

Get Healthy with Harmony

... a storybook to color



a gift from



INTERNATIONAL
CHILD ART
FOUNDATION

Get Healthy with Harmony
... a storybook to color

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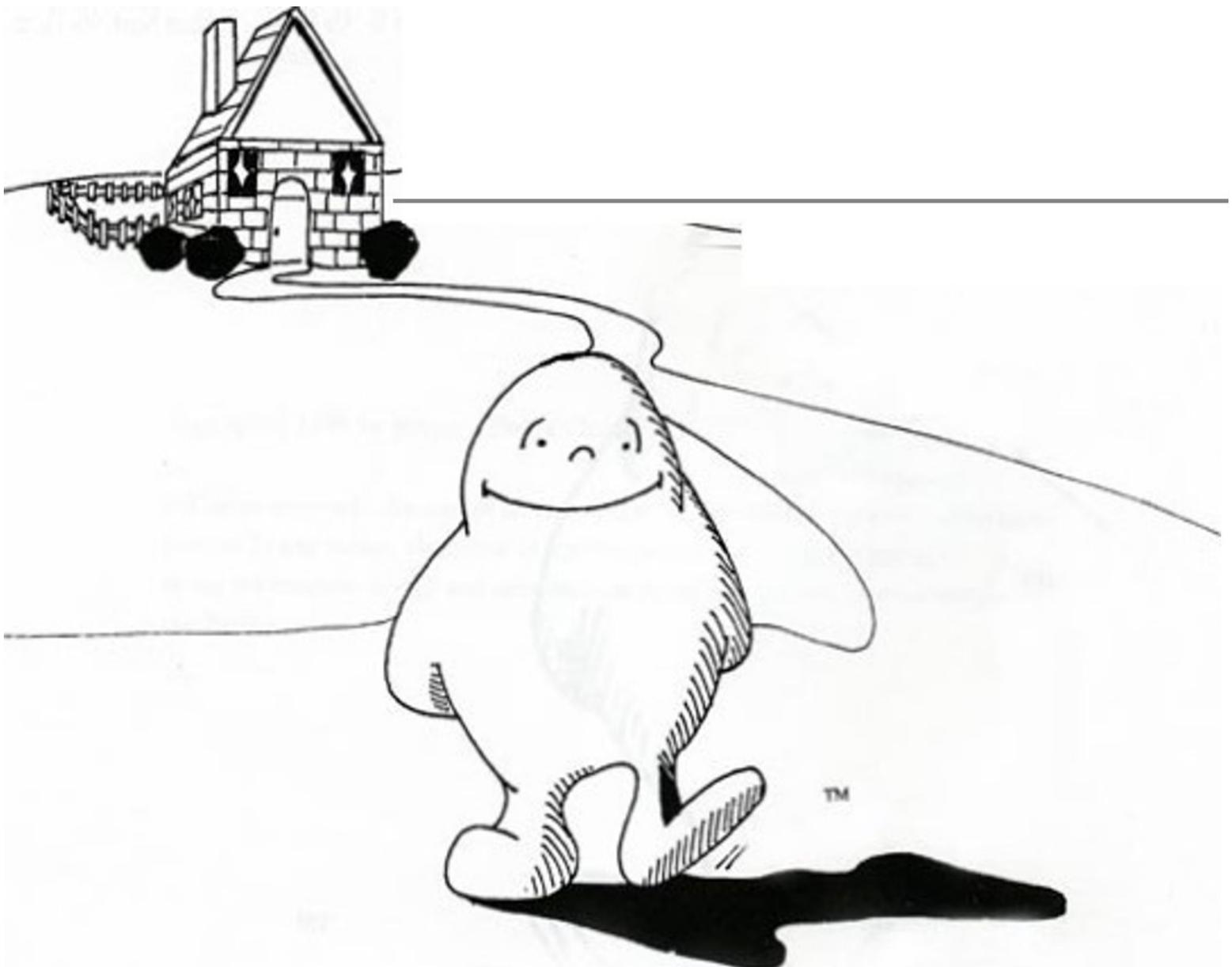


We make nutrition education fun for kids!

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Get Healthy with Harmony

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This is Harmony,
the healthy cell.



