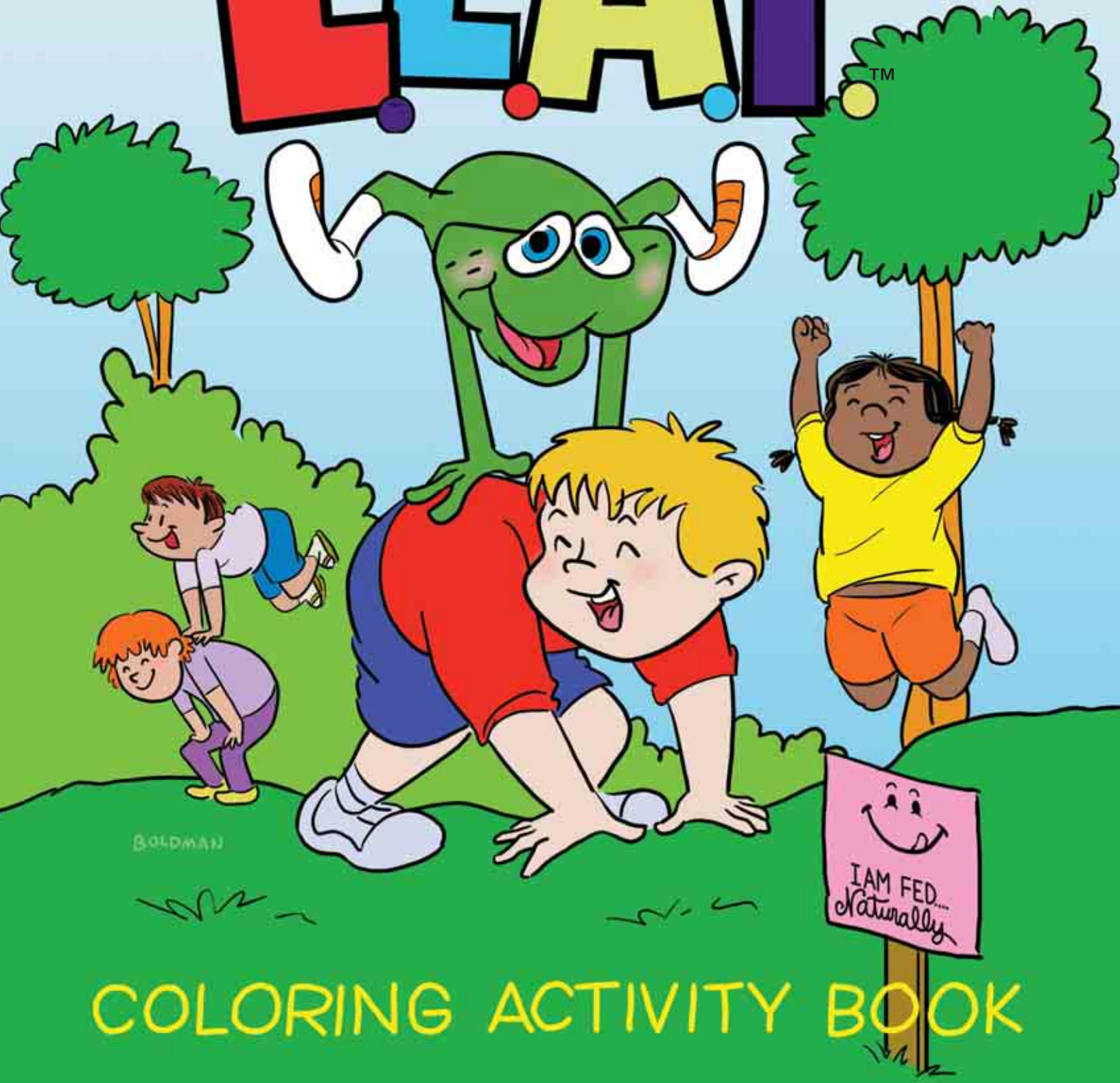
