Fun With

Foodella

Fun with Foodella

Fun with Foodella is a nutrition education activity book designed for second grade students. This is the second major revision of the original *Food Fun with Foodella*, which was undertaken as a pilot project by seven South Dakota elementary school teachers in the summer of 1975 to strengthen nutrition education for students at the second grade level. The first revision occurred in 1992. This revision and reprinting was initiated at the prompting of elementary teachers who had previously used the workbook in their classes. The 2006 *Fun with Foodella* follows the updated food guidance system known as MyPyramid introduced by the U.S. Department of Agriculture in 2005.

Using the Teacher's Guide

The *Fun with Foodella Teacher's Guide* provides the objectives and directions for each unit of the *Fun with Foodella* workbook. The directions include the background information necessary to teach each unit. Also, for each unit, additional ideas/activities are provided to further enhance and reinforce the student's learning.

Please be aware that by nature websites and web addresses change over the course of time. Hopefully we have provided enough background with each website given that you will be able to find additional information as necessary.

Acknowledgements

The researching, writing and graphics necessary to move *Fun with Foodella* into the electronic age as well as make it compatible with the U.S. Department of Agriculture's MyPyramid, involved time and input from a myriad of people. It involved individuals from the South Dakota departments of Health and Education, South Dakota State University, Lower Brule Community College and the private sector. Of special note are contributing writers Karlys Wells, Extension Assistant NN/TN, Cooperative Extension Service, South Dakota State University, and Amy Richards, MS, RD, LN, South Dakota Department of Education

Nancy Gordon of Pierre is the graphic artist who worked so diligently on the drawings for the student workbook and Diane Philen, Dean of Arts and Sciences, Lower Brule Community College is the primary writer for the teacher's guide.

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Max was at the zoo. The zoo was his most favorite place in the whole wide world. At the zoo he could be anything he wanted to be AND there was plenty of food.

Max liked the elephants best.

One day at the elephant yard, Max met Foodella.

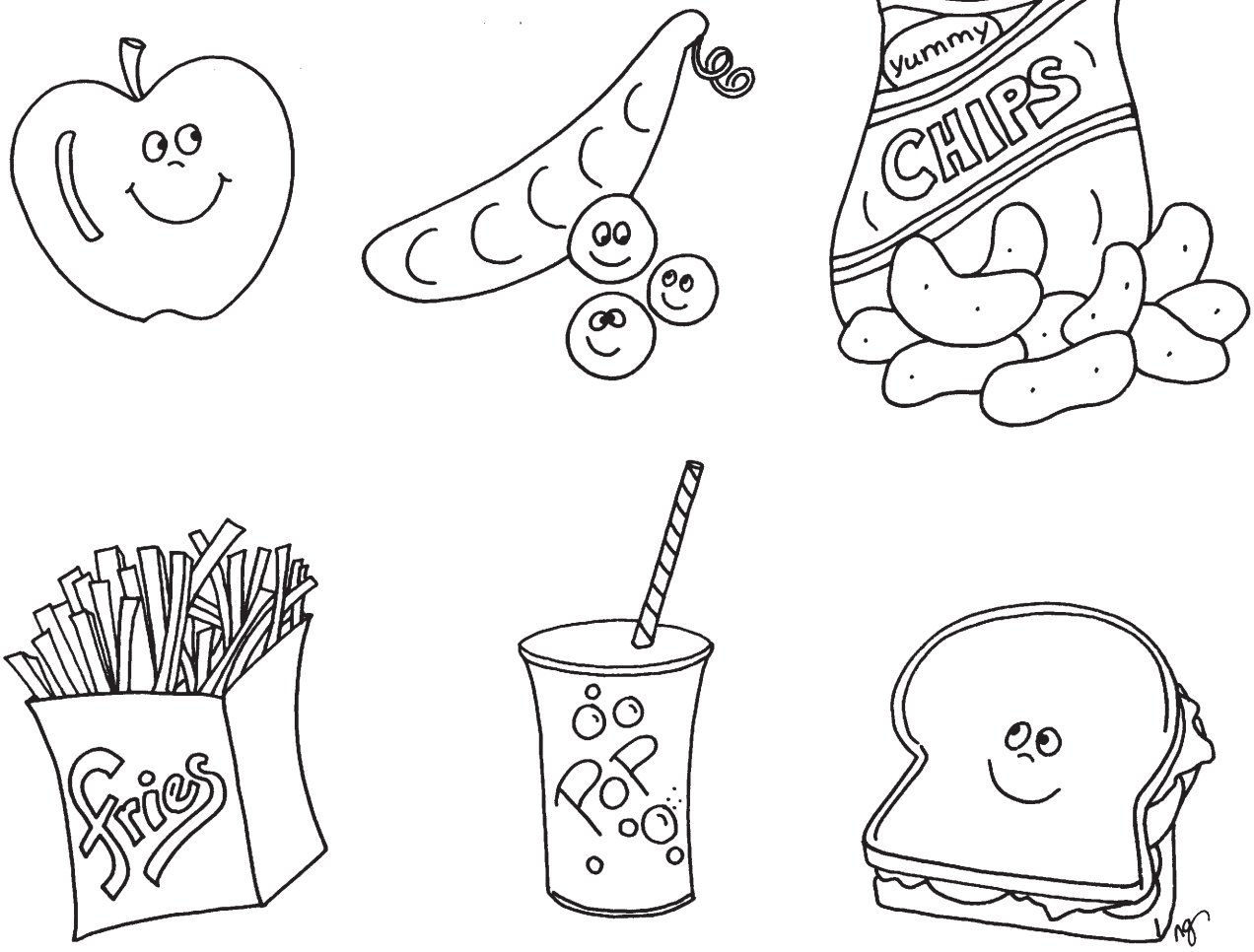
That is how Max began his adventure in learning about food. Why don't you come along!

Unit 1:

Eating Right is Fun!

Draw, write, or cut and paste your favorite foods.

There is no good or bad food. We should eat more fruits, vegetables, and foods that make our bodies healthy. We should eat some foods, like potato chips, only once in awhile.

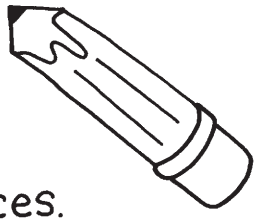


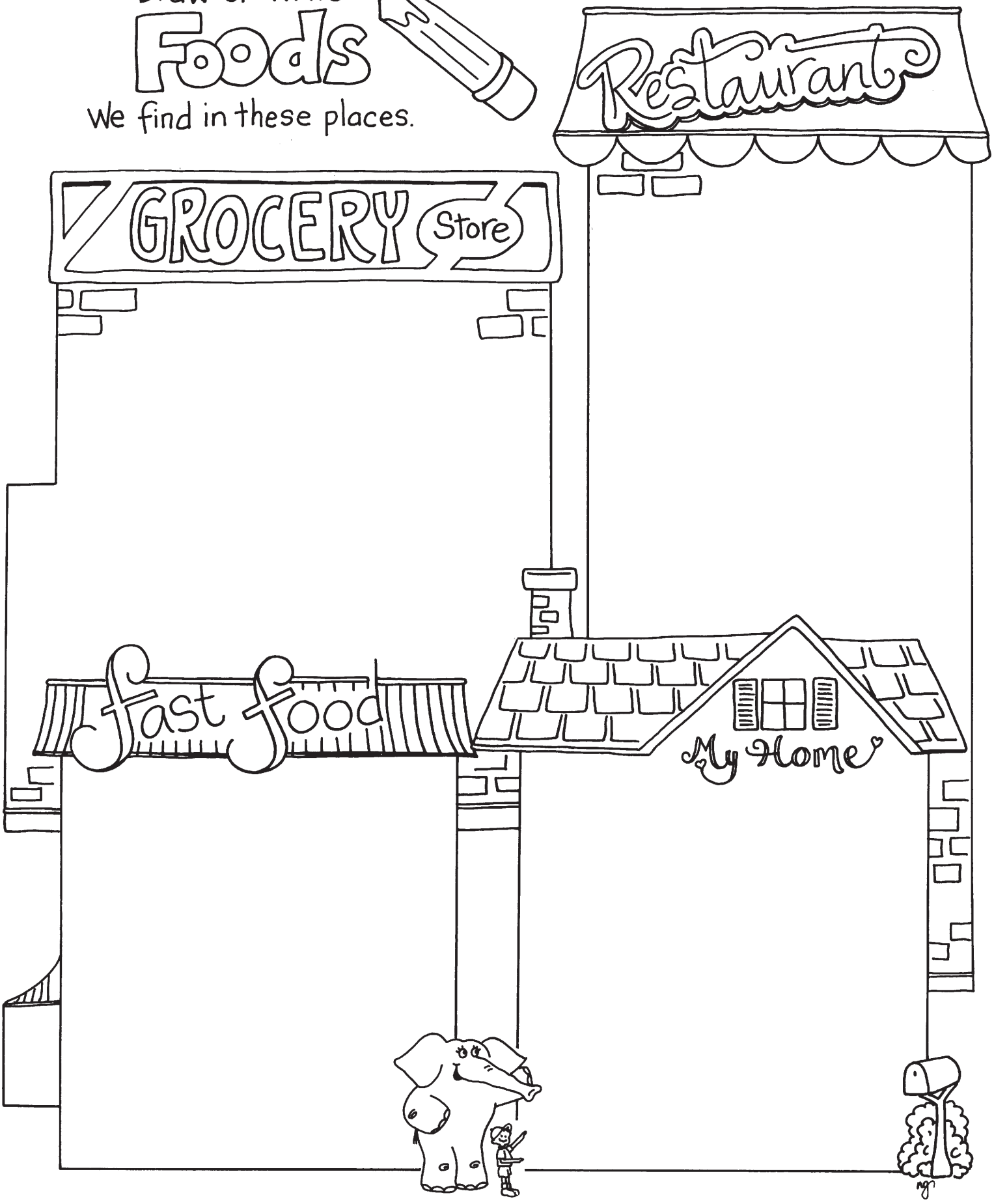
Circle the foods that make our bodies healthy.
Place an "X" on the foods we should eat only once in awhile.

Draw or write

Foods

We find in these places.





Fodella Loves Variety

There are a variety of tastes in foods. Match the foods to how they **taste!**

bitter

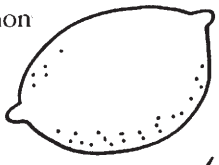
salty

sweet

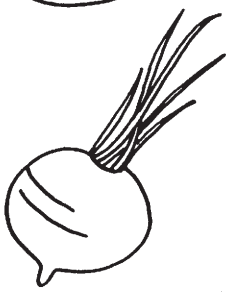
sour

cookies

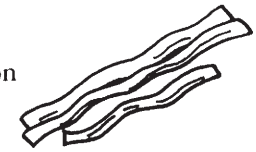
lemon



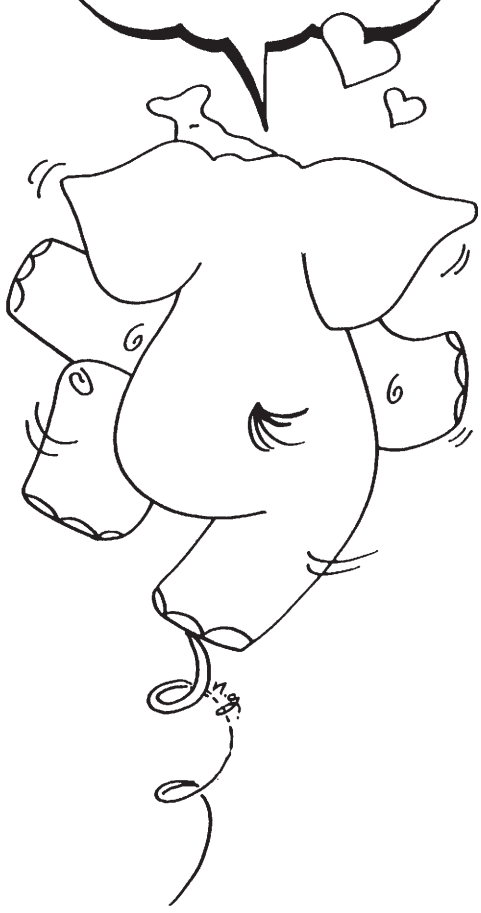
turnip



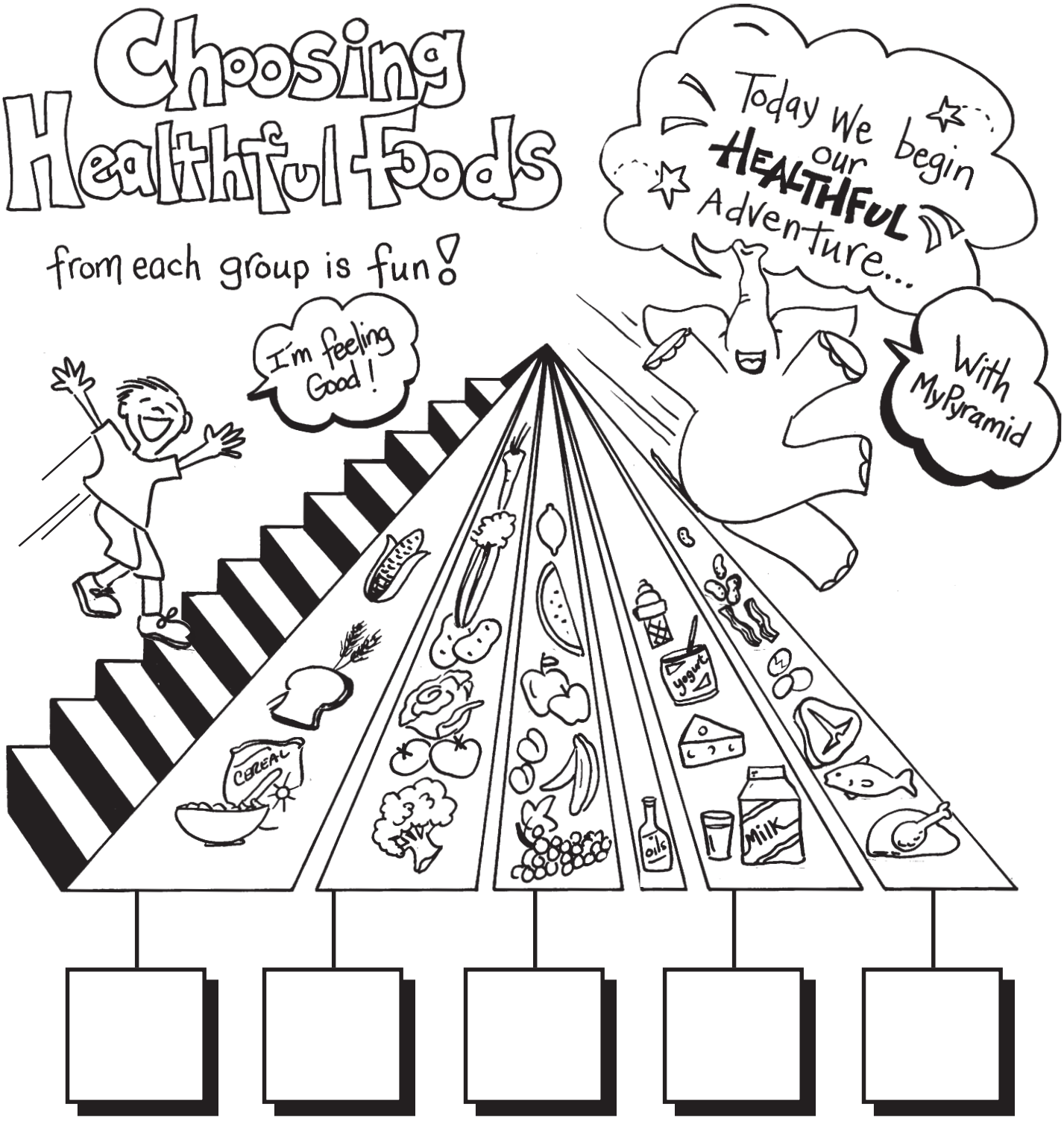
bacon



Variety is the ♥ **Fun** part of eating! Variety means we get to taste a lot of different foods each day. Variety means you can eat spaghetti, cereal, crackers, rice, bread, grapes, bananas, carrots, cheese, milk, steak, and ham.... all in the same day.



