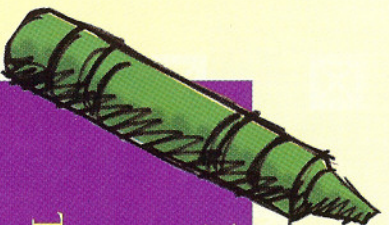


Get Ahead of
LEAD

A B C TIVITY B O O K



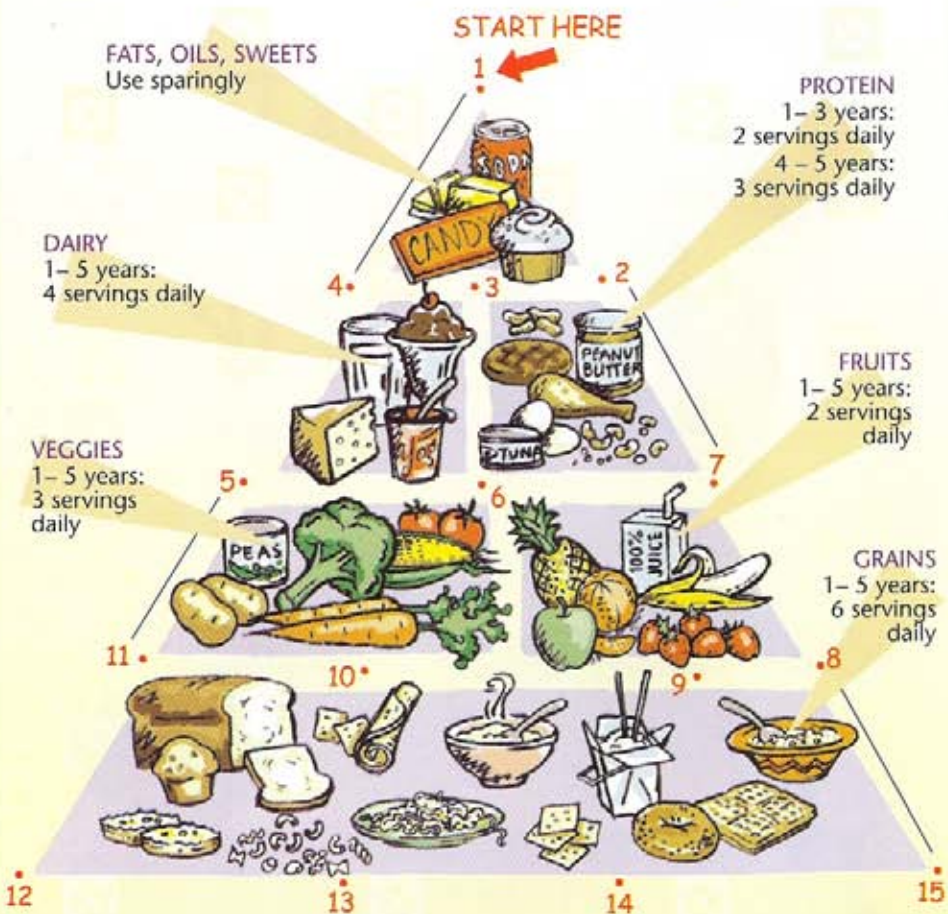
Lead can poison people.

It is especially
bad for children.

This book is a fun way to
Get Ahead of Lead!

CONNECT THE DOTS

Learning about food is fun. Eating a variety of foods from the Food Guide Pyramid will help you be strong and healthy. Connect the dots to build the pyramid.



WHAT'S A SERVING? A good rule of thumb is one tablespoon per year of life for children's portions up to the age of eight (this means a two-year-old needs two tablespoons, a three-year-old needs three, etc.).

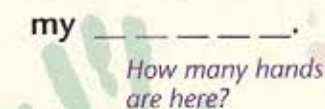
RHYME TIME

See if you can guess the missing rhyme words.