**You have 75,000,000,000,000 (75 trillion)
cells in your precious body.**

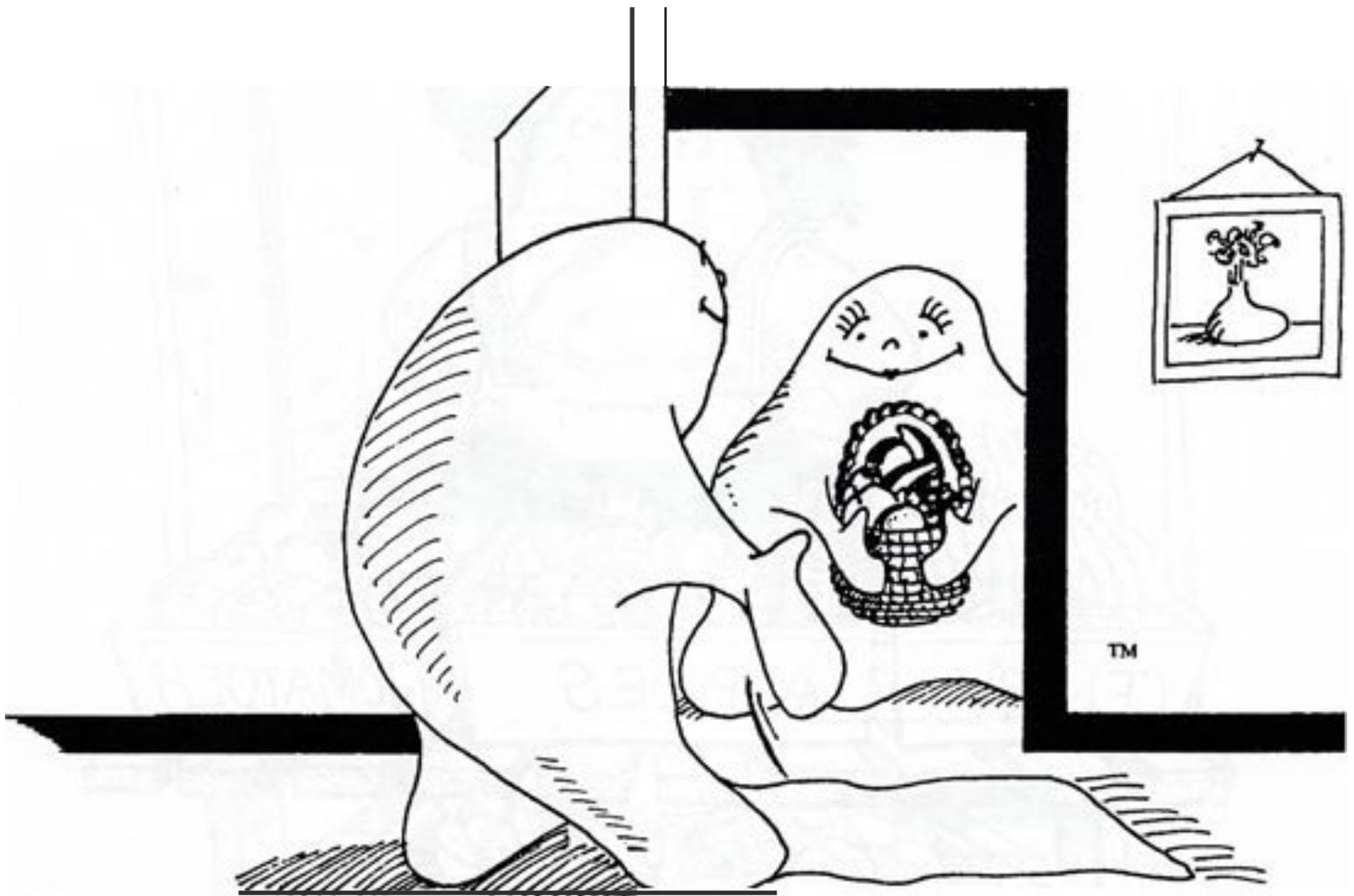
Your body is your home.

**It's the most important
home you will ever have.**



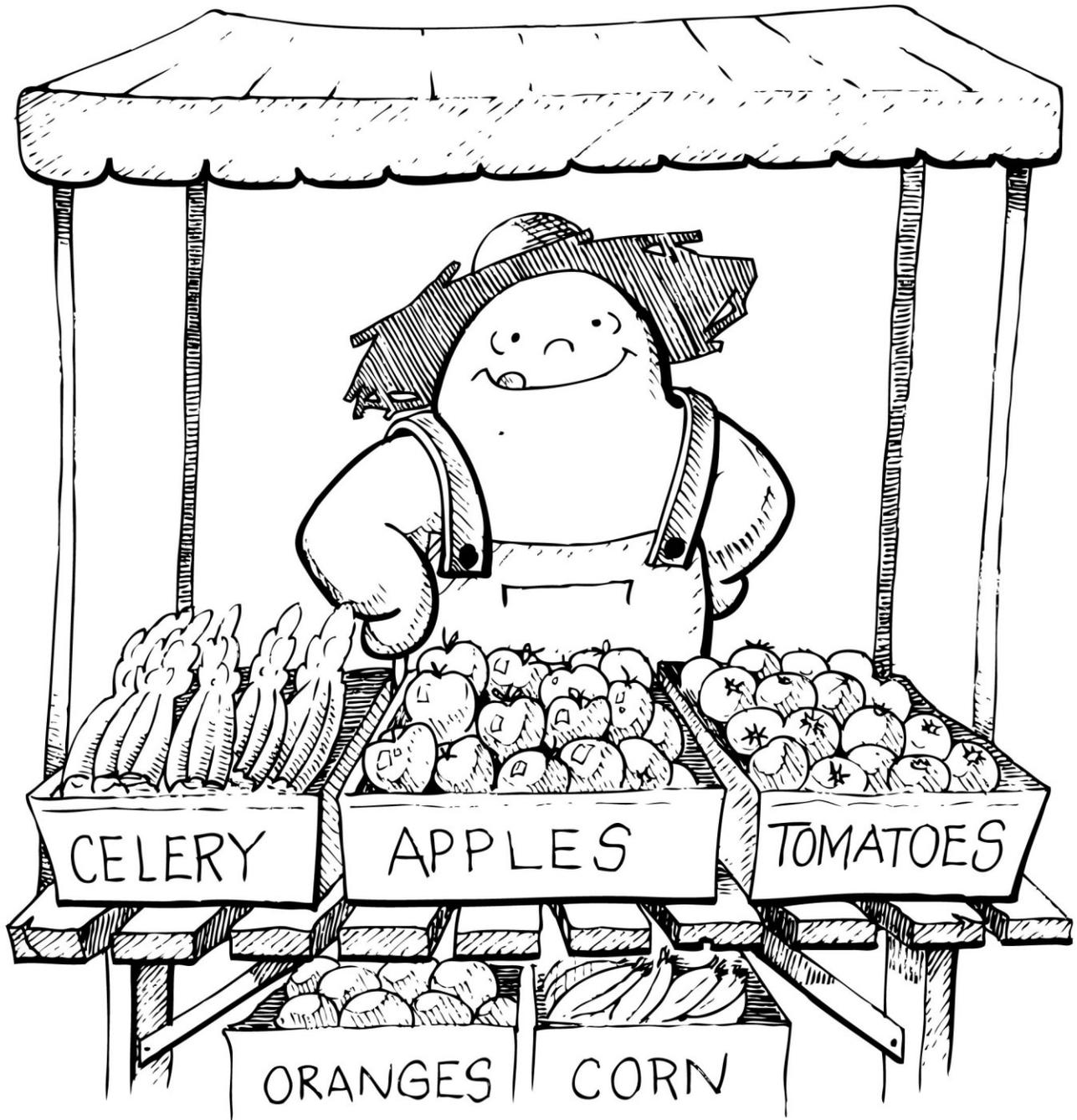
When you take good care of your home, you will be healthy – and Harmony will be happy!