Unit 2:



Put the letter for the correct group in the boxes above.

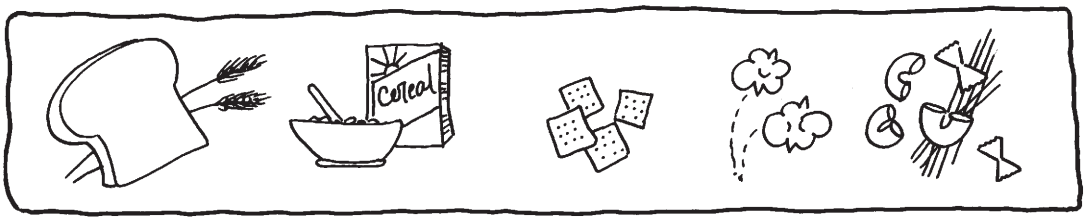
G GRAIN
V VEGETABLES
F FRUITS
M MILK
MB MEAT AND BEANS

It is always an adventure when you

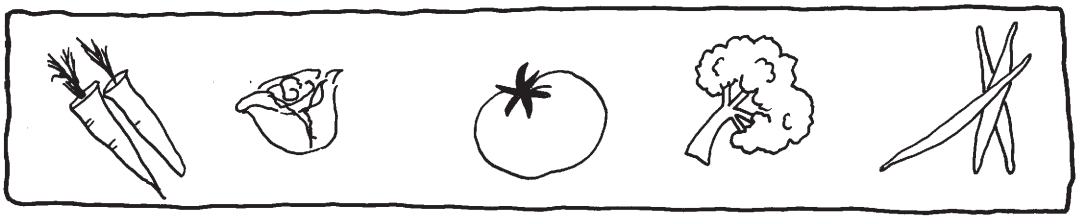
TRY SOMETHING NEW

Draw a heart around things you already like to eat. Put a ring around the foods you will try.

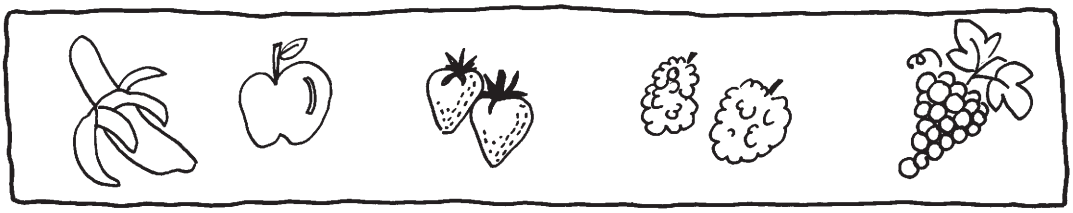
Grains



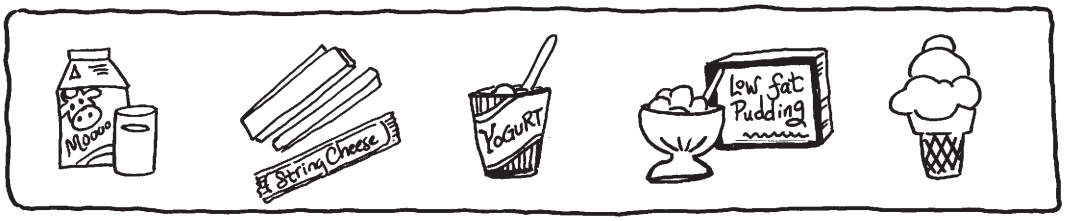
Vegetables



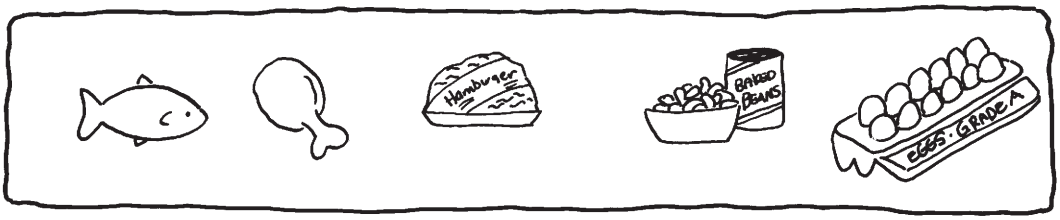
Fruits



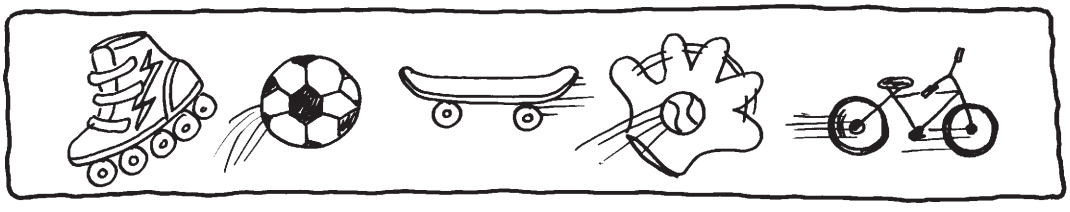
Milk

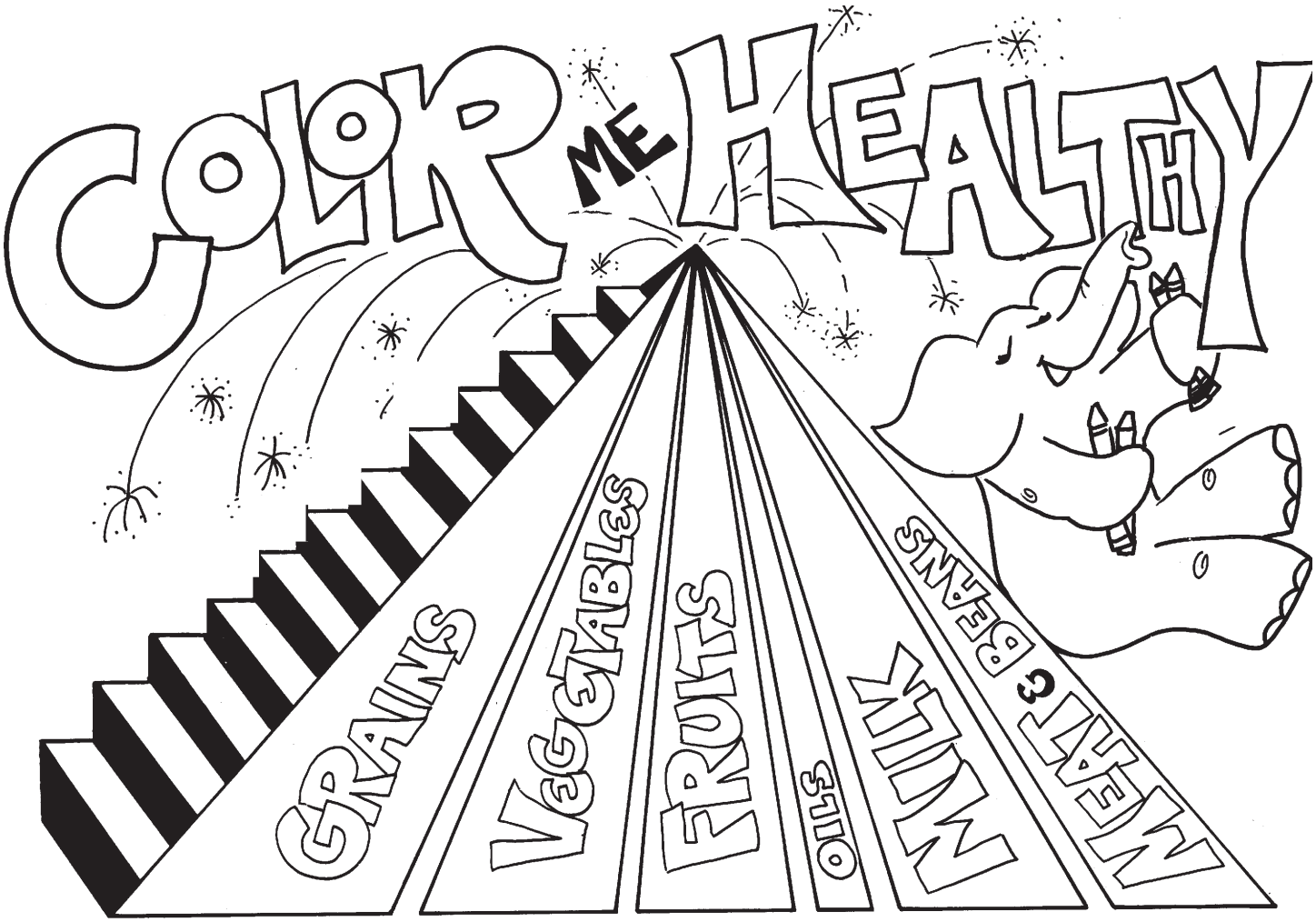


Meat and Beans



Physical Activity



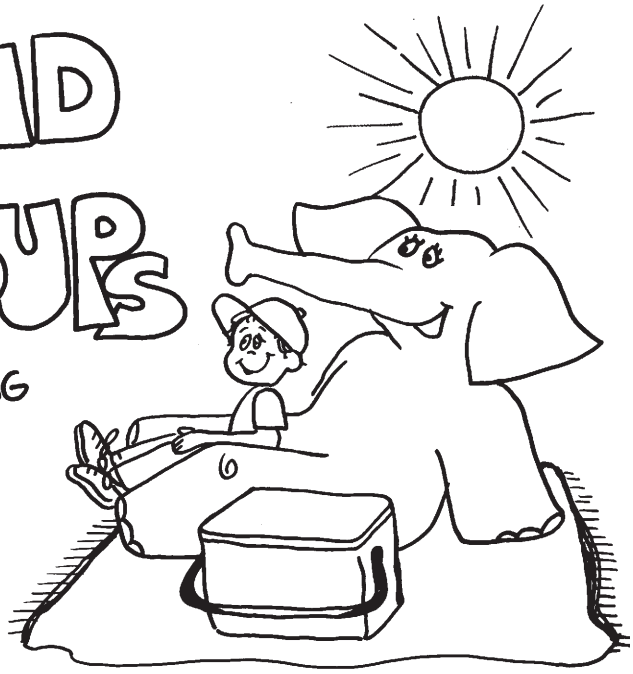


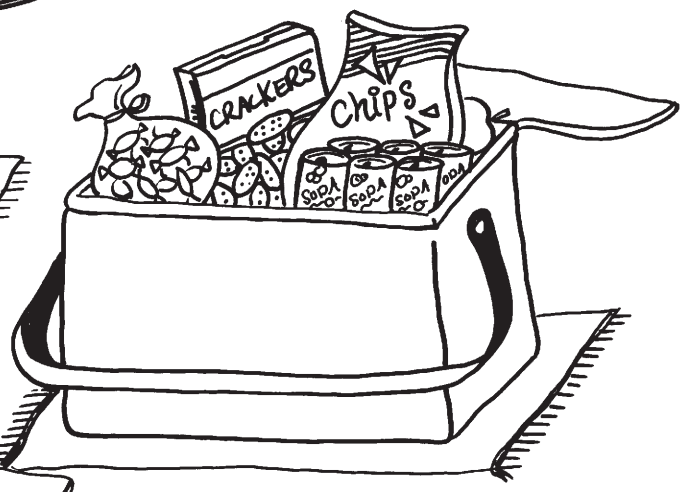
Color each stripe in the "My Pyramid". Color GRAINS orange, VEGETABLES green, FRUITS red, MILK blue, OILS yellow, and MEAT AND BEANS purple. Match the foods below to their food group by coloring the circles the same color as their food group.

