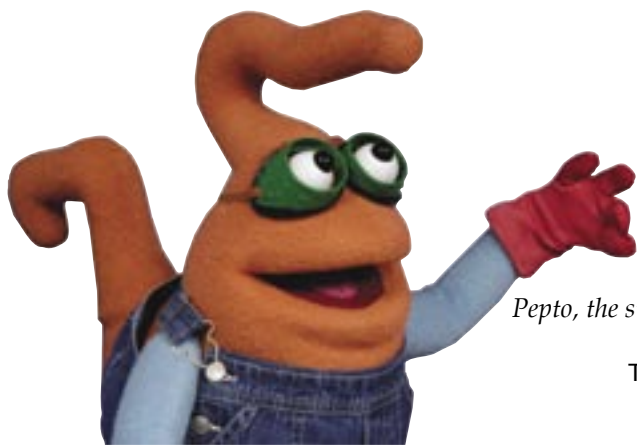


## *Pepto's Party Portions* Activity / Upper Elementary

Pepto understands how tempting some foods can be . . . especially at birthday parties. He learned his lesson last year when he ate way too much of his birthday cake and ended up with a bad stomach ache. Have you ever eaten too much food at one sitting? Pepto wants to hear all about it! Answer the questions below.

1. What was your favorite part of *Pepto's Party Portions* and why?
2. Write about a time that you overate.
3. How did your stomach feel at that time?
4. What important lessons did you learn from the show and how do you plan to use them in your life?



*Pepto, the stomach*

Healthy Lifestyle

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Pepto, the stomach

Sir Rebrum®

In Pepto's Party Portions, Pepto learned not only about healthy portion sizes, but also about handwashing. Pepto and Sir Rebrum want you to be sure to wash your hands before each meal. Track your progress this week by circling the hands each day as (Sir Rebrum would say), you *scour your phalanges* before each meal!

**MONDAY**

Breakfast

Lunch

Dinner

**TUESDAY**

Breakfast

Lunch

Dinner

**WEDNESDAY**

Breakfast

Lunch

Dinner

**THURSDAY**

Breakfast

Lunch

Dinner

**FRIDAY**

Breakfast

Lunch

Dinner

**SATURDAY**

Breakfast

Lunch

Dinner

**SUNDAY**

Breakfast

Lunch

Dinner

Always wash your hands after using the restroom to wash those toilet germs down the drain!



Hands after using the restroom!



Washing hands WITH SOAP!



Toilet germs going down the drain!