If your body is your Home,
your mouth is the front door.



What do you invite into your home?

Fruits and Vegetables
are good for your Home.



**When Harmony has lots of
these, you'll feel great!**

Uh, oh. What happened
to Harmony?

You need to drink plenty of water
to keep Harmony clean.



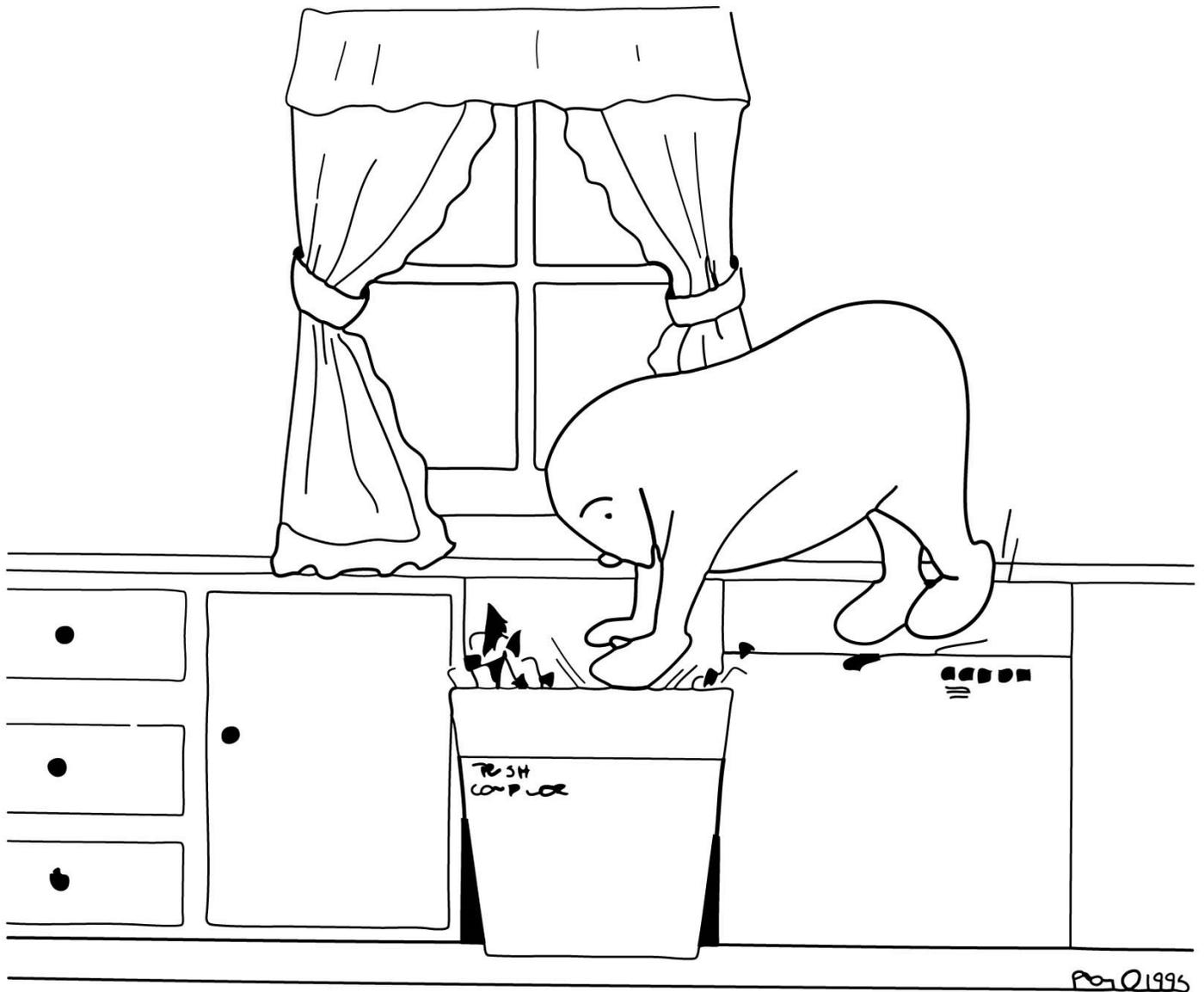
Colas are not water.

They make a mess in your home.



So, be sure you
shower Harmony
with clean water every day...
...that means you drink lots of water!

If your body is your Home,
your stomach is the Kitchen,
the place where food is prepared.



**After you eat, you need to clean up the kitchen.
In Harmony's house that means you should go to
the bathroom regularly to get rid of waste.**

Harmony needs fuel to
keep the furnace running.



**Fuel is the FOOD you eat and there are
three kinds:**

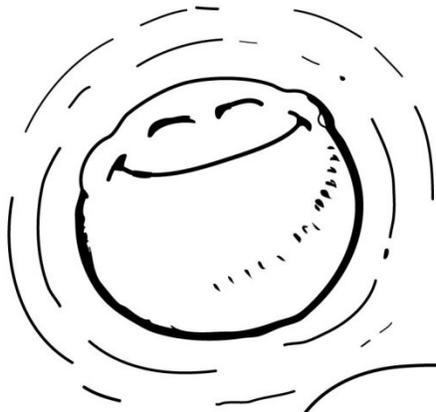
carbohydrates * proteins * fat

When Harmony does not
get the right fuels,
you get sick.



Fuels (food) provide nutrients for your body.