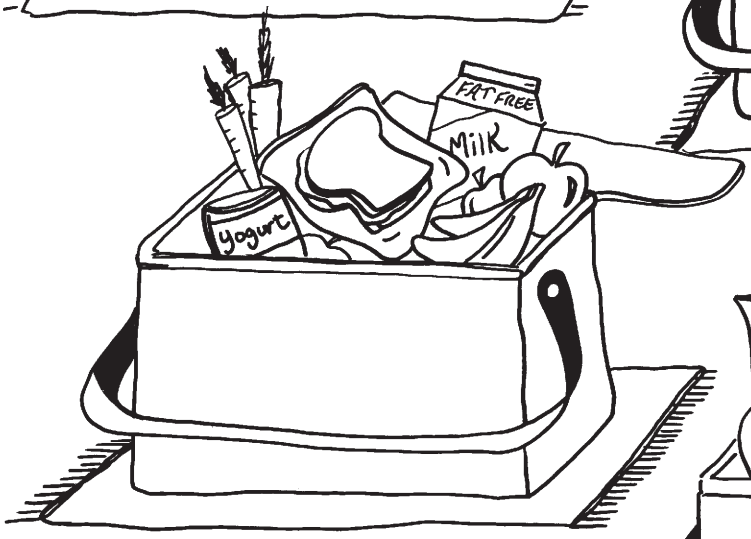
- ◯ bananas
- ◯ broccoli
- ◯ crackers
- ◯ peanuts
- ◯ yogurt
- ◯ walnuts
- ◯ lean hamburger
- ◯ kidney beans
- ◯ whole grain bread
- ◯ pineapple
- ◯ brown rice
- ◯ whole wheat pasta
- ◯ eggs
- ◯ orange
- ◯ fish
- ◯ cheese
- ◯ chicken
- ◯ cereal

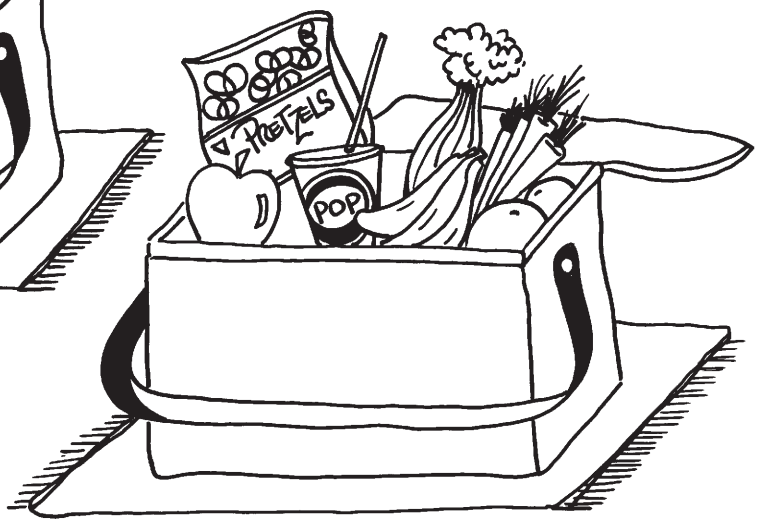
MYPYRAMID FOOD GROUPS

MAX AND FOODELLA ARE GOING ON A PICNIC. WHICH COOLER IS THE BEST CHOICE?









Which cooler has
foods
from all the groups?

My Name

_____

Food Chart

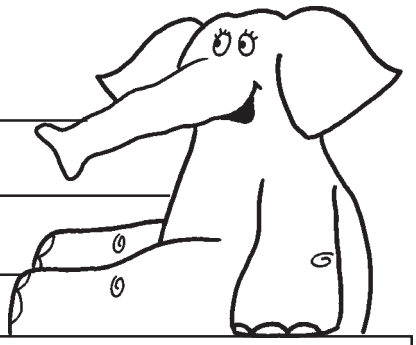
Foodella wants you to draw or name each food you had today.

	Breakfast	Snack	Lunch
Grains			
Vegetables			
Fruits			
Milk			
Meat and Beans			
Extras			

Today I feel _____

I need to eat more _____

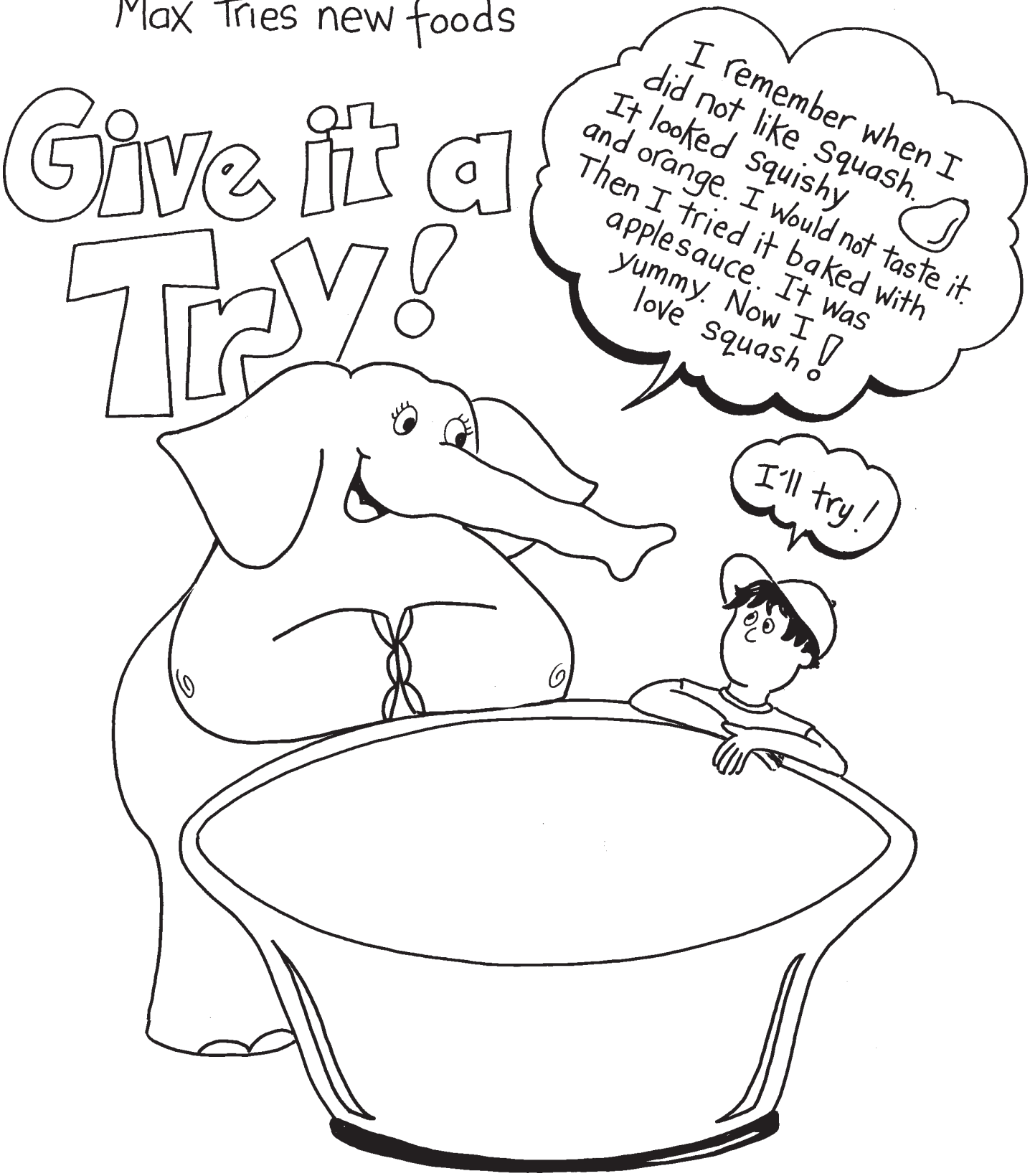
I need to eat less _____



Snack	Supper	Snack

Unit 3: _____

Max tries new foods



Draw or cut and a picture of a healthful food you have not tried but would like to.

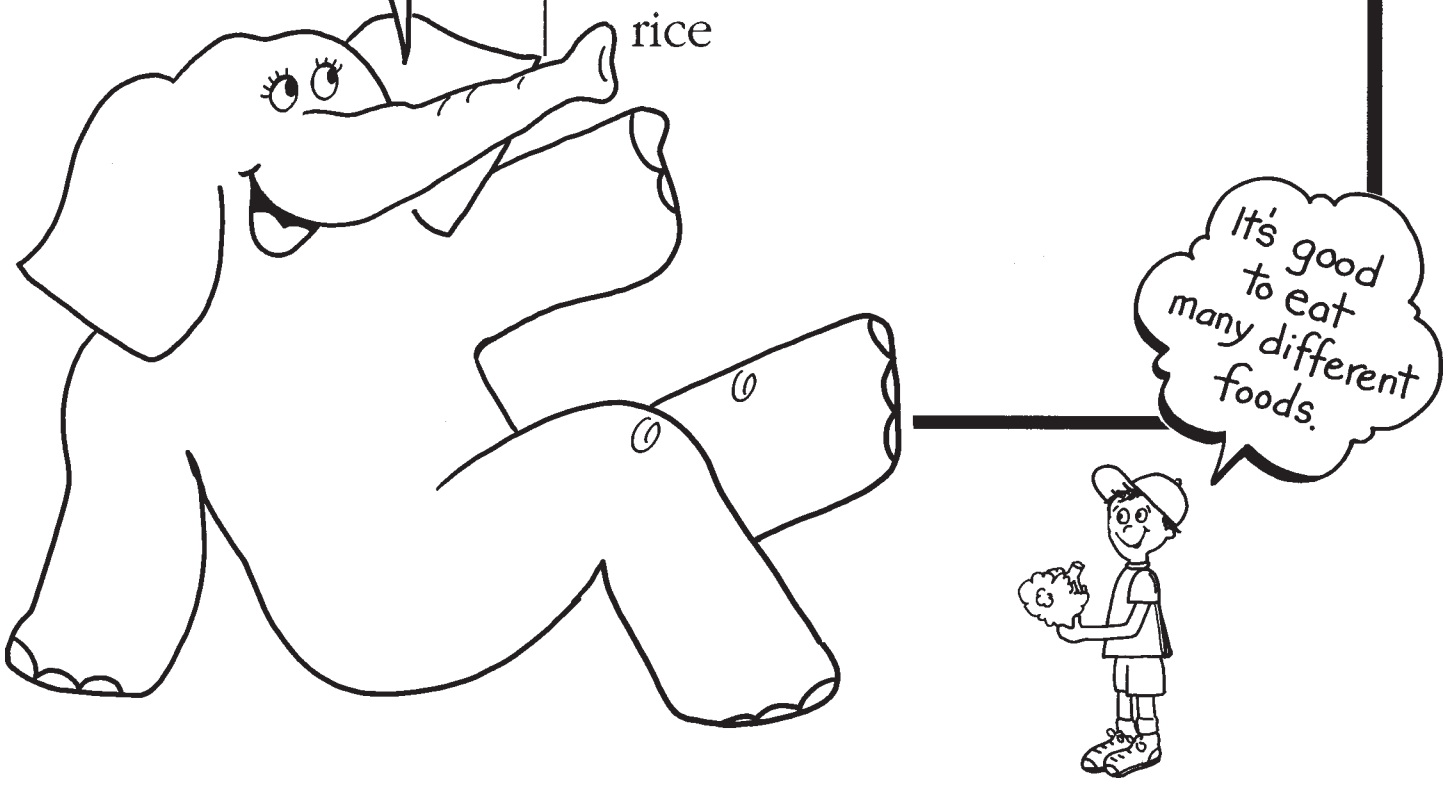
Then put a smile on Max's face when he finds out he likes it.

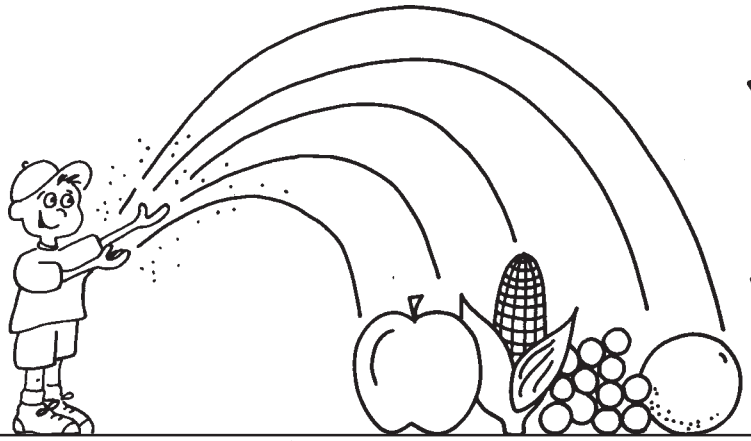
Trying new food is Fun

Have you been adventurous in trying new foods?
Circle the foods that you have tried. Underline the foods that you have not tried.

Make a list of underlined foods and take it home. You and your family can try one food on the list each week.

kiwi	bean sprouts
starfruit	cabbage
squash	broccoli
mangoes	cottage cheese
pita bread	cauliflower
cantaloup	pork chops
rice	





WOW!

Vegetables and Fruits are colorful.

Yellow/Orange

Blue/Purple

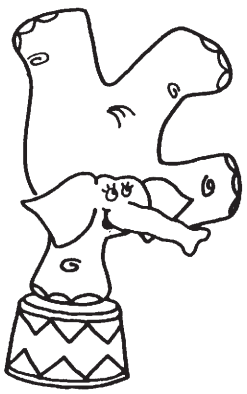
Cut and paste pictures or draw
Vegetables AND **Fruits**
for each color. Write the name below each food.

White

Green

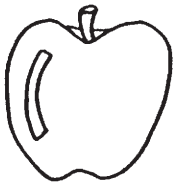
Red

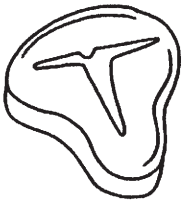
Foods Come in many Forms

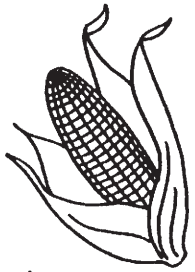


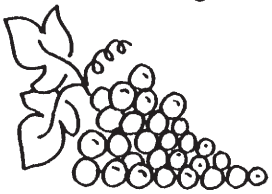
Variety means we get to eat a lot of different foods each day. These foods come in many forms. They can be fresh, canned, frozen, or dried.

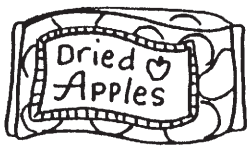
Draw a line from the foods in column 1 to their different food forms in columns 2 and 3.

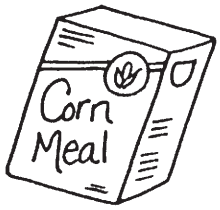


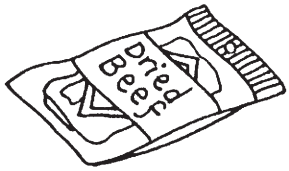


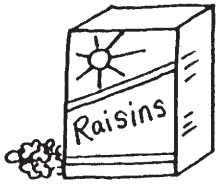




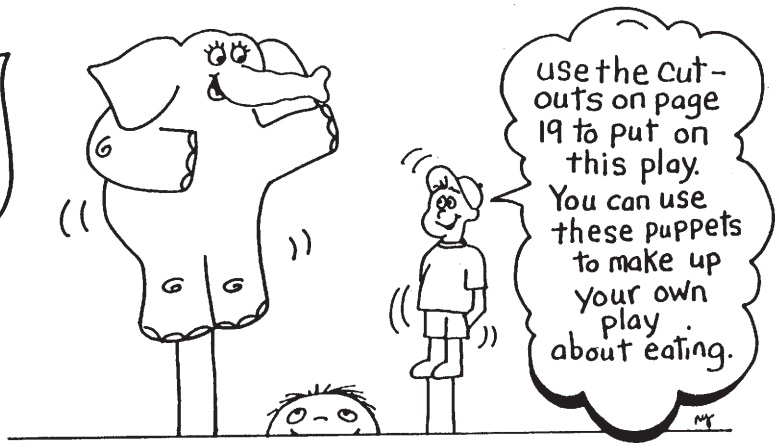








Running on Empty



Foodella: Hi, girls and boys. My name is Foodella. This is my good friend Max. We are all going to learn some great things about eating healthful foods.