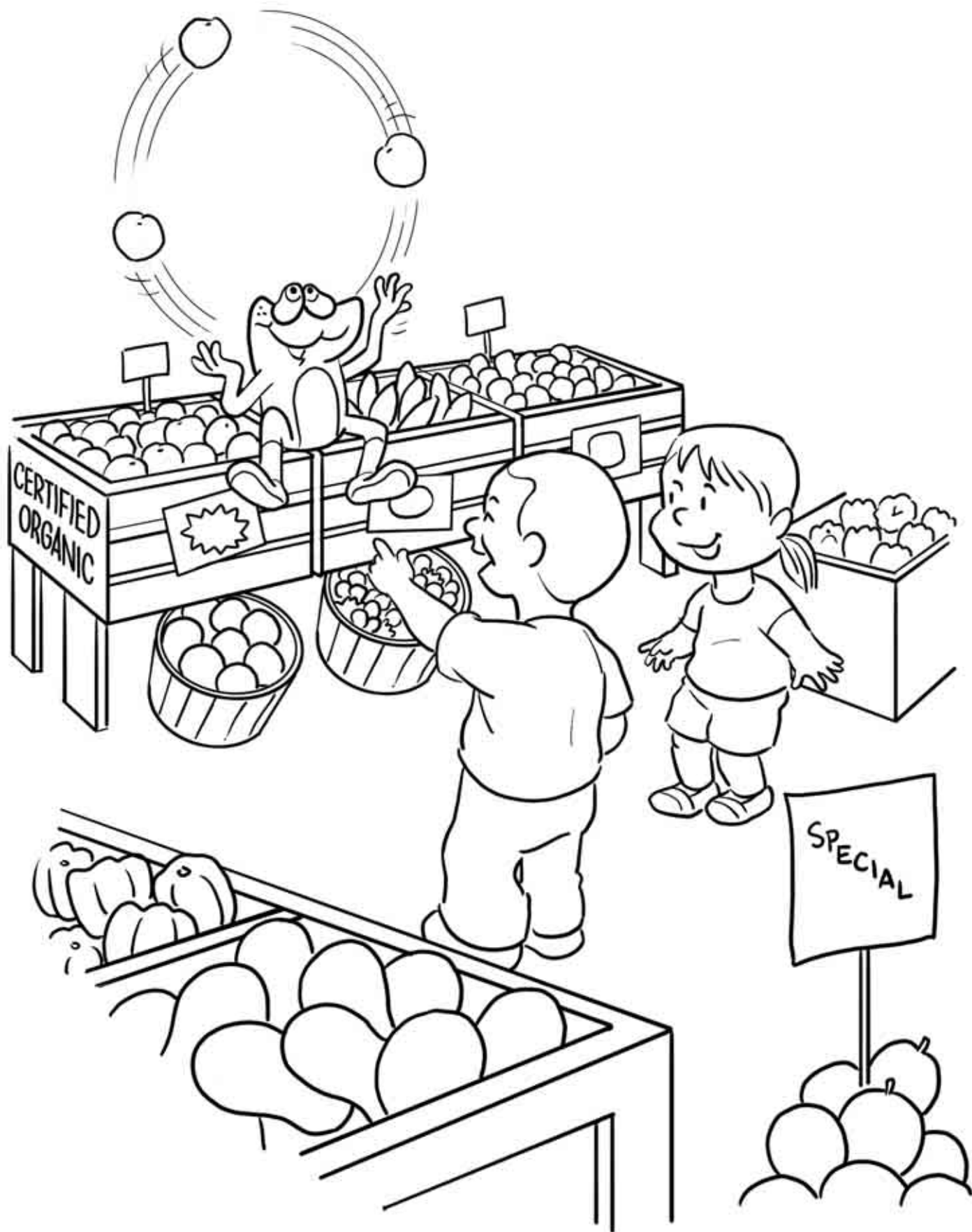