All foods should be fresh
and natural.



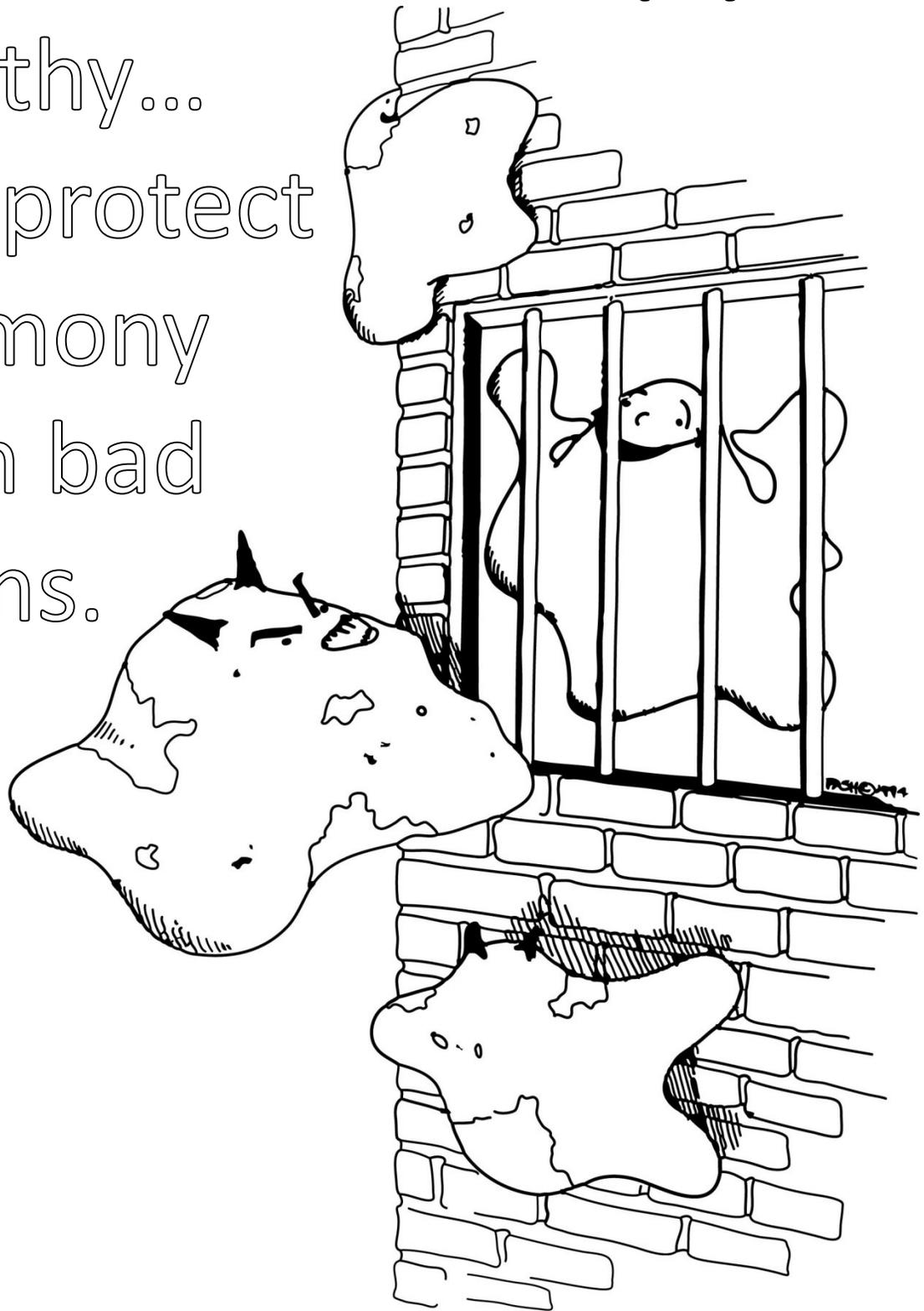
**Breads made with whole grains make Harmony
happy - and give you lots of energy.**



Harmony likes
vitamins, minerals &
phytonutrients.

Make sure your parents give you some every day.

Vitamins, minerals &
phytonutrients keep you
healthy...
and protect
Harmony
from bad
germs.