Max: Girls and boys, do you know what you need so you can run and play?

Students: _____

Foodella: Why do we need food? *(Foodella waits for an answer)*

Students: _____

Foodella: Come on students. Join Max and me in our food cheer. *(Repeat each line after Max says it.)*

Max: We need food for energy
So we can jump and run and play.
We need food for protecting us
to keep those germs and colds away.
We need food to build bodies strong
by eating right each and every day.

Foodella: Just like a car, we need food to go on. What happens if your family car runs out of gas?

Students: _____

Max: Then what happens? How do you make it go?

Students: _____

Max: That is right. You will fill it up again with the right kind of fuel. We have to fill our bodies with the right kind of fuel to keep them running, too.

Foodella: How do you feel after school?

Student: _____

Foodella: Most of you are hungry. Your body is running low on fuel after thinking and playing hard all day. You go home and eat a snack.

Max: A healthful snack gives you energy to play before dinner. Before I met Foodella, I did not eat healthful foods. I did not know about the *MyPyramid*. I would get tired and hungry all the time.

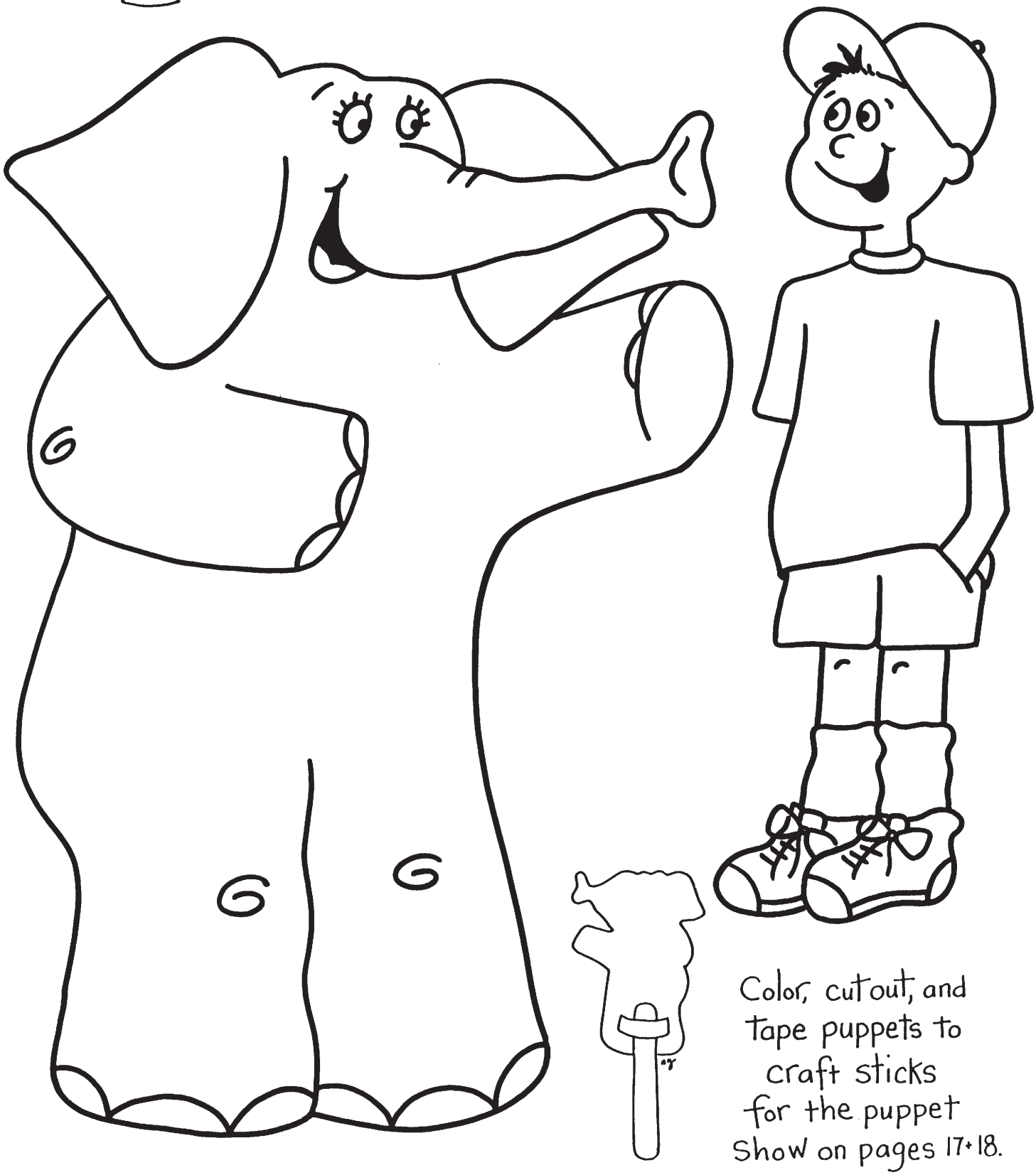
Foodella: That is right. Now that Max eats foods from the *MyPyramid*, he does not need to stuff himself with potato chips after school.

Max: The best part is I have the energy to play baseball or roller blade with my friends. Roller blading is a lot more fun than watching TV all the time.

Foodella: And the exercise helps Max's body use his food to make him stronger. Eating right can also work for you.

Max: Let's say the cheer again.

Puppet Fun



Color, cut out, and tape puppets to craft sticks for the puppet show on pages 17+18.

Unit 4: _____

How Do We Grow?

My name is
_____

I am____years old.

I am____feet and
____inches tall.

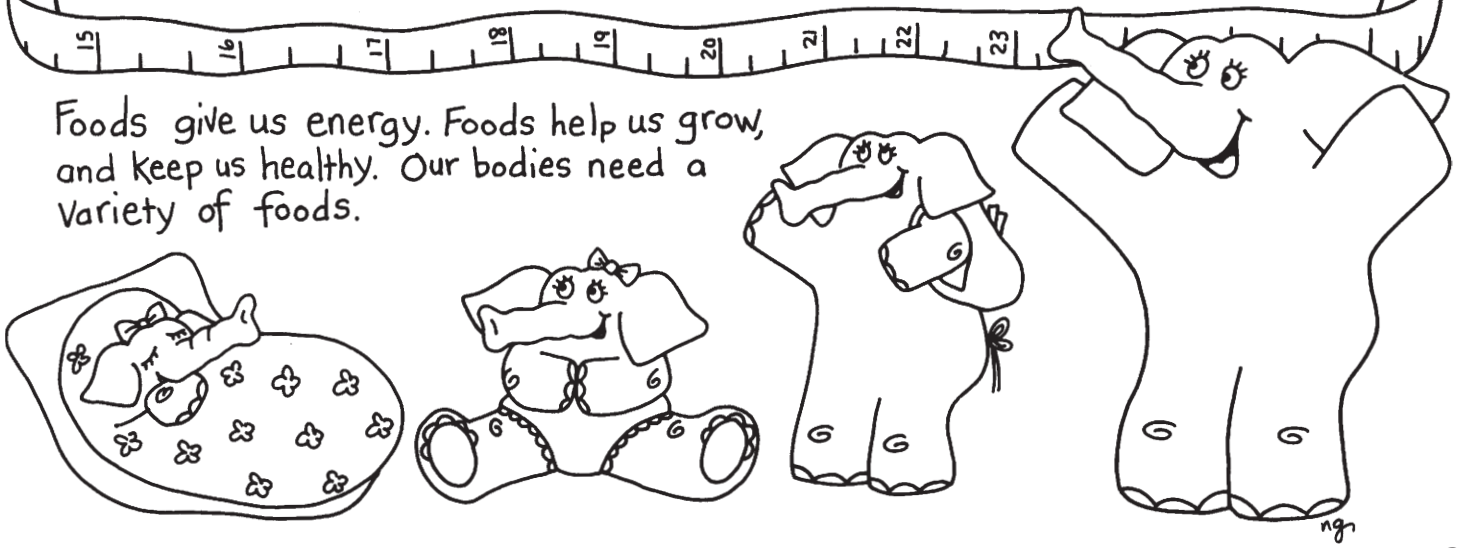
My feet are size ____

Things I like to do
that use a lot of
energy are:

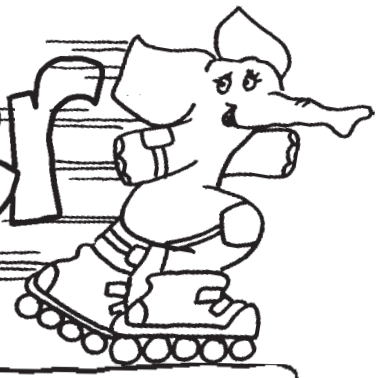
_____
_____
_____
_____
_____
_____
_____

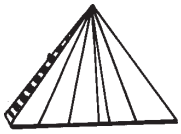
Draw around your hand to show how big you are.

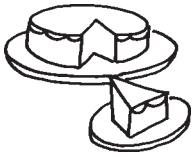
Foods give us energy. Foods help us grow, and keep us healthy. Our bodies need a variety of foods.



Food Power



Each level of the  gives a child's something it needs. supply energy to all day. and protect the from disease. and are body building foods. They provide protein and calcium for strong , and .

Remember to eat less of those foods that have added sugar and fat such as , chips, cookies and  .

Choose healthful snacks such as , carrots, and string cheese.

The Vitamin Alphabet

Foodella loves her Vitamins (vit-a-mins).
Join Foodella in learning the vitamin alphabet.

Vitamins
are in the foods I eat,
Even those I get as treats.

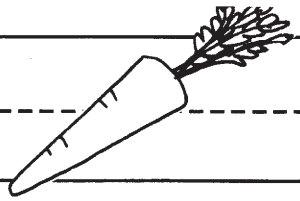
Vitamin A
helps us to have bright eyes
and keeps our skin soft.

Vitamin B
helps us to have a good appetite
and helps our body use energy.

Vitamin C
helps our body to heal when
we get a cut or a scratch and
protects us from infection.

Vitamin D
helps calcium to build strong
bones and teeth.

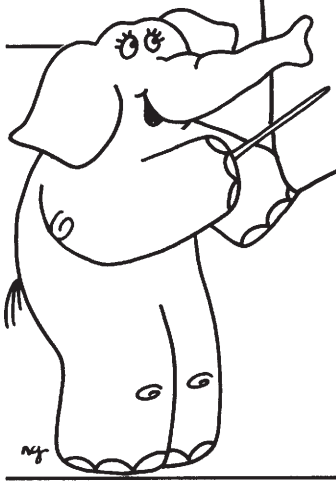
A



B

C

D

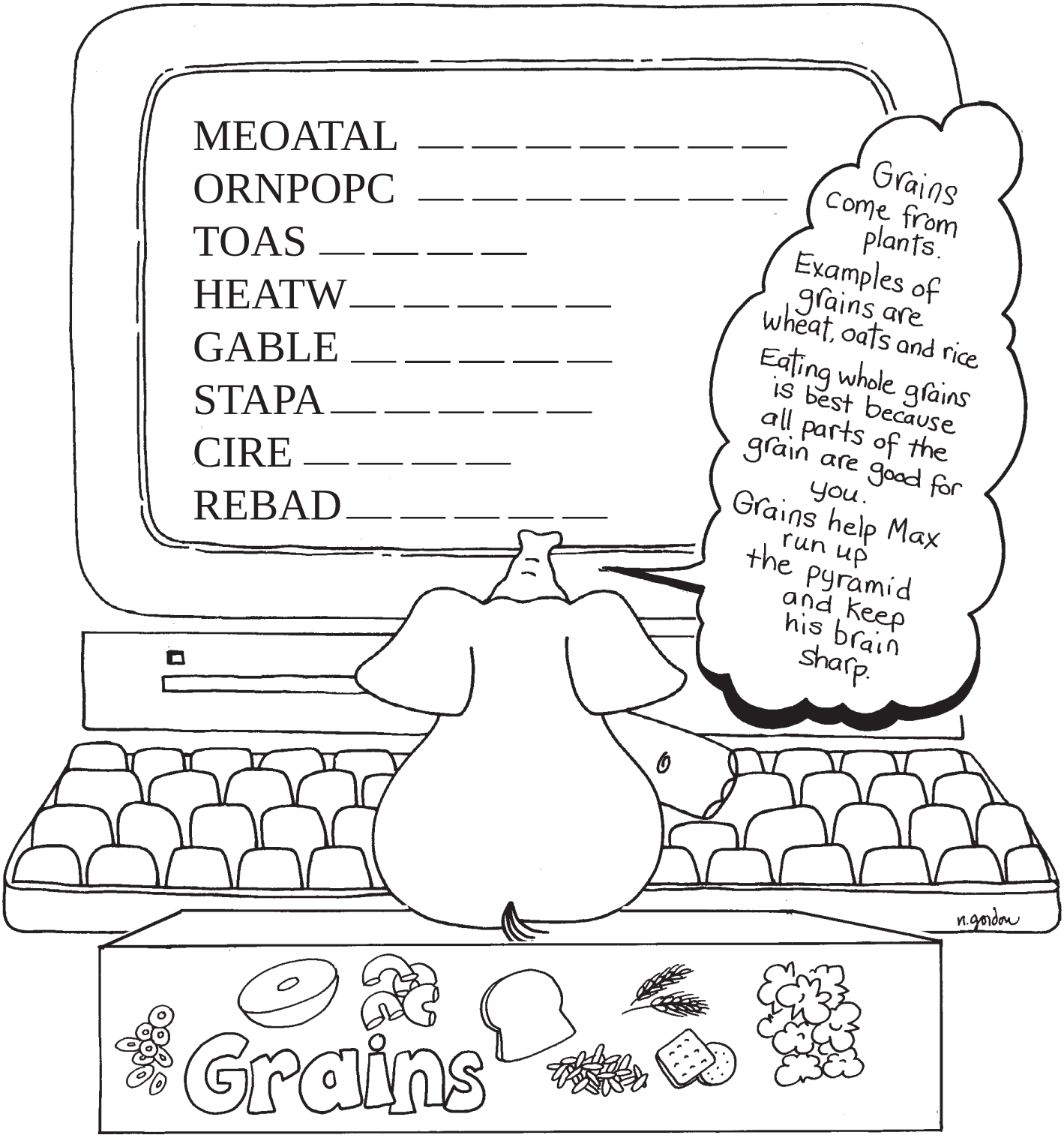


This week I will eat foods with these Vitamins!