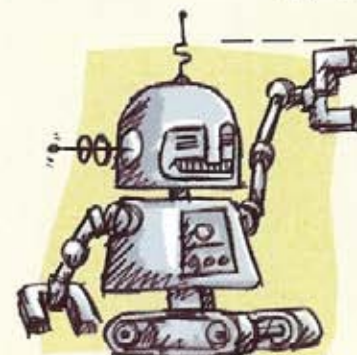
1. Fruit has lots of **VITAMIN C**.
That's why it's good for you and ____.
*Grapes have vitamin C.
How many are there here?*



2. After playing
in playground **SANDS**
I won't forget to wash
my _____.
*How many hands
are here?*

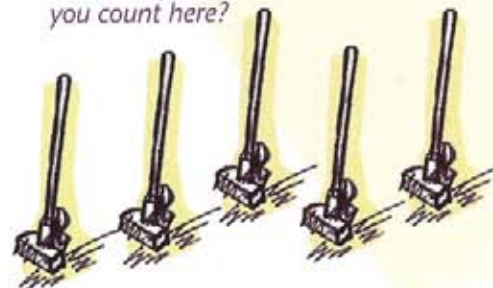


3. I wash my toys
so they are **CLEAN**
I wish I had a
"toy washing"



*Wouldn't it
be fun to
have a
machine like
a robot to
help you
wash your
toys?*

4. Mopping floors
is just a **MUST**
because lead can hide
in dirt and _____.
*How many mops
can
you count here?*



Answers

ME	10 GRAPES
HANDS	3 HANDS
MACHINE	5 MOPS
DUST	

DRAW A CIRCLE

around things that are good for you to eat.



Eating healthy foods helps me
"Get Ahead of _____" you see.

CAN YOU HELP

these kids get through this house to go outside and play?

Along the way there are some places where lead can be found in this house. Can you find them too?



Sources of Lead

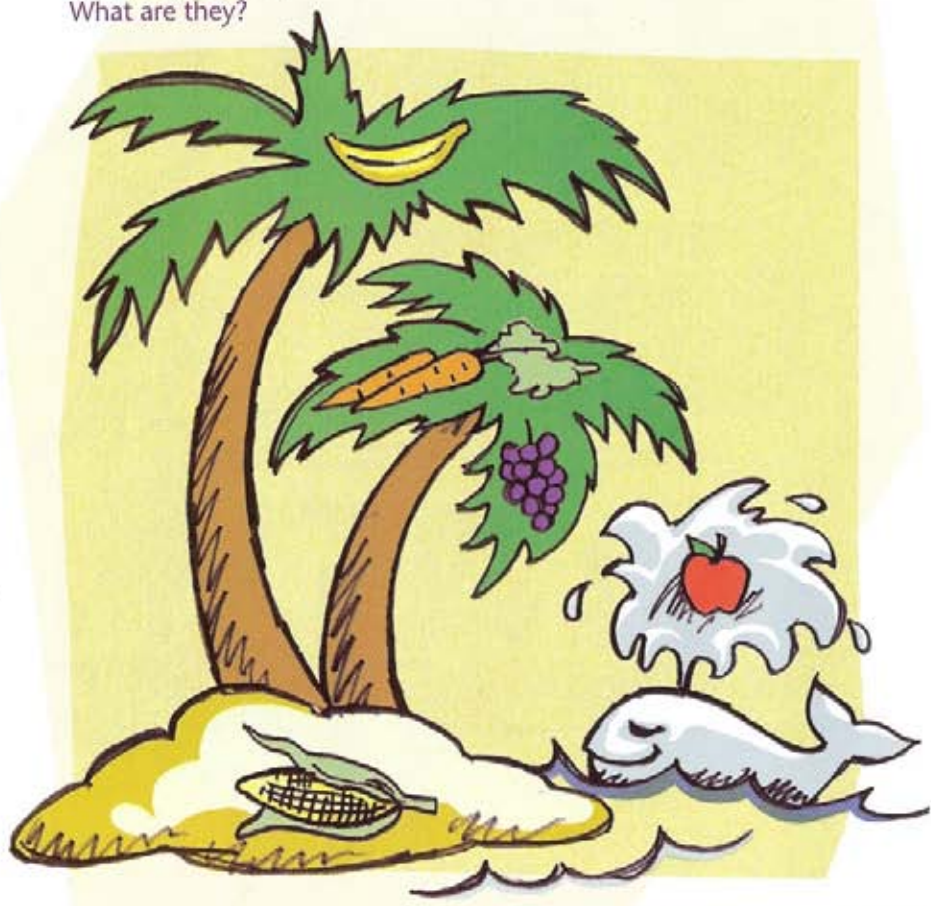
1. Old chipping and peeling paint on walls, window sills, old sinks or tubs, old toys and old painted furniture.
2. Lead in pipes or lead solder in old plumbing.
3. Dust from fixing up and remodeling an older home.
4. Food saved or served on lead glazed pottery.