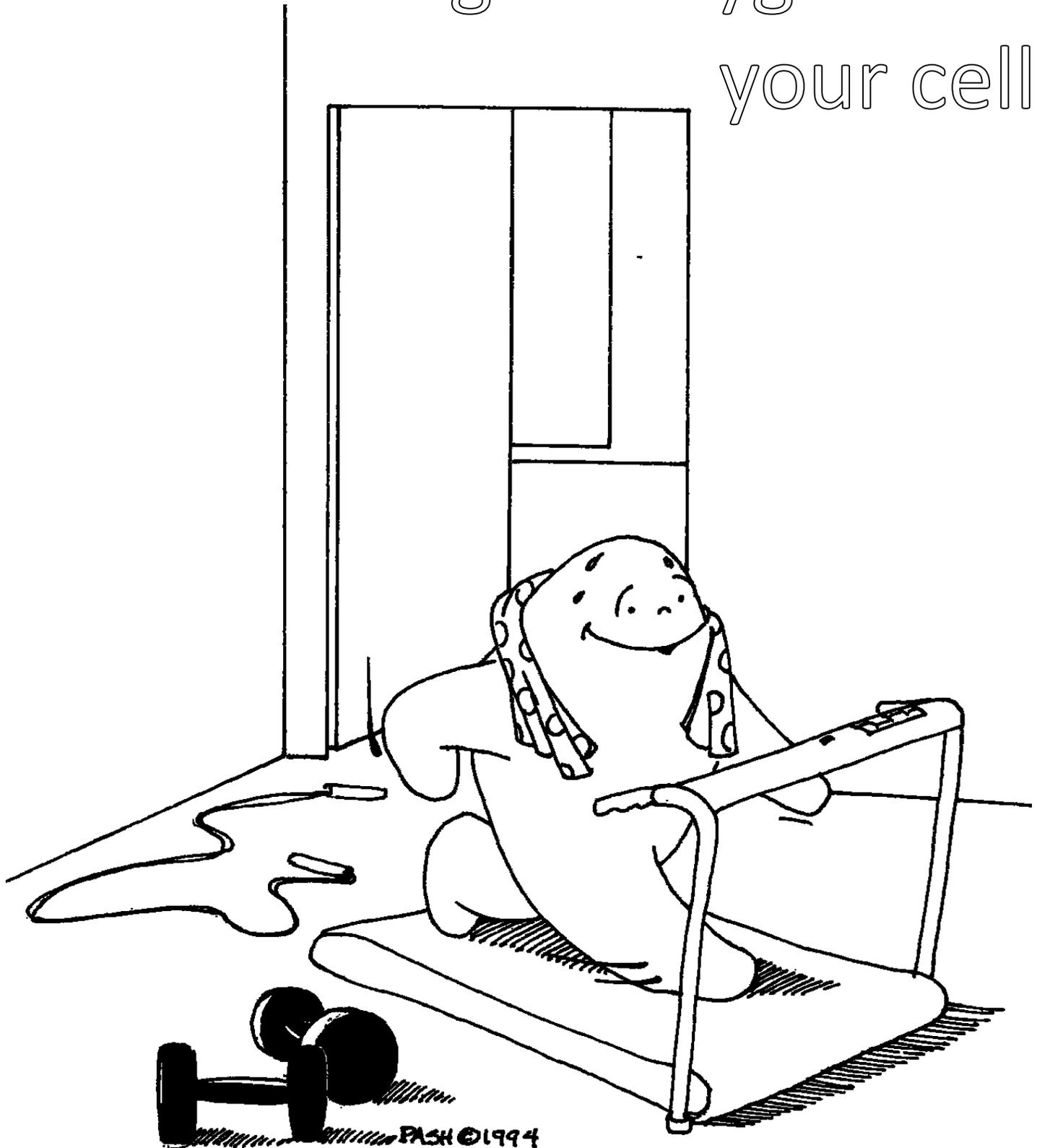




You have 100,000,000,000 brain cells that talk to all the other cells and tell them what to do. **Please don't damage your brain cells with alcohol, sugar, colas and cigarettes.**

Harmony loves exercise.

Exercise gets oxygen to all
your cells.



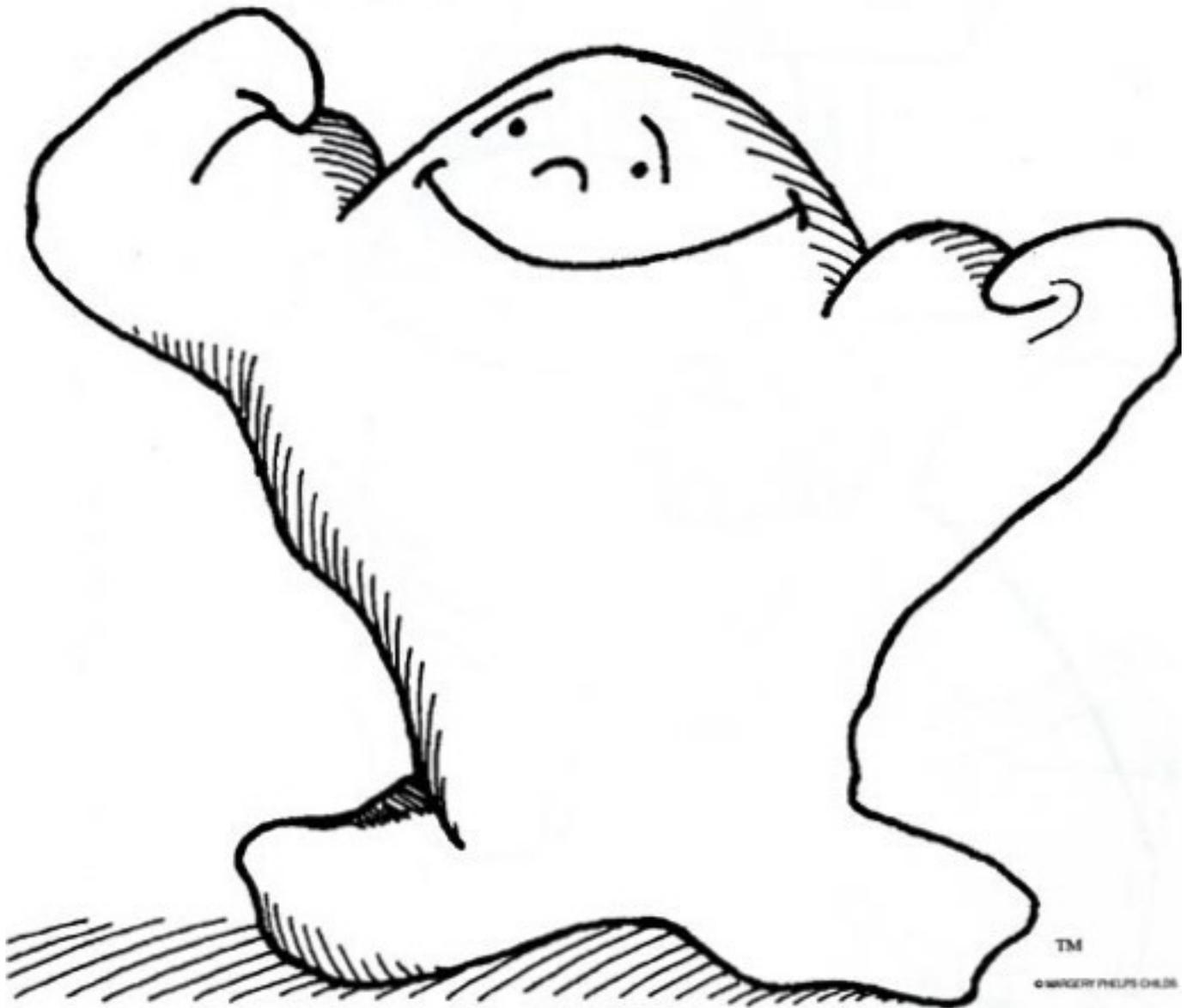
Cells need oxygen to be healthy.



