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.

Rhyme Time

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”

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

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.).

Answers

- 5 mops
- 1 machine
- 3 hands
- 10 grains
- dust
- 10 wires

Source: U.S. Dept. of Agriculture
U.S. Dept. of Health & Human Services
Eating healthy foods helps me “Get Ahead of _____” you see.

**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.

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

**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.
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!
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.
WORD GAME
Unscramble the words.

TIDR
NATPI
EDAL
PHCI
OYT
ASHW
ESTT

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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?

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Answers

1. Chip
2. Test
3. Lead
4. Toy
5. Wash
6. Paint
7. Dirt

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

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.
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.

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

A. ...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 1
B matches 2
C matches 3