LOOK BEFORE YOU

LEAP



COLORING ACTIVITY BOOK



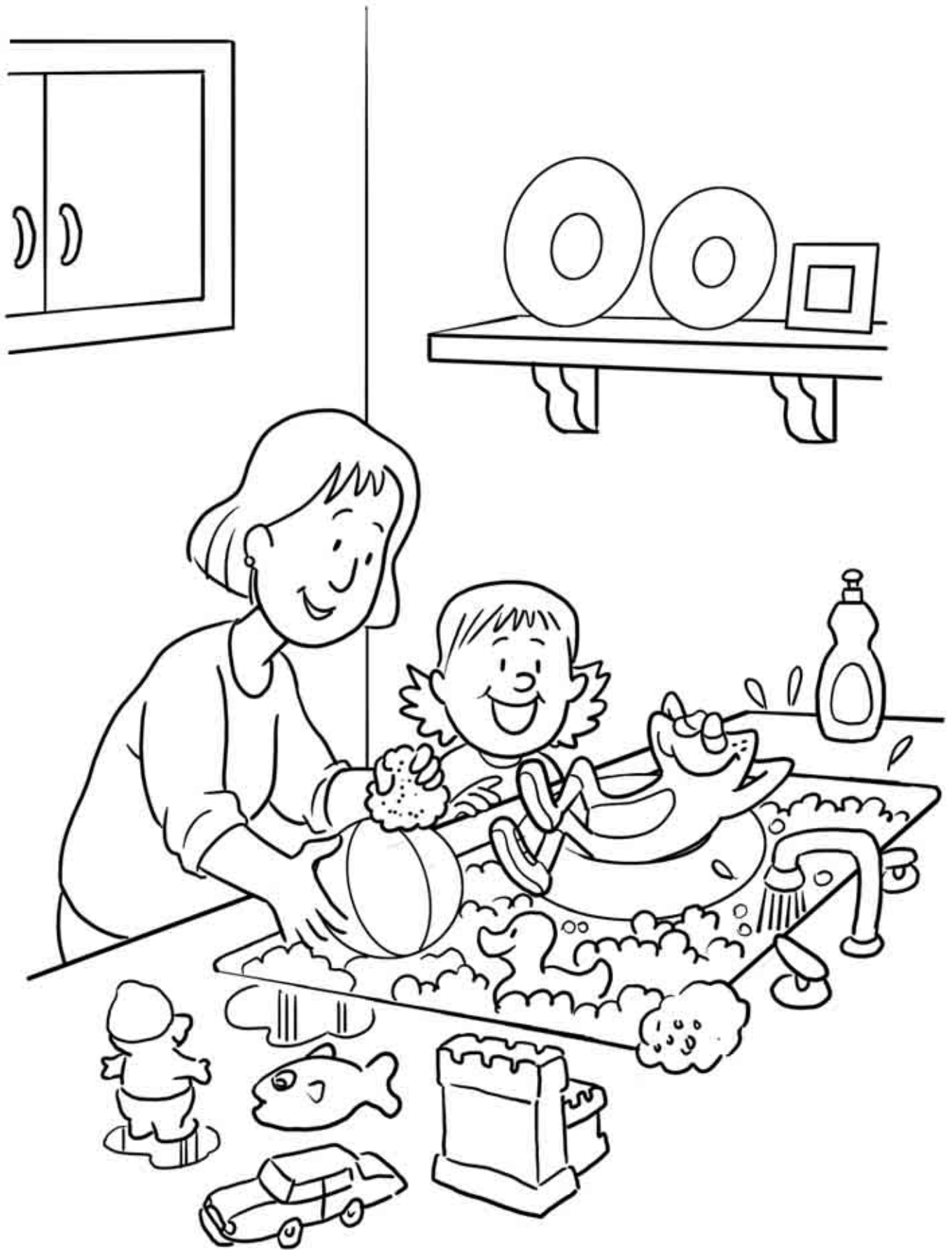
Yummy... we eat local, certified organic fruits and vegetables!



Don't use artificial "fresheners"...
open the windows to bring in the fresh air!



Whoa... keep away from chipping and peeling paint!



Remember... wash your hands and your toys often!



Hurray! You make popcorn the old-fashioned way...
no microwaveable bags or plastic for you!