G

GIVE ME FIVE

Eating 5 or more servings of fruits and vegetables every day helps to keep you healthy.

Can you find some in the picture below?
What are they?



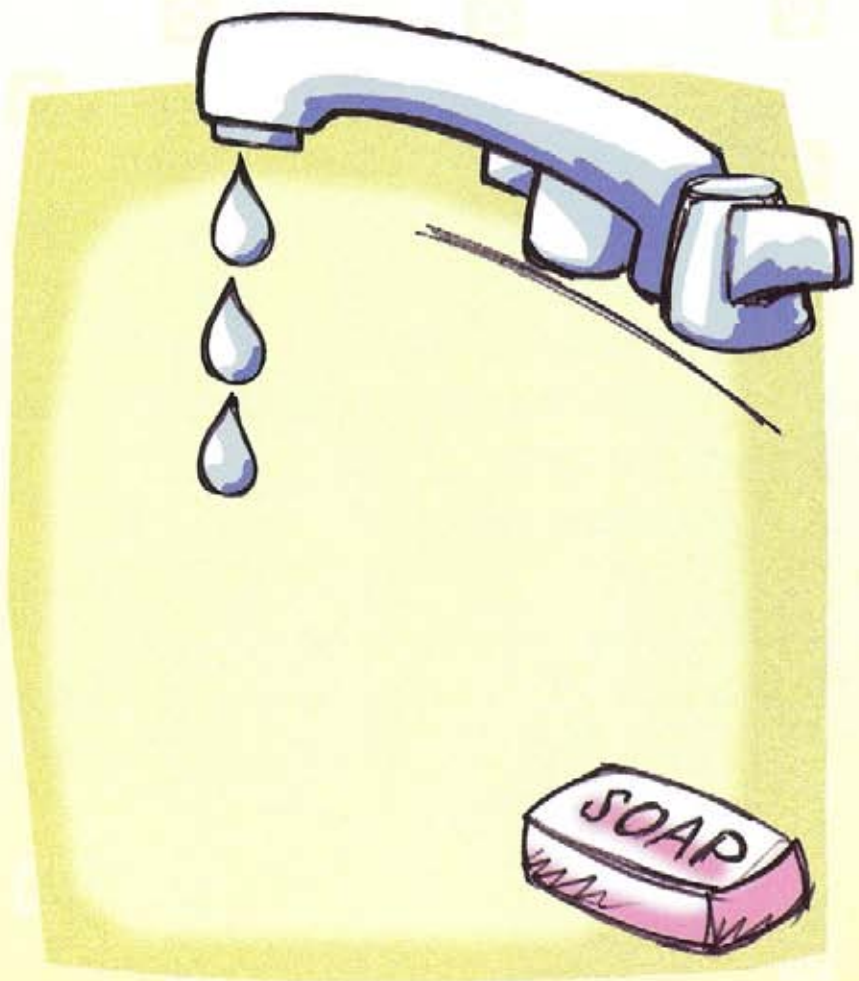
Answers	
Apple	Carrots
Com	Banana
Grapes	

A

AFTER YOU PLAY

What can you do to stay lead safe?

Put one of your hands on the paper below. Take a crayon or pencil and draw around it on the paper to find the answer.



