



1



—HEALTHY WASHOE—

**EI 5210**

5210



2



**El Parque**  
The Park



3



**El Cantarito de Agua**  
The Water Pitcher

4



**Las Frutas**  
The Fruits



5



**Las Verduras**  
The Veggies

6



**El Ejercicio**  
Exercise



7



**La Bicicleta**  
The Bike



8



**Los Hábitos Saludables**  
The Healthy Habits



9



**El Senderismo**  
Hiking



10



**La Zumba**  
Zumba





11



**La Natación**  
Swimming



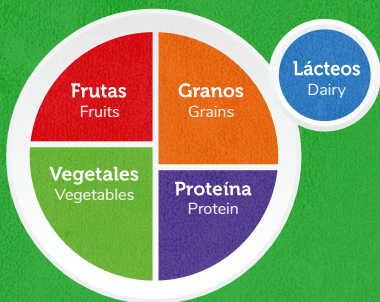
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**El Jugador de Fútbol**  
The Soccer Player



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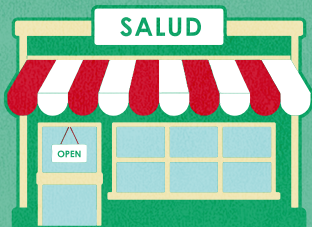
**Mi Plato**  
My Plate

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**La Ensalada**  
The Salad

15



**Las Tienditas Saludables**  
The Healthy Corner Stores



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**La Rosa de 5210**  
The 5210 Rose



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**Las Alternativas Saludables**  
The Healthy Alternatives

18



**Las Berries**  
The Berries

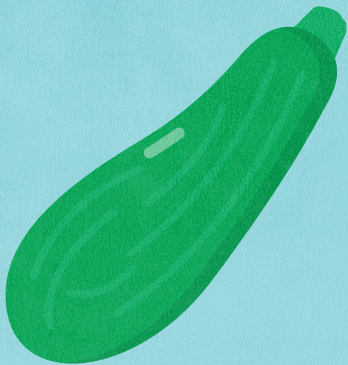


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**Las Espinacas**  
The Spinach

20



**Las Calabacitas**  
The Zucchini



21



**El Arroz**  
The Rice



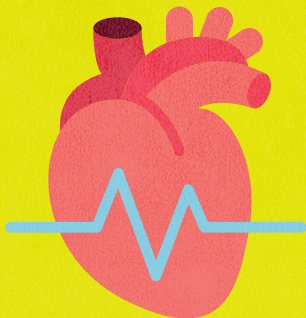
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**Las Porciones Saludables**  
The Healthy Portions



23



**El Corazón Fuerte**  
The Healthy Heart



24



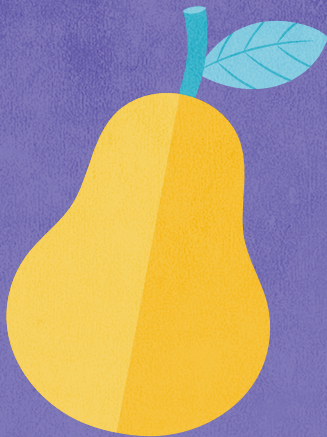
**La Sandia**  
The Watermelon







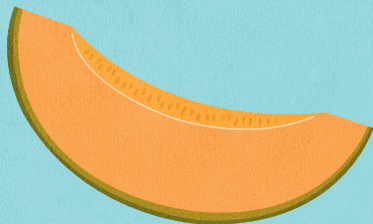
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**La Pera**  
The Pear



26



**El Melón**  
The Cantaloupe



27



**El Camarón**  
The Shrimp

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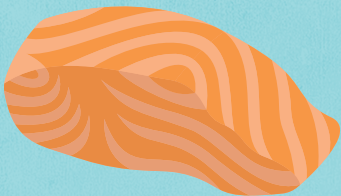


**La Sana Sana, Colita  
de Rana**

Boo-boo Be Gone



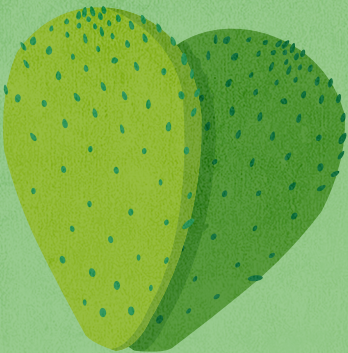
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**El Pescado**  
The Fish



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**El Nopal**  
The Cactus





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**Los Frutos Secos**  
The Nuts



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**Los Escalones**  
The Stairs

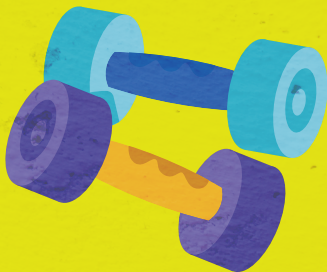


33



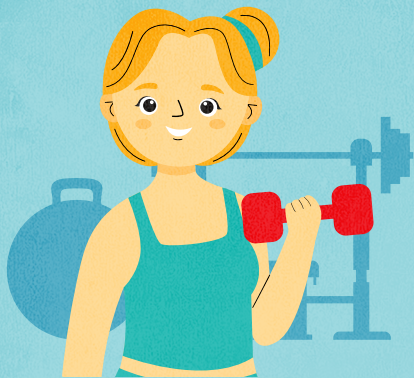
**Los Tenis**  
The Sneakers

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**Las Pesas**  
The Weights

35



**El Gimnasio**  
The Gym

36



El Quehacer  
Chores

37



**Los Frijoles de la Olla**  
Pot Beans



38



**El Pollo Asado**  
The Grilled Chicken

39



**Los Garbanzos**  
Garbanzo Beans



40



**Las Lentejas**  
Lentils







41



**La Soya**  
Soy Beans

42



**Los Jugos Naturales**  
Fresh Juice



43



**La Cancha Deportiva**  
The Sports Field

44



**La Jardinería**  
Gardening



45



**El Maíz**  
Corn Kernel





46



**El Camote**  
Sweet Potato



47



**El Baile**  
Dancing

48



**La Caminata**  
Walking



49



**El Voleibol**  
Volleyball

50



**El Basquetbol**  
The Basketball

51



**Las Lagartijas**  
Pushups

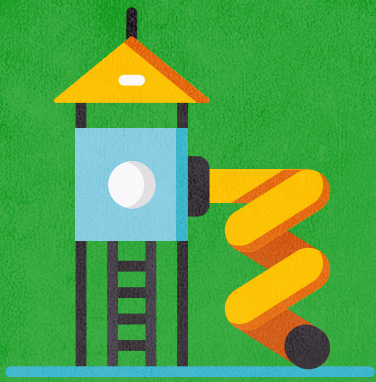
52



**La Cuerda de Saltar**  
The Jump Rope



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El Recreo  
Recess



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**La Salsa Fresca**  
Fresh Salsa