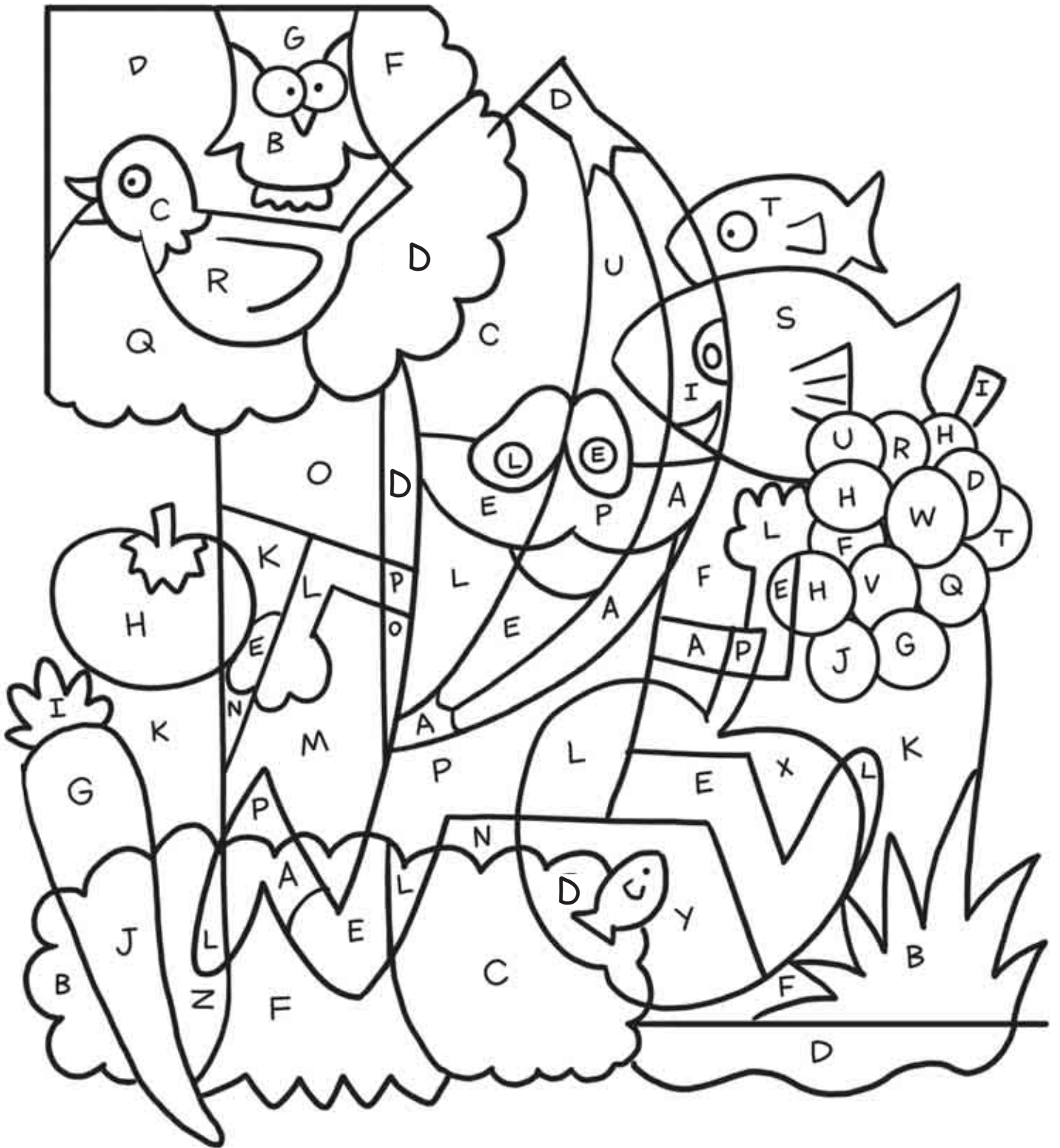
You care... your garden is safe for kids and pets.
No pesticides used here!



Watch out... walk away from bus, truck and car fumes!



Watch out for lead paint and unsafe plastics...
we choose safe, washable toys!



Find the hidden picture.
 Color in only the spaces with an "L", "E", "A" or "P".

Environmental Health Word Search

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



Can you find all of the hidden words, listed below?

Hint: Be sure to look up, down and across!