Unit 5: _____

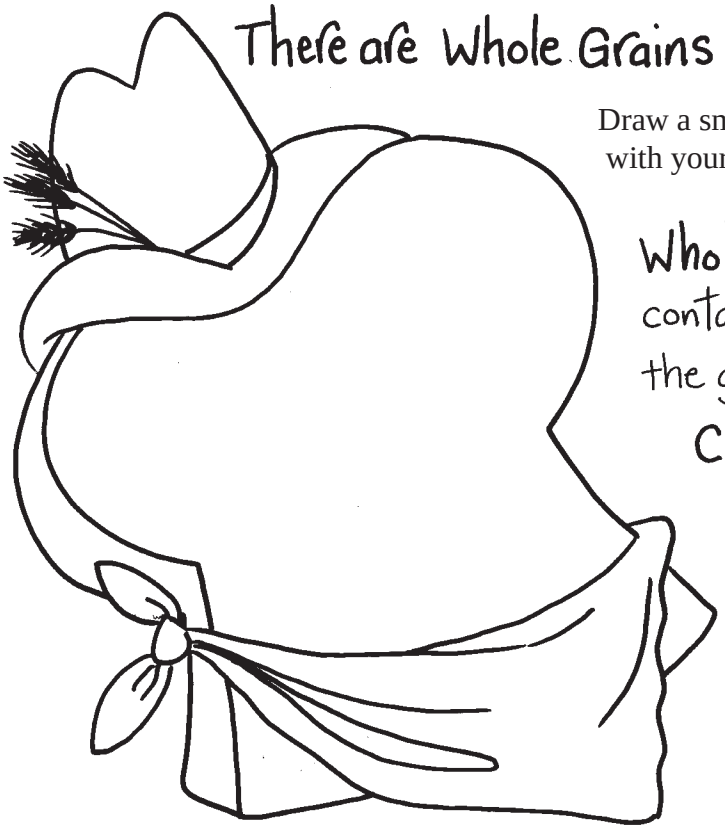
Grains for Brains

The grains group includes foods such as bread, cereal, oatmeal and pasta. They are all made up of grains such as oats, rice, wheat, and corn.



GRAB the GRAINS

There are Whole Grains and there are Refined Grains



Draw a smile on the whole grains bread. Have a contest with your friends to think of the most whole grain foods.

Whole Grains are better for you. They contain the whole kernel; the bran, the germ and the endosperm.

Choose:

- whole wheat flour
- whole wheat bread
- brown and wild rice
- whole grain cereal
- whole grain spaghetti
- oatmeal
- popcorn
- muesli

Refined Grains have been "milled," a process that removes bran and germ. This is done to give grains a finer texture and improve shelf life, but it also removes fiber, iron, and B Vitamins.

Choose less often:

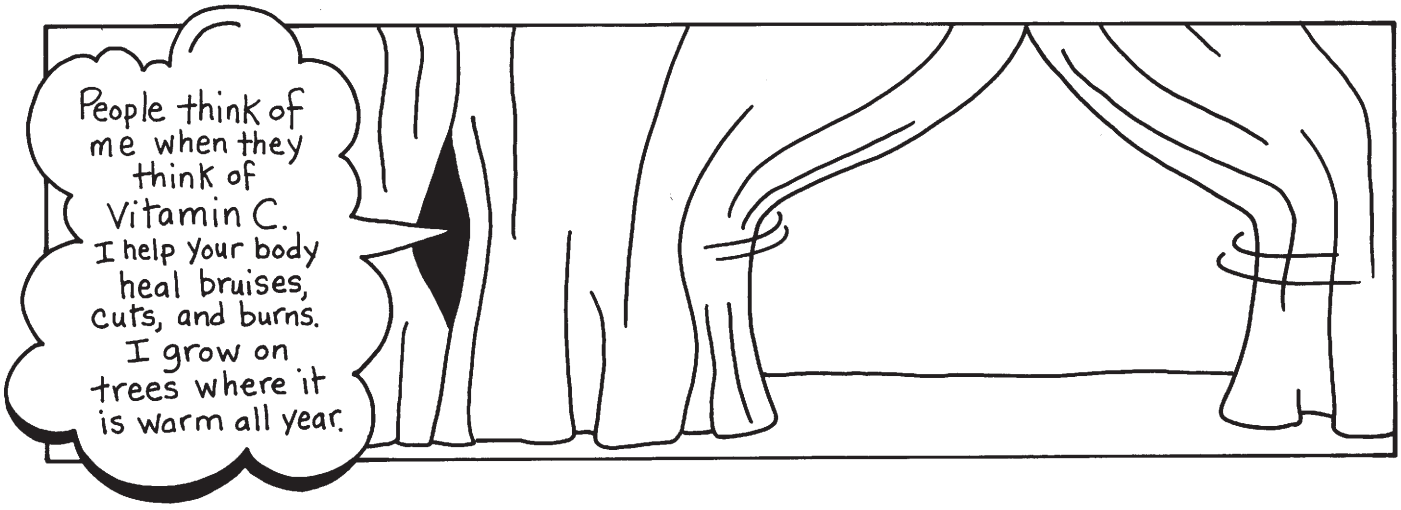
Grains with the words **"enriched"** or **"refined"** on the package because this means it doesn't have the whole grain in it. Also, choose less often grains with added sugar and fat.

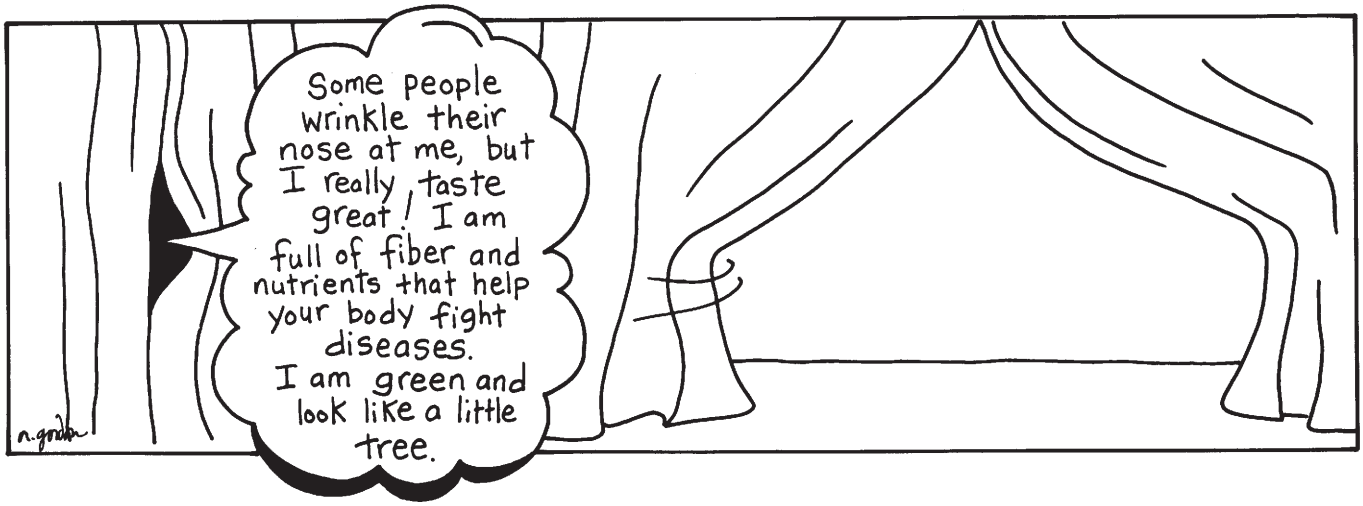
Protection Foods Show

NOW PLAYING

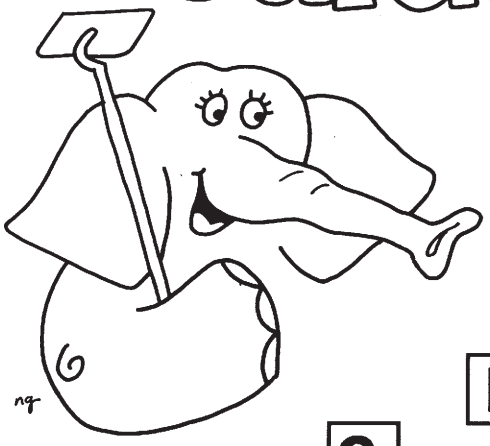
Protection foods help your body stay well. Protection foods are full of vitamins and minerals. Vitamins help your bones become strong and help your body fight disease. Minerals help your teeth, bones, and blood. Vegetables and fruits are protection foods.

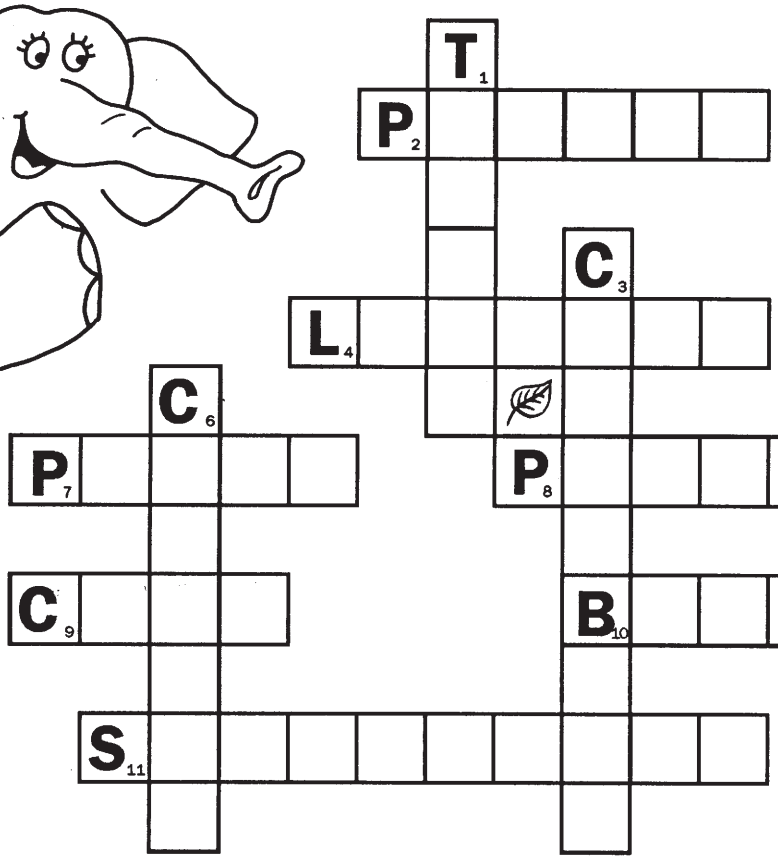
Answer the riddles below by drawing or naming the correct protection food on the stage.



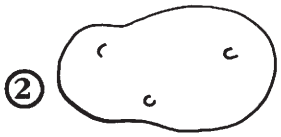


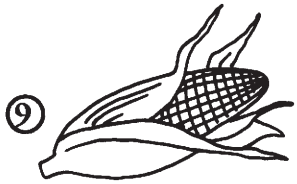
Foodella's Garden Puzzle

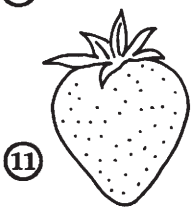


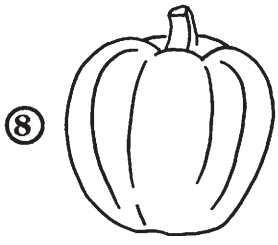


Across

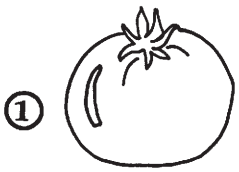


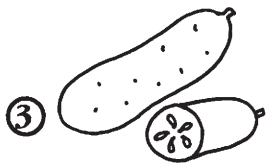


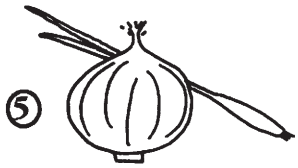


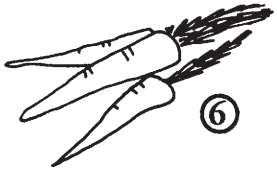


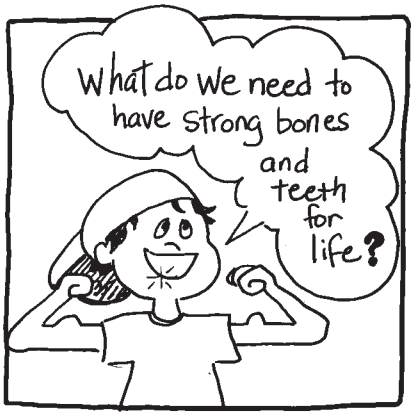
Down





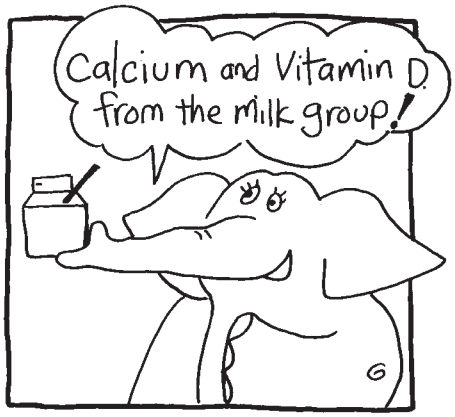






Win at Life

Body building foods help us grow. They are calcium for our bones and teeth from the **MILK GROUP**, and protein foods for our muscles, skin and hair from the **MEAT AND BEAN** group. These foods include milk, yogurt, cheese, meat, poultry, fish, dry beans, eggs and nuts.

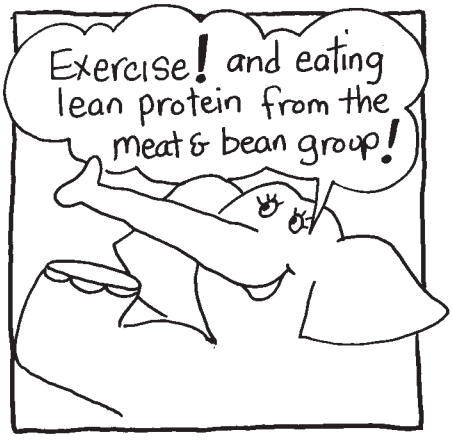


Be Your Best!