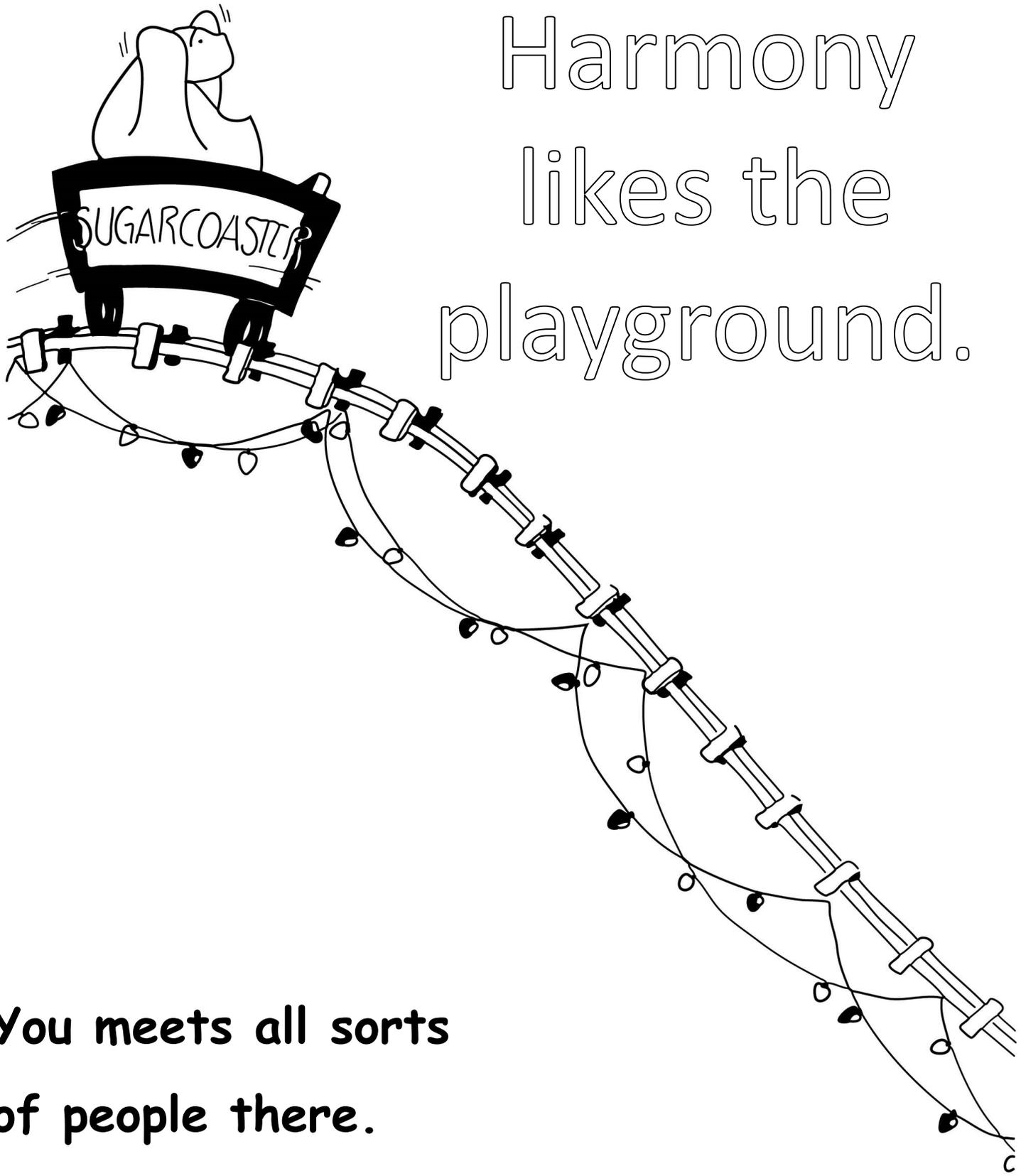
A brisk walk every day
is good exercise.

You'll feel good

& look great



when you exercise.



Harmony
likes the
playground.

**You meets all sorts
of people there.
Some are friends;
some are foes.**

Are your playmates Friends
or Foes?

Friends are
VITAMINS & MINERALS
& PHYTONUTRIENTS.

You'll crash with these foes:

