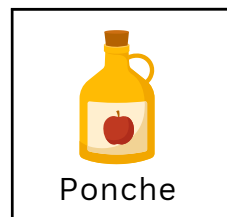
Rompope



Elote



Tamales



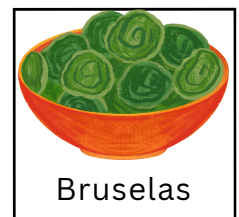
Ponche



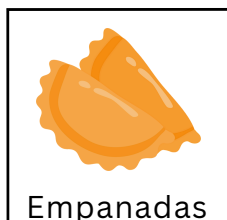
Puré de papas



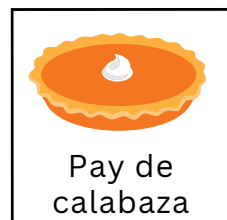
Pavo



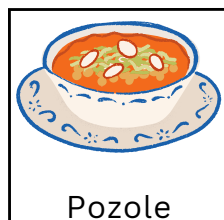
Bruselas



Empanadas



Pay de calabaza



Pozole



Salsa de arándanos



Pay de nuez

# VESTIRSE PARA EL CLIMA FRÍO