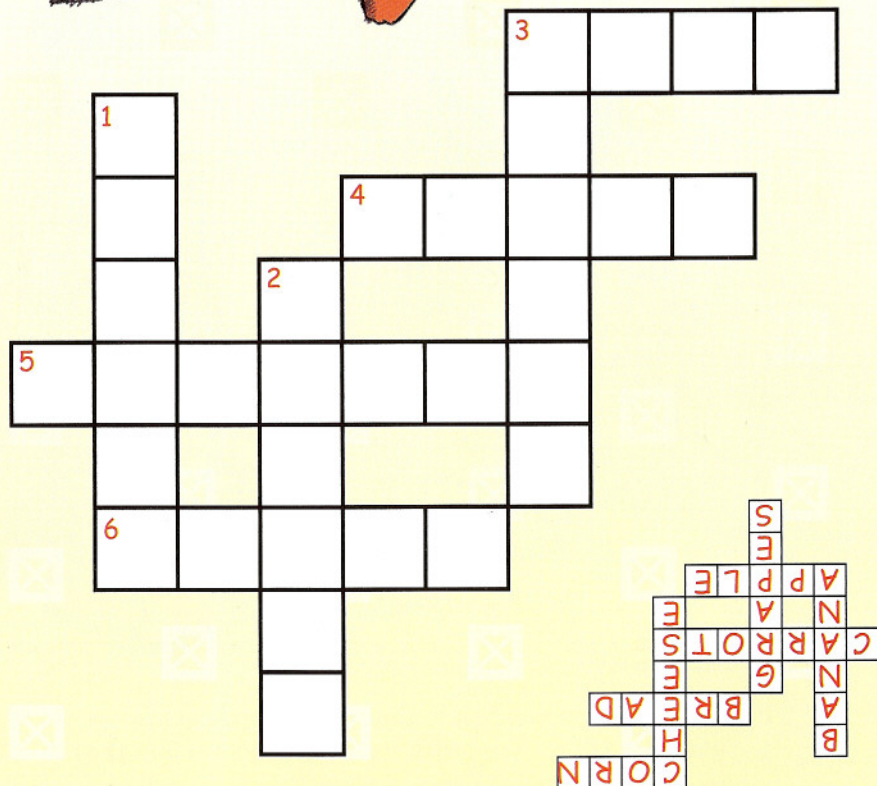
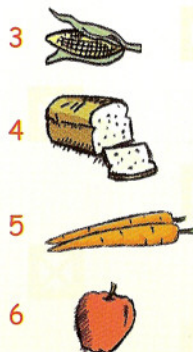
When kids wash their hands after playing, the lead in dirt and dust (leaded dust) on their hands doesn't get into their mouths and swallowed.

CROSSWORD

Down



Across

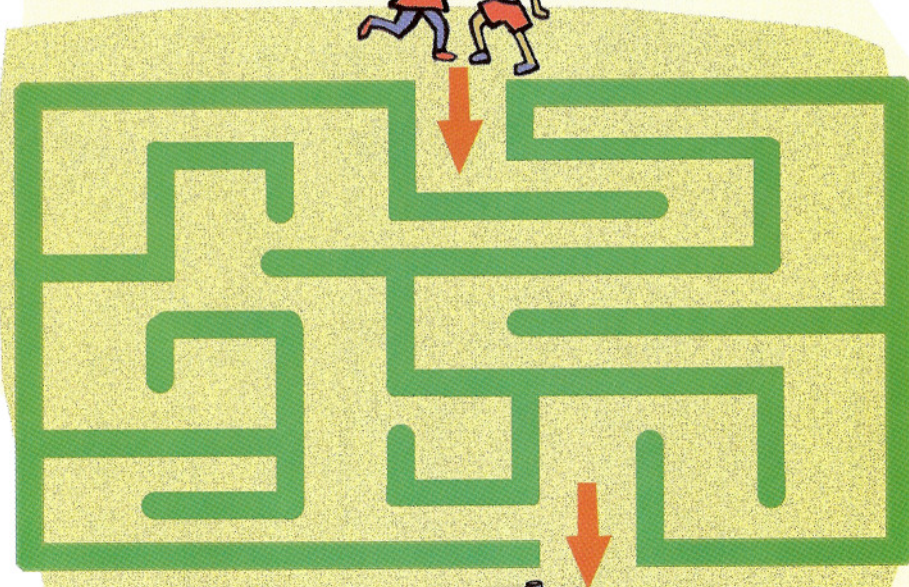


A-MAZE-ING

There are many good reasons for eating a well-balanced diet.

Eating foods with lots of iron and calcium help to protect you from lead poisoning. These children are trying to avoid eating junk food that has lots of fat and oil.

Can you help the children find their way back to the well-balanced diet?