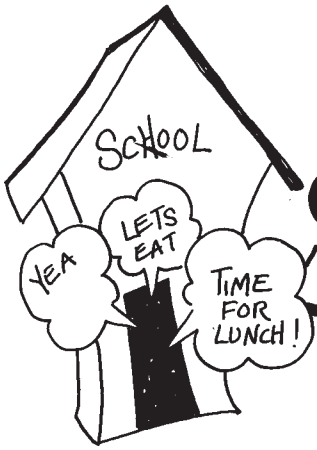
Eating foods from the Milk and Meat and Bean group, and getting exercise will help you to be your best now... and later in life too!

Mark the times you ate or did these things today:

_____ Milk Products
_____ Meat and Beans Group
_____ Toe touches
_____ Squats
_____ Sit ups
_____ Jumping jacks
_____ Walking
_____ Running
_____ Roller blading
_____ Stretching
_____ Swimming
_____ PE Activity
_____ Bicycling



You're A Winner!



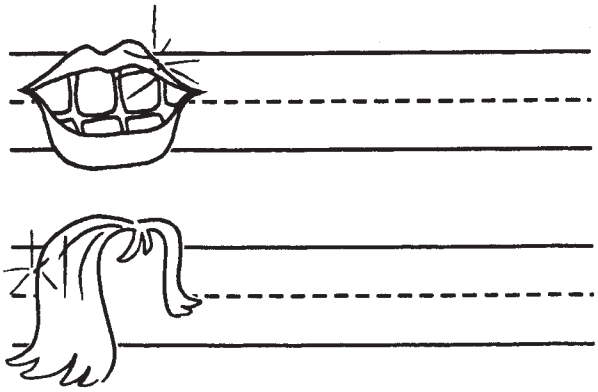
BUILD YOUR BODY WITH SCHOOL LUNCH TO MAX YOUR MIND

Write the school lunch menu for each day
and underline the meat and beans and milk groups.

Monday	Tuesday	Wednesday	Thursday	Friday

It all adds up

Write the word by each picture that body building foods help your body build.



READY SET GO

Physical activity and nutrition work together for better health. Being active is a key element in living longer, healthier and happier.

Draw

a picture of you doing something active. Circle all the things you like to do that are active.

- running
- hiking
- golfing
- walking
- swimming
- bicycling
- dancing
- playing soccer
- roller blading
- playing hockey
- playing basketball
- playing baseball
- skate boarding
- jumping rope

Physical Activity: makes you feel good, increases fitness level, builds bones, builds muscles, manages weight, reduces risk of cancer, diabetes, heart disease, and helps control blood pressure.

CAUTION FOODS

To Stay healthy eat Caution foods only once in a while. Caution foods are foods with added sugar, fat and salt. Avoid foods with saturated fat and transfat because they are not good for YOU.

Fill in the amount of these foods you eat each week.

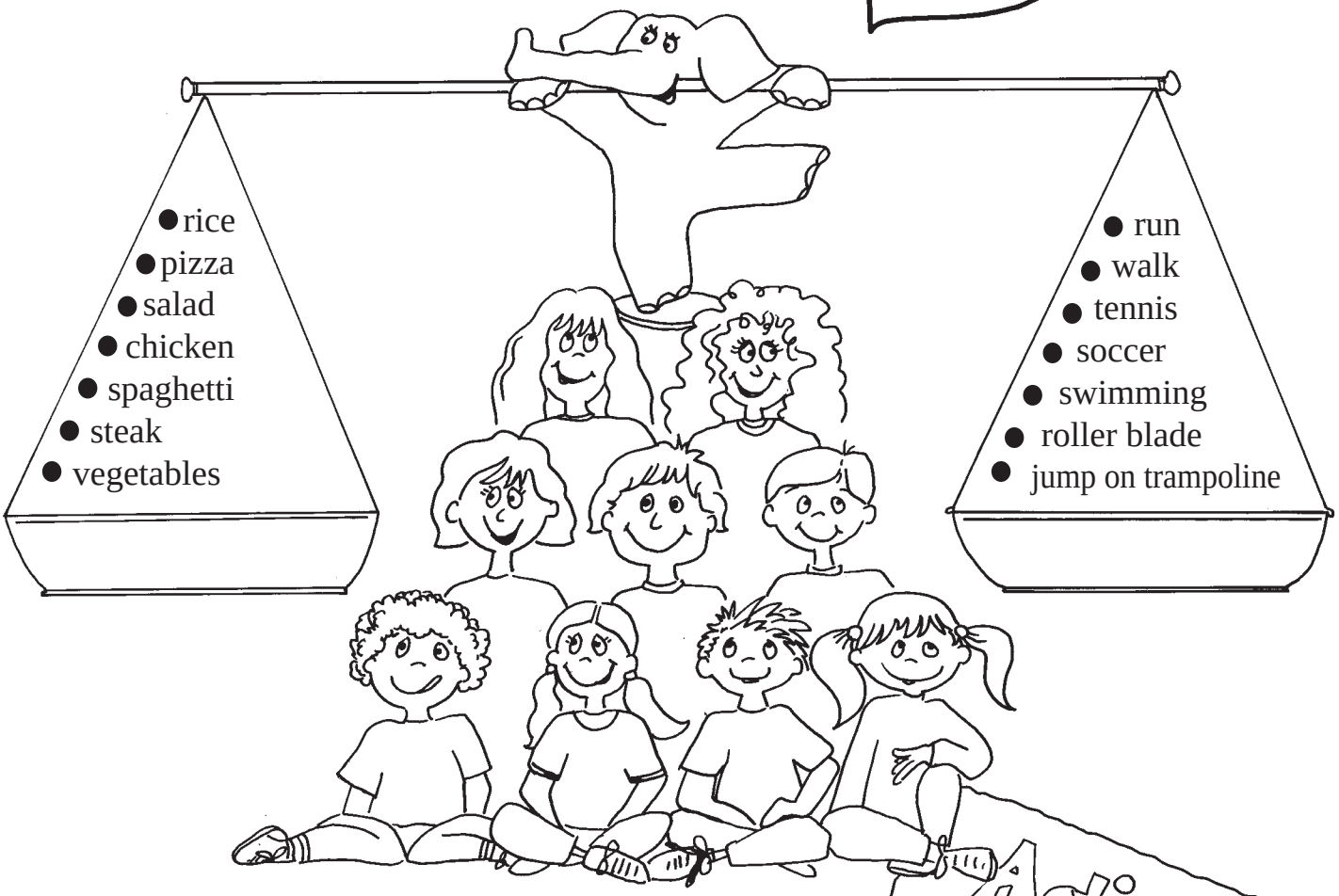
How many times do you eat these?

_____ gummy snacks
_____ french fries
_____ candy bars
_____ potato chips
_____ soda pop
_____ fried chicken
_____ pizza with meat
_____ buttered popcorn
_____ cookies
_____ fast food
_____ donuts

CHOOSE Healthier FOODS!

- **dried fruit**
- **baked potato**
- **raisins and peanuts**
- **1/2 whole wheat bagel**
- **skim or 1% milk**
- **baked chicken or fish**
- **pizza with vegetables**
- **popcorn with no added fat**
- **watermelon or fruit**

Balance Food With Activity!



BALANCE MEANS

eating enough to be healthy but not too much so we gain extra weight. To find out how much you need – go to WWW.mypyramid.gov.

While you are there play the Blast Off game.

Activity

In the left scale.... underline each food you like.

In the right scale.... underline an activity you could do to balance the food you eat.

Balance for a better Body

Balance is eating food from each of the food groups and not eating too many caution foods. Variety is cool! Variety means eating different food items from each group. Can you name some different fruits and vegetables you like?

Make...

a mobile from a clothes hanger. Color and cut out Foodella from the bottom of this page and attach it in the middle of the hanger. You will need empty cartons from each food group (like frozen food package, a milk carton, bread wrapper, cracker box, dried apple skin, or fruit). Tie them on the coat hanger so that they balance.

Moderation

a few

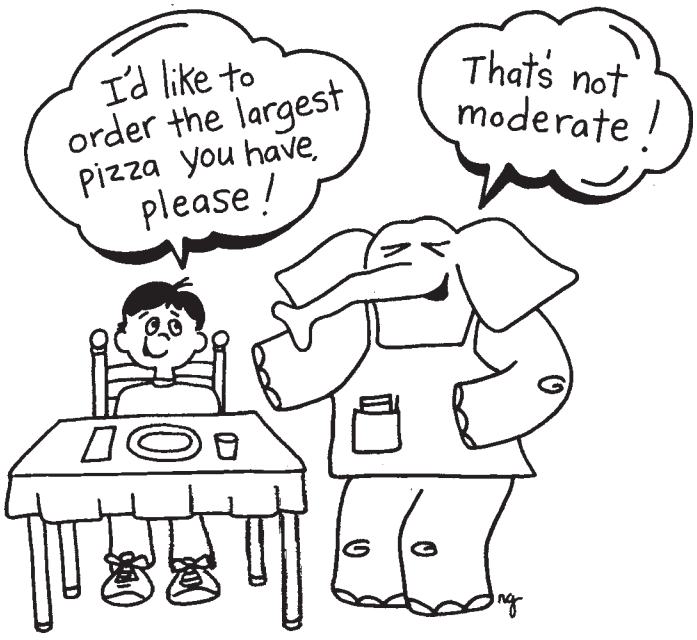
too many

Moderation is eating **few** oils and sugars.
One or two chicken drumsticks are ok. Four are too many.
On the plates above draw chicken drumsticks on each plate to show few and too many.

RESTAURANT

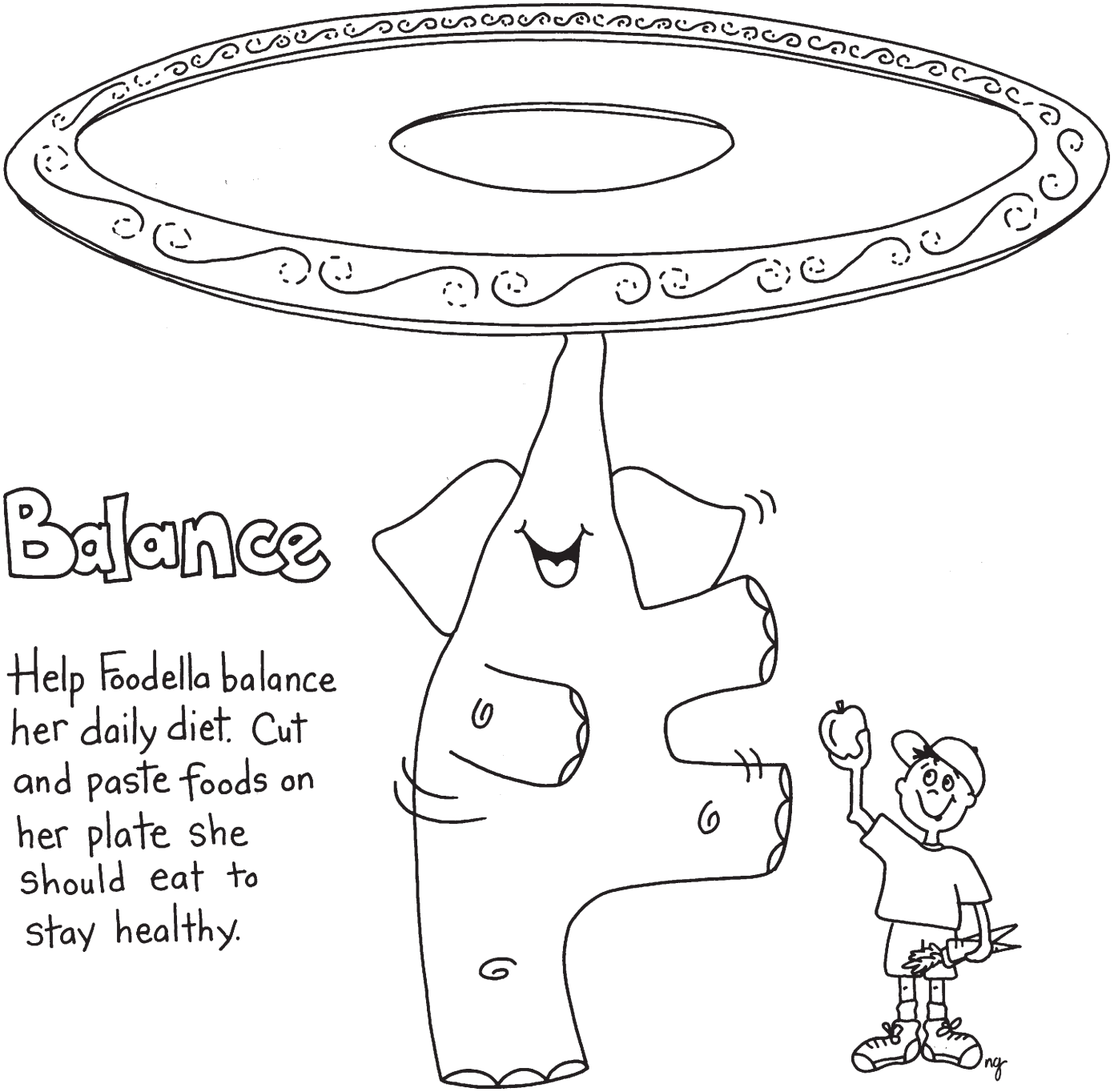
OPEN

Set up a restaurant.
Students play the
part of waiters or customers.
Students order moderate
amounts of different foods.



Balance

Help Foodella balance her daily diet. Cut and paste foods on her plate she should eat to stay healthy.



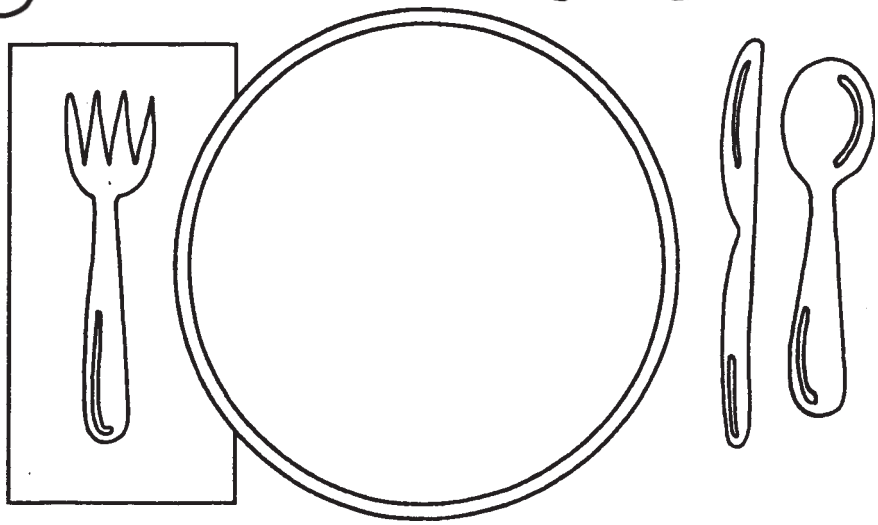
Healthful Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Write the School Lunch Menu					
What did you eat?	Grains ___ Fruits ___ Vegetables ___ Milk ___ Meat & Beans ___	Grains ___ Fruits ___ Vegetables ___ Milk ___ Meat & Beans ___	Grains ___ Fruits ___ Vegetables ___ Milk ___ Meat & Beans ___	Grains ___ Fruits ___ Vegetables ___ Milk ___ Meat & Beans ___	Grains ___ Fruits ___ Vegetables ___ Milk ___ Meat & Beans ___
Did you do Something active?	Activity ___	Activity ___	Activity ___	Activity ___	Activity ___
Does this meal have foods from each group?	_____	_____	_____	_____	_____

Make your own Meal

Write or draw foods for your meal on the plate.