LOOK
LEAP
TOXIC
GREEN
SAFE
NATURAL

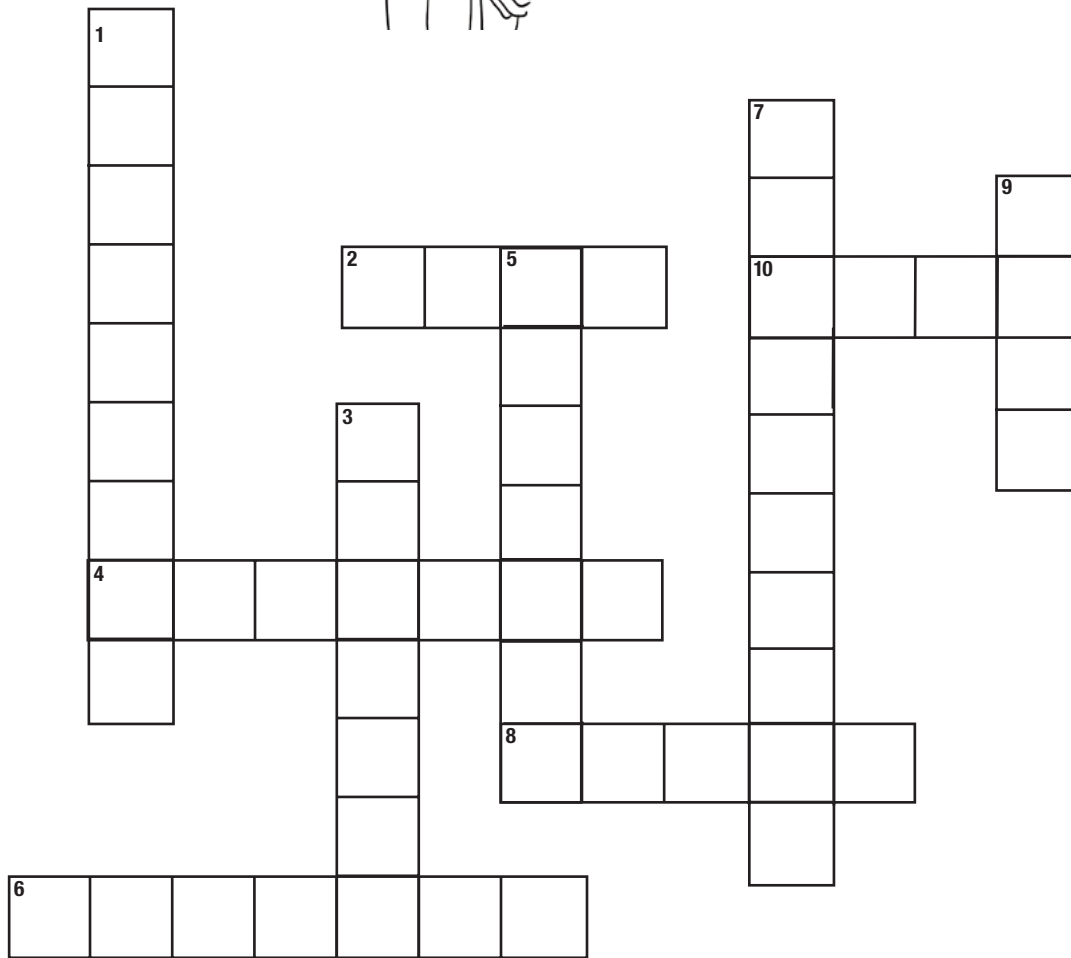
CHOOSE
HEALTHY
ORGANIC
RECYCLABLE
ENVIRONMENTAL
BIODEGRADABLE

PLASTIC
ENDOCRINE
DISRUPTORS
PESTICIDES
AIR POLLUTION
LEAD POISONING

Crossword Puzzle



Try to finish the rhymes below and fill in your answers in the correct crossword puzzle boxes.



Finish the rhymes, find the answers!

DOWN

1. Dirty air, dirty water... together we'll find a solution. But until we do, we'll have to face this problem called _____.
3. Using glass or porcelain dishes isn't all that drastic. It's a healthier choice for storing food, much better than using _____.
5. This awful habit makes people sick - causes cancer, coughing and choking. The people who do it, and the people around them, all suffer the effects of _____.
7. Removing your shoes after playing on lawns, keeps the mess outside. It can also prevent contaminating your home, by dragging in _____.
9. This type of poisoning is **still** a threat, so you have to use your head. If your house was built before '78 have it professionally tested for _____.

ACROSS

2. Keep stuffed toys free from dust - don't worry that you'll squash them. Be sure your favorite toys are clean, be sure to always _____ them!
4. Eating fruits and vegetables is ALWAYS good - don't panic. But the healthiest choice that you can make, is certified _____.
6. What can help you to be "earth friendly"? Walking or a bike will. And when it comes to plastic things... "reduce, re-use and _____".
8. It's the color of trees, the color of grass and a symbol of "environmentally clean". It's the color of "Ribbet" our L.E.A.P. frog logo - and our favorite color - _____.
10. Reading labels is always smart, so you never have to worry. Knowing what's in the foods you eat, means you're always "_____, not sorry".



Clean up. Help Recycle!
Can you find the 10 plastic bottles hidden in this picture?

Patterns of illness in American children have changed dramatically over the last century. Asthma, learning disabilities, autism, obesity and leukemia are the most common new concerns. These diseases are on the rise and many of them have been linked to environmental toxins that we are exposed to in our homes, at school, in the air we breathe, and in products we use everyday.

- Do you have questions about lead in toys?
- Do you have questions about the safety of plastics?
- Are you concerned about indoor air pollution? Outdoor pollutants? Heavy metals?

The Children's Environmental Health Centers and Look Before You L.E.A.P.™

materials have been created to help inform families how to protect themselves from diseases caused by environmental toxins. Together, we hope to educate children, parents, teachers and legislators about environmental risks and how to minimize exposure.

This activity book focuses on four current environmental health concerns:

Lead, Endocrine Disruptors, Air Pollution and Pesticides (L.E.A.P.).

For more information on the Children's Environmental Health Centers, visit www.cehcenter.org or to speak to an environmental health expert, call 1-866-265-6201.

Senior Medical Advisor, Philip J. Landrigan



For further information on Look Before You L.E.A.P.™ materials visit www.ribbet.org

For permission to use Look Before Your L.E.A.P.™ educational materials, contact Huntington Breast Cancer Action Coalition, Inc. • 631-547-1518 • friends@hbcac.org • www.hbcac.org