Some foods that are high in iron are liver, lean meats, tuna fish, eggs, raisins and spinach. Some foods that are high in calcium are milk, cheese, cottage cheese and yogurt.

Thank you for helping these children to eat well.
Remember to eat well yourself!

WORD SEARCH

Learn About
Lead Poisoning



Can you find eight words
in the puzzle below?
Circle them.

W	O	P	A	I	N	T	J	V	B
A	H	S	L	U	B	E	Q	U	P
E	I	N	V	P	Y	K	H	R	P
R	M	L	E	C	T	N	B	I	C
N	A	E	I	S	Y	G	L	U	H
I	P	A	U	C	H	W	O	X	I
M	O	D	B	E	I	T	O	Y	L
Q	U	K	L	V	E	C	D	R	D
P	Y	I	S	R	W	A	T	E	R
B	O	O	K	C	D	M	E	N	E
S	R	I	L	N	U	S	S	V	N
U	J	Q	S	O	K	C	T	Y	L
G	D	P	N	O	G	Z	W	E	I
H	E	Y	P	A	N	X	Y	Z	C

Answers

WATER	LEAD
SOIL	DUST
POISON	CHILDREN
PAINT	BLOOD TEST



REBUS

Word Game

A Rebus is a word puzzle made of pictures.

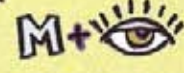
It is like a secret code.

To find the answer for each puzzle you say what each picture is out loud.
Then add them together.

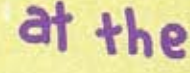
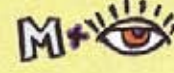
#1.



#2.



#3.



#4.



Answers

1. I love ice cream!
2. Can I wash my hands?
3. When I come in the house I leave my shoes at the door.
4. You are a star!

WORD GAME

Unscramble the words.

TIDR

— — — —

NATPI

— — — — —

EDAL

— — — —

PHCI

— — — —

OYT

— — —

ASHW

— — — —

ESTT

— — — —

Answers

TOY	DIRT
WASH	PAINT
TEST	LEAD
	CHIP

RIDDLES

Some of the words used in the riddles & answers can be used to learn more about lead poisoning.

1. What did one wall say to the other?
2. What gets wetter the more it dries?
3. What kind of room has no windows or doors?
4. What has holes in it but still holds water?
5. What goes up and down the stairs without moving?
6. What is the smallest room in the world?
7. What runs around a house but does not move?
8. What kind of coat won't keep you warm?
9. How much dirt is in a hole 3 feet wide and 4 feet deep?
10. If one child has 6 sand piles and another child has 3 and you combine them, how many sand piles do you have?

Lead might be found in old coats of paint on walls and other painted surfaces like window sills, doors or on a fence.

Lead might also be found in outdoor play areas that have old piles of sand and dirt.

Indoors, leaded dust and dirt can hide in carpets and on floors and other surfaces. That is why it is important to clean up dust and dirt indoors by sponge mopping and wiping with paper towels.

Answers

1. I'll meet you at the corner.
2. A towel.
3. A mushroom.
4. A sponge.
5. A carpet.
6. A mushroom.
7. A fence.
8. A coat of paint.
9. None. A hole is empty.
10. One sandpile because you combined them.

WASH UP!

Wash your hands often through the day,
to keep the dirt and germs away!



Soap and water send dirt and germs down the drain.

MATCHING

Kids...

Can you help to be LEAD SAFE?

Draw a line from the kids in pictures A, B and C to the matching picture that will help them to be lead safe.

A.

I have been playing outside so when I come in I need to...



1.

...help to clean them.



B.

I'm hungry for a snack so I eat...



2.

...wash my hands to get rid of dirt and dust.



C.

My toys are dirty so I...



3.

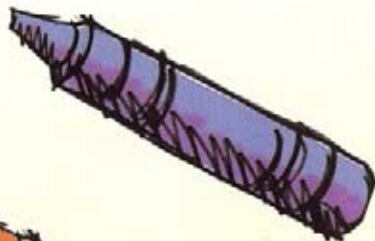
...food that is good for me.



Answers

A matches 2
B matches 3
C matches 1

Get Ahead of **LEAD**



State of New York
George E. Pataki, Governor

New York State Department of Health
Antonia C. Novello, M.D., M.P.H., Dr.P.H., Commissioner