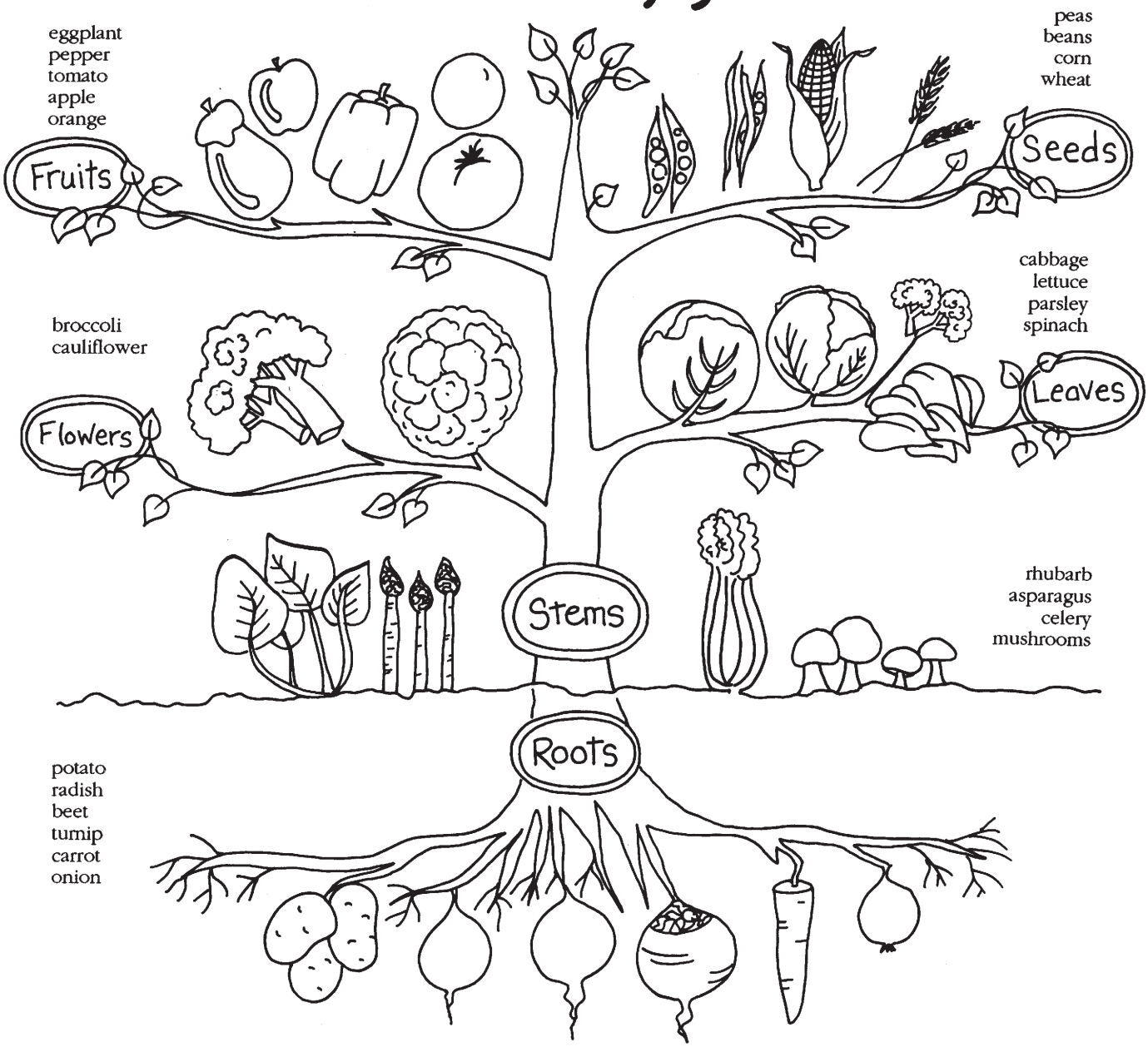
Does your meal have food from each group?



Unit 7: _____

Top Middle Bottom

See how they grow.



Foods come from different parts of plants. Name some of them.

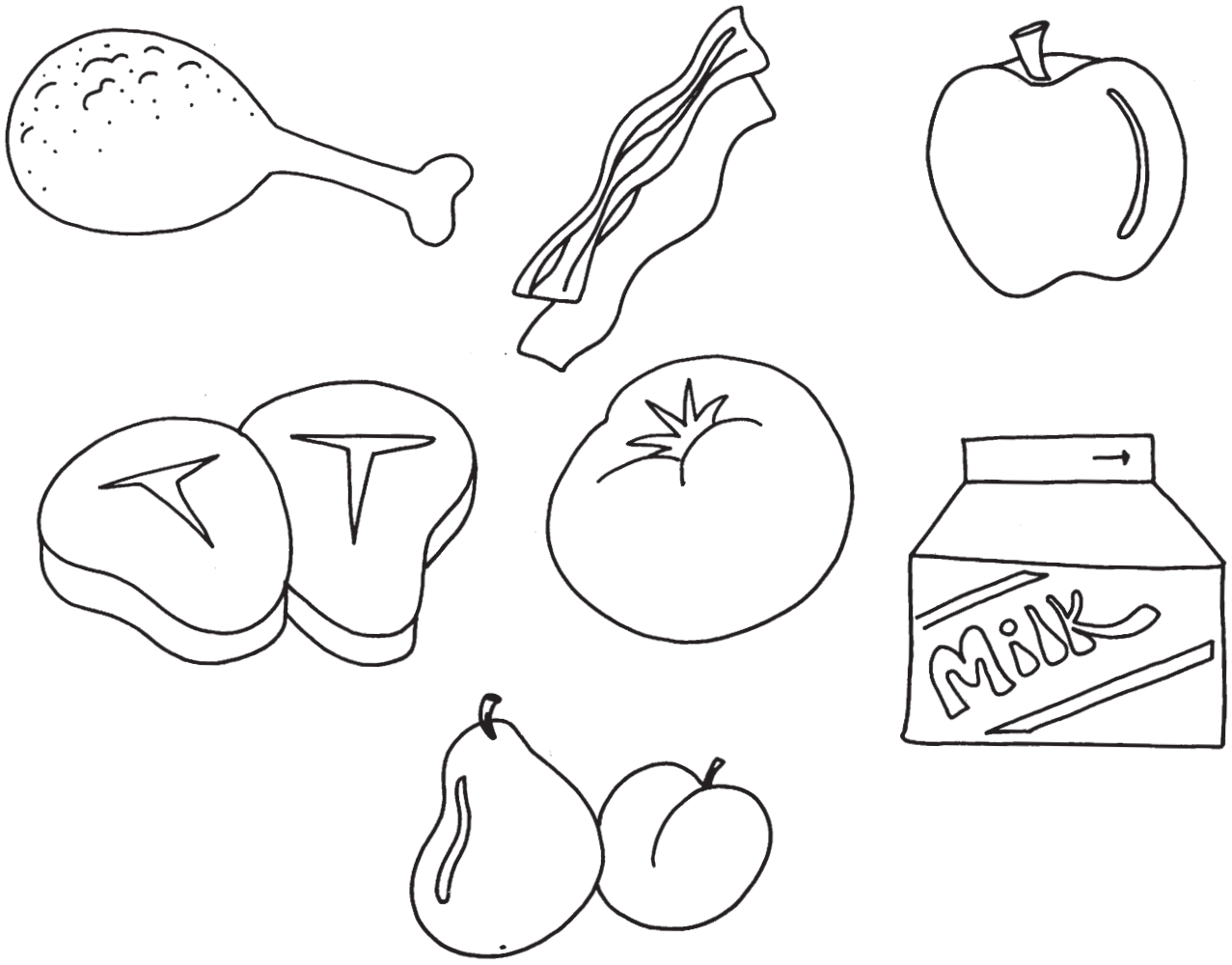
Fruits/Seeds _____

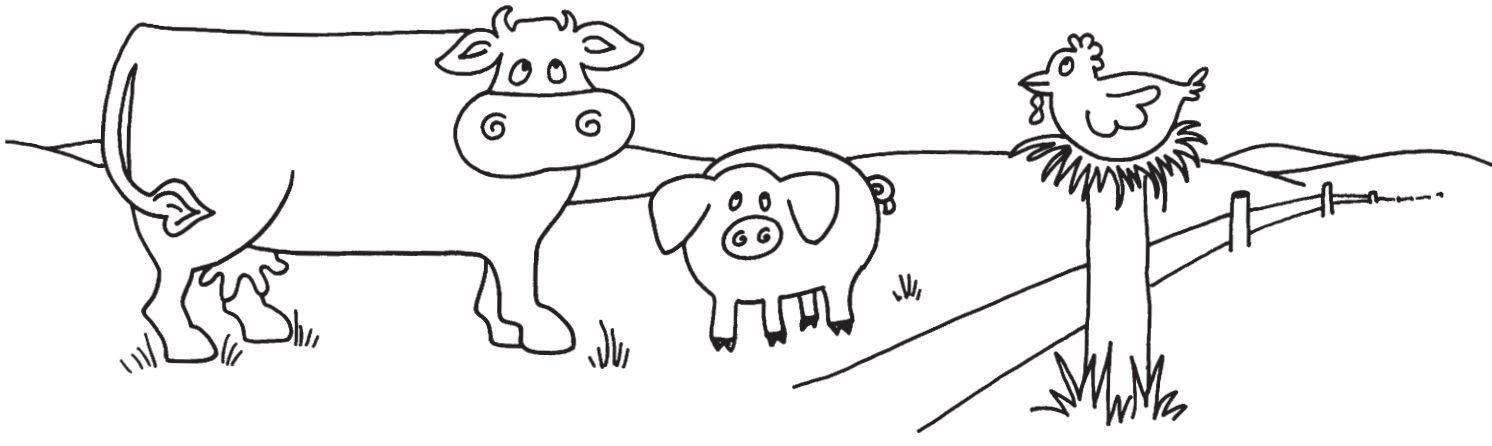
Leaves/Flowers _____

Stems/Roots _____

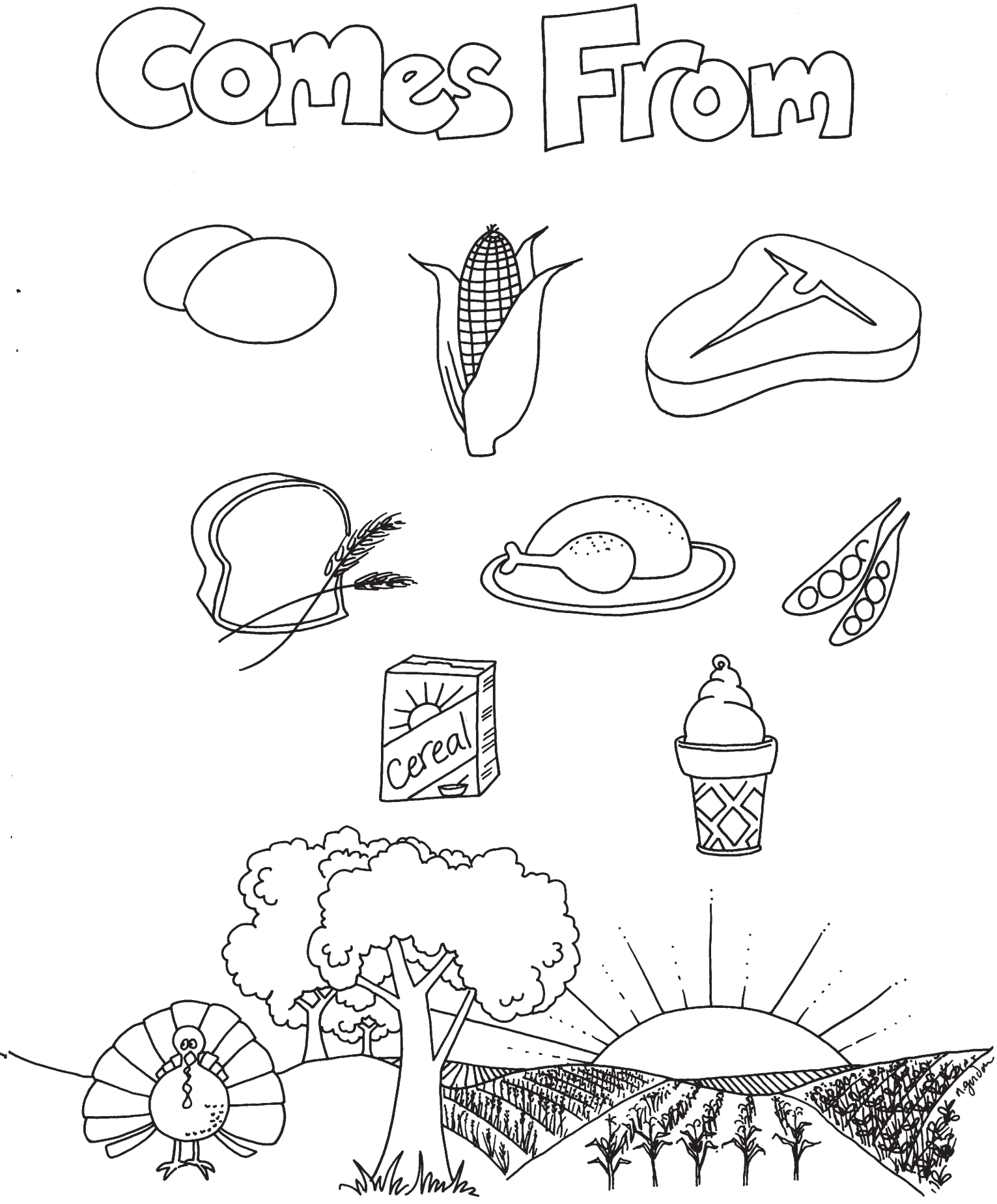
Where Food

Draw a line from the food to its origin at the bottom.