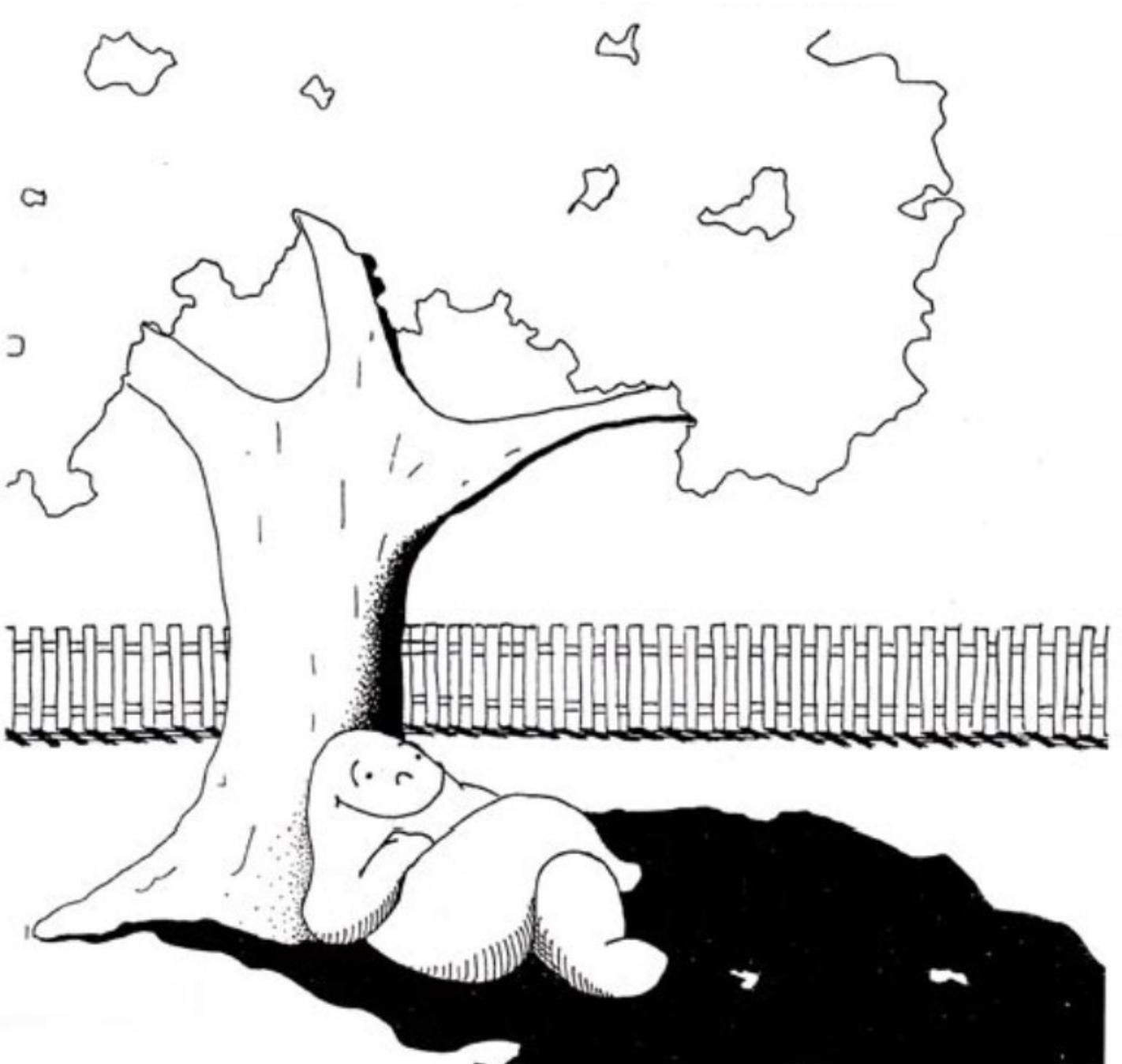
Candy • Colas • Cigarettes • Drugs





Declare your
independence
from foes!

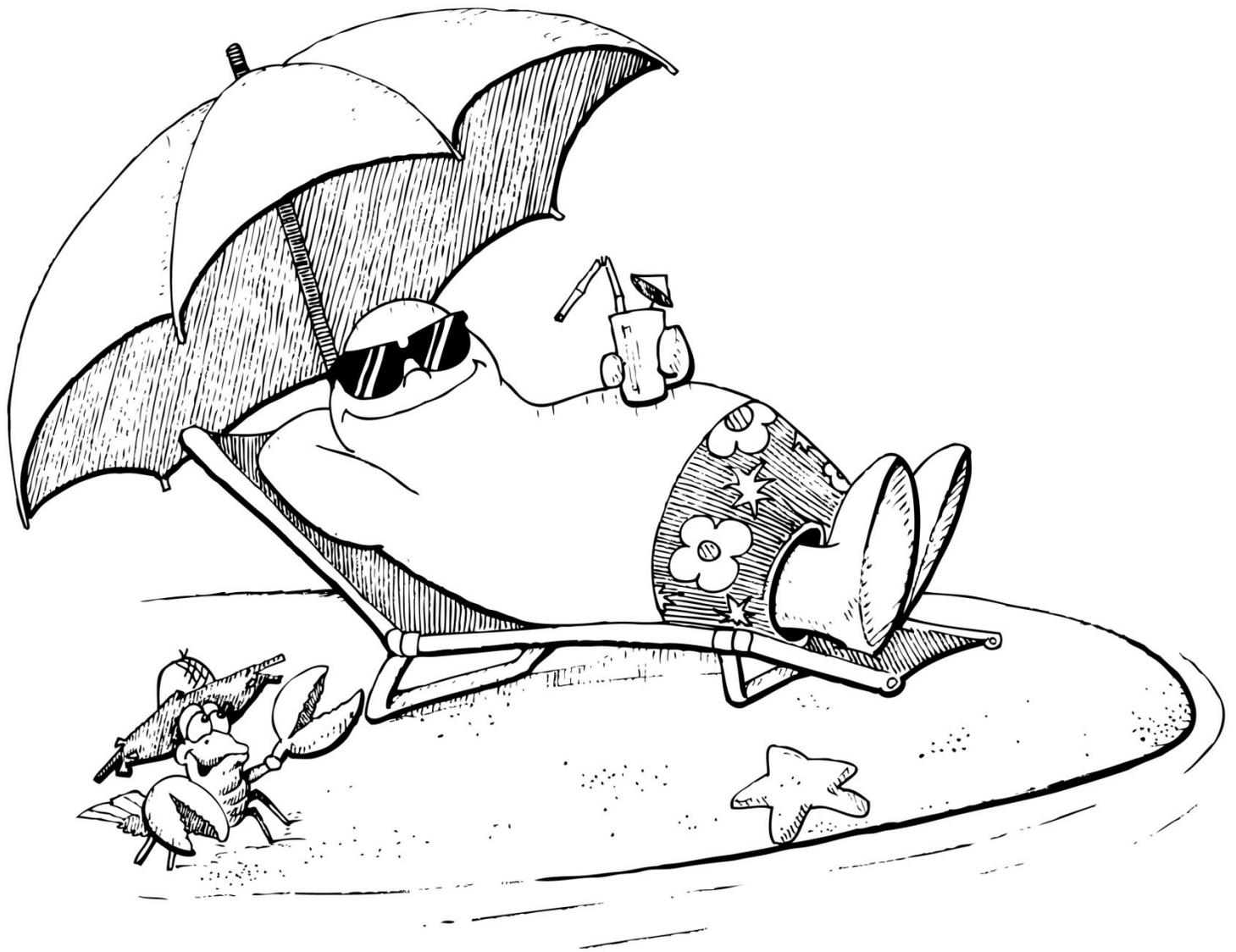
Harmony needs to relax
once in a while.