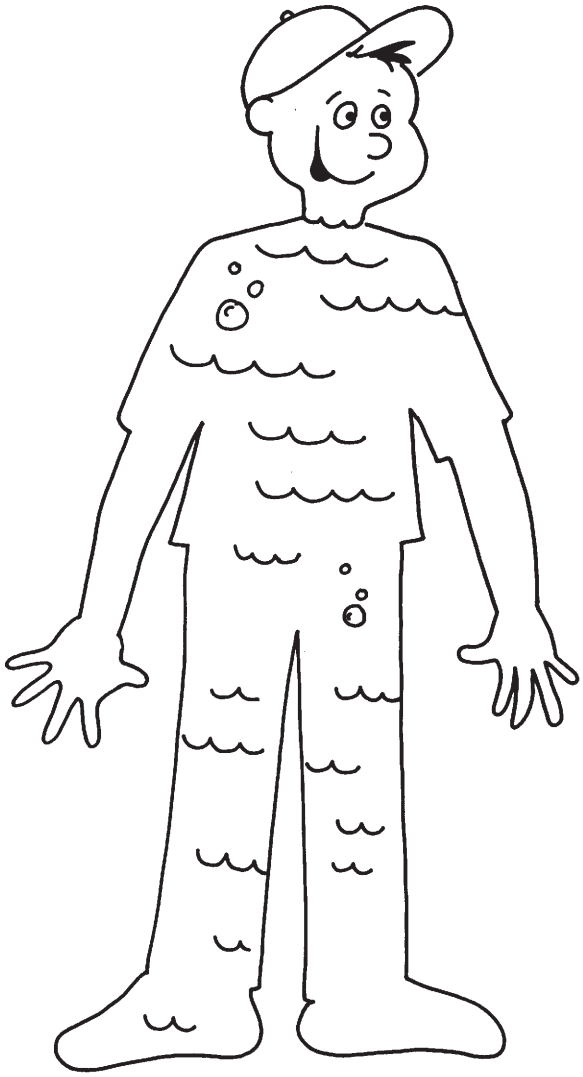


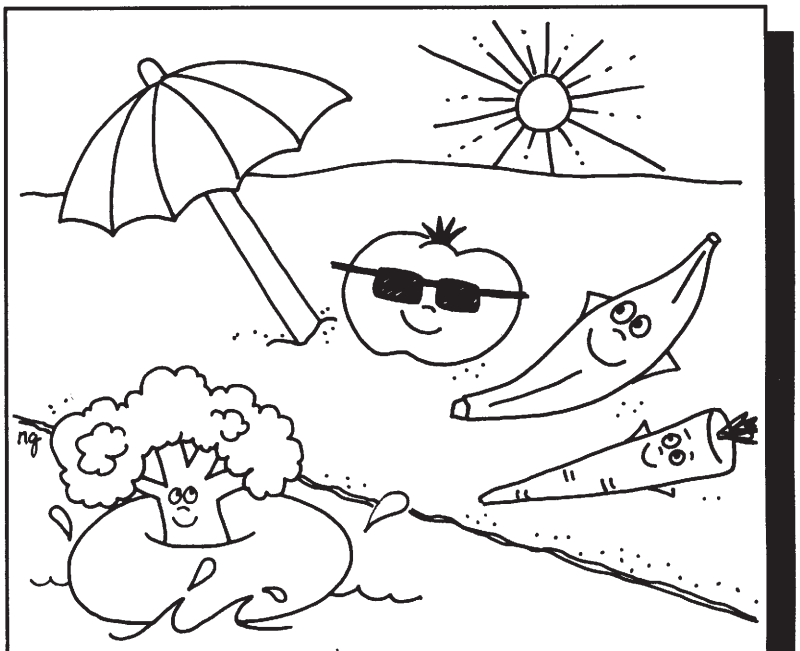
Comes From



We are Water

Water is found throughout our bodies.
We cannot live without water.
We need to drink a lot of water
every day.





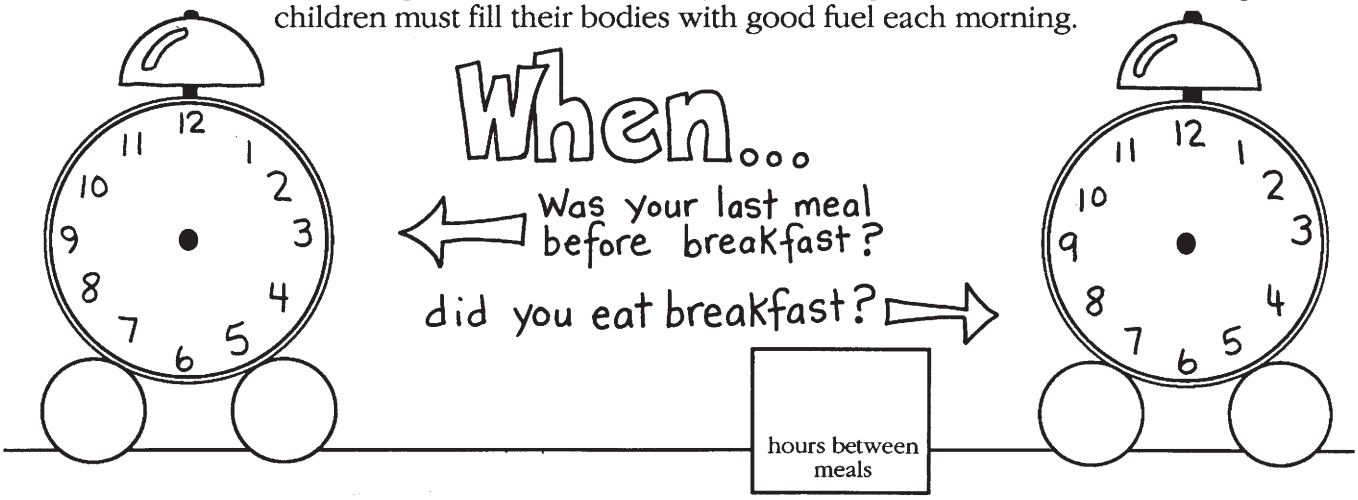
These vegetables are enjoying the sun. However, without water they would soon shrivel. Place some fruits and vegetables on a sunny window ledge. Observe what happens after a few days.

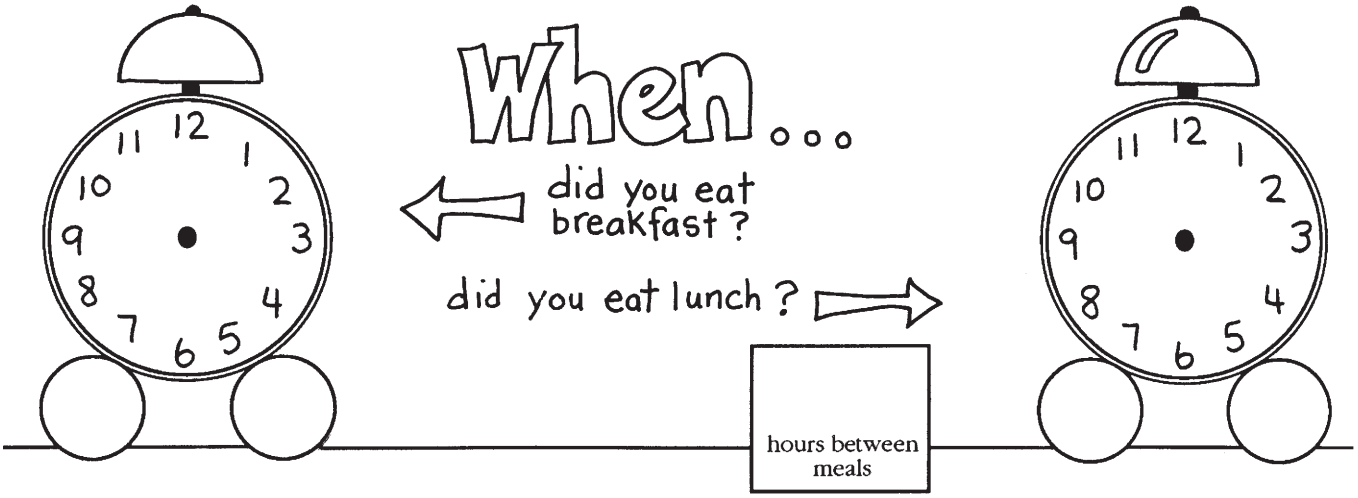
Try

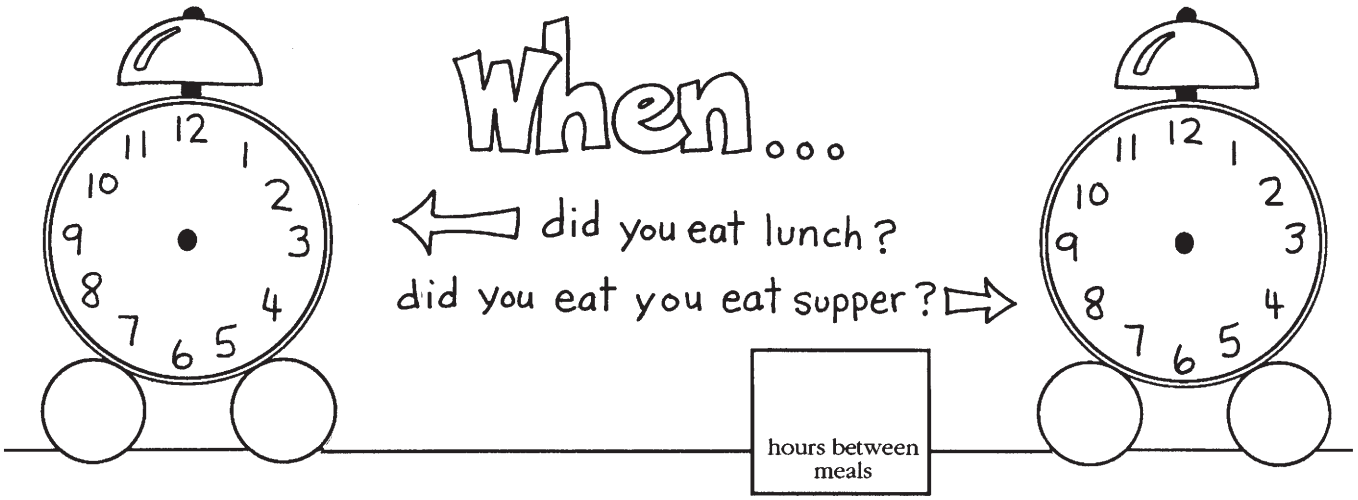
Unit 8:

Start your day Smart

Breakfast is the most important meal of the day. Like filling a car with fuel before a trip, children must fill their bodies with good fuel each morning.



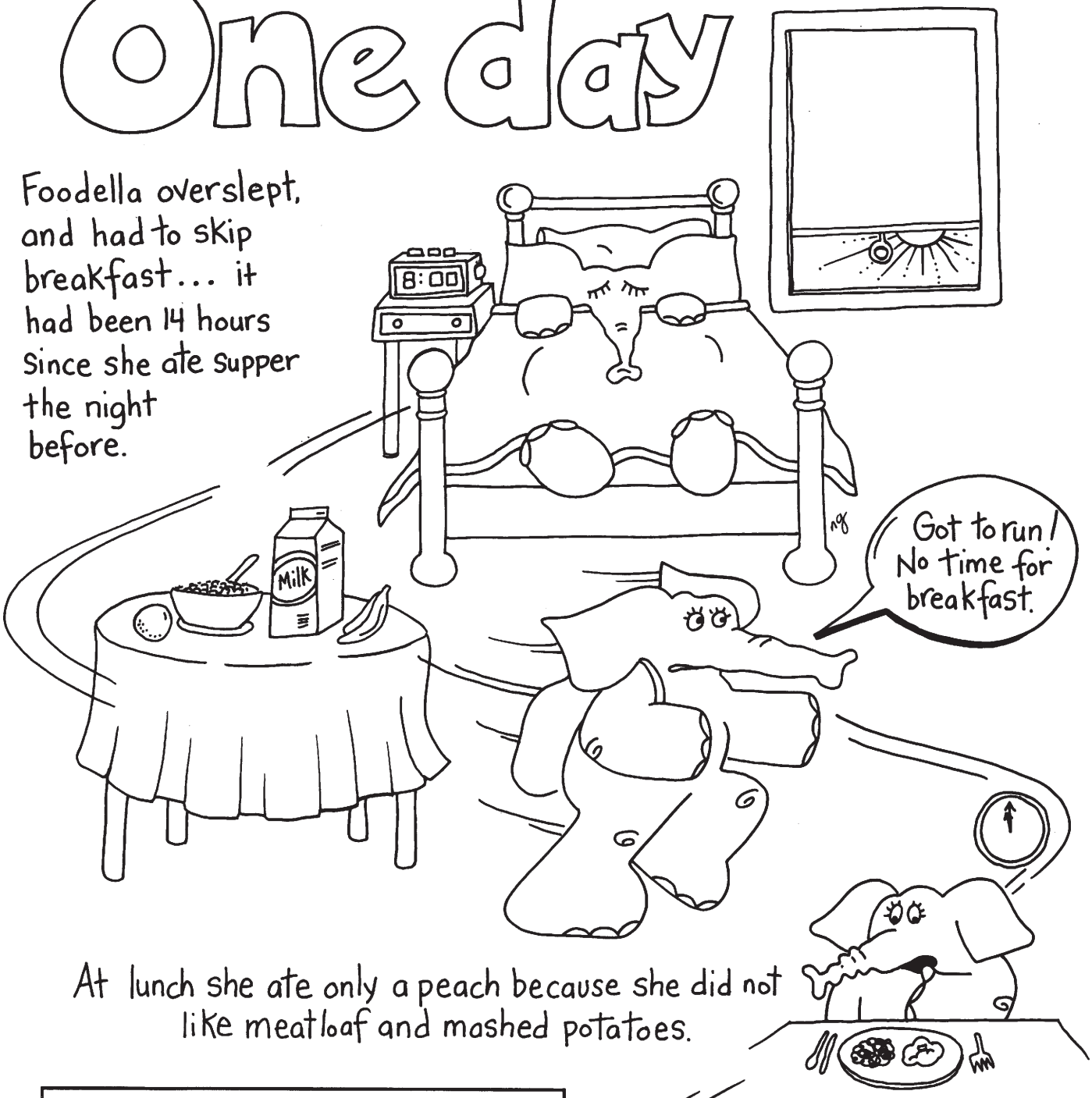




Do you eat snacks between meals? Yes ☐ No ☐

One day