Watching TV is not relaxing.

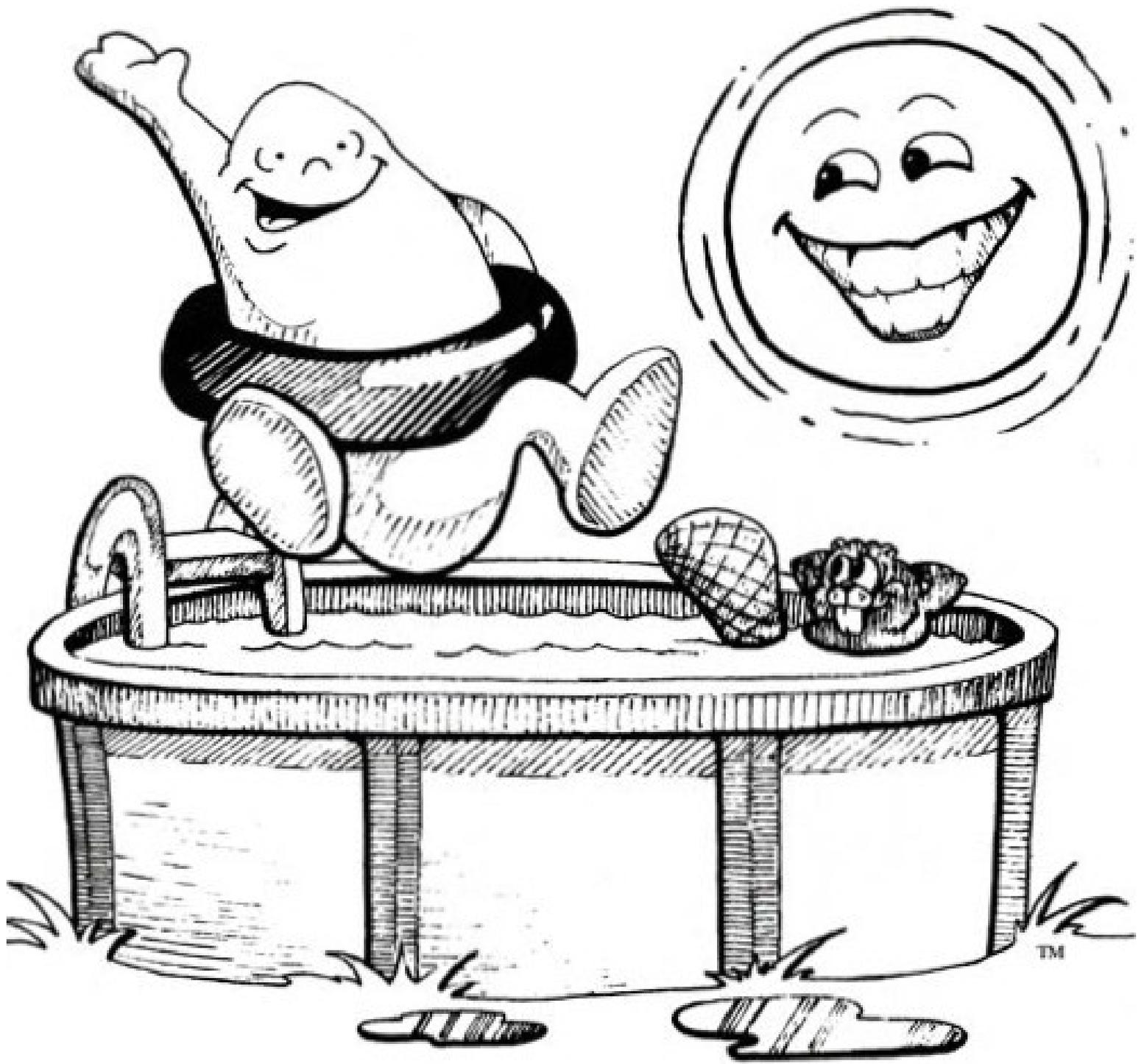


Take time to smell
the flowers . . .



. . . and enjoy the fresh
air and sunshine.

Be sure to wear sun screen.



Have fun in the water...

don't forget your life preserver.

Pack a picnic for
Harmony with fresh
fruits and natural foods
that have lots of good
Vitamins, Minerals, and
Phytonutrients . . .

And you will
Glow with
Good Health
. . . like Harmony!



In Harmony's House
we are always . . .



searching for
Good Health.



INTERNATIONAL CHILD ART FOUNDATION

Why ICAF?

Future depends on what children imagine to be possible and how they work together to make that happen.

We seed ideation, grow imagination, cultivate creativity, and develop empathy through the arts.

Children's art is social capital. As many as 5 million works have been produced by schoolchildren in the U.S. and 100 other countries under our programs or at our festivals since 1997.

Today the ICAF ranks among the [25 Top Children's Charities](#) in the United States.

Please [adopt the ICAF as your charity of choice](#) for a brighter future for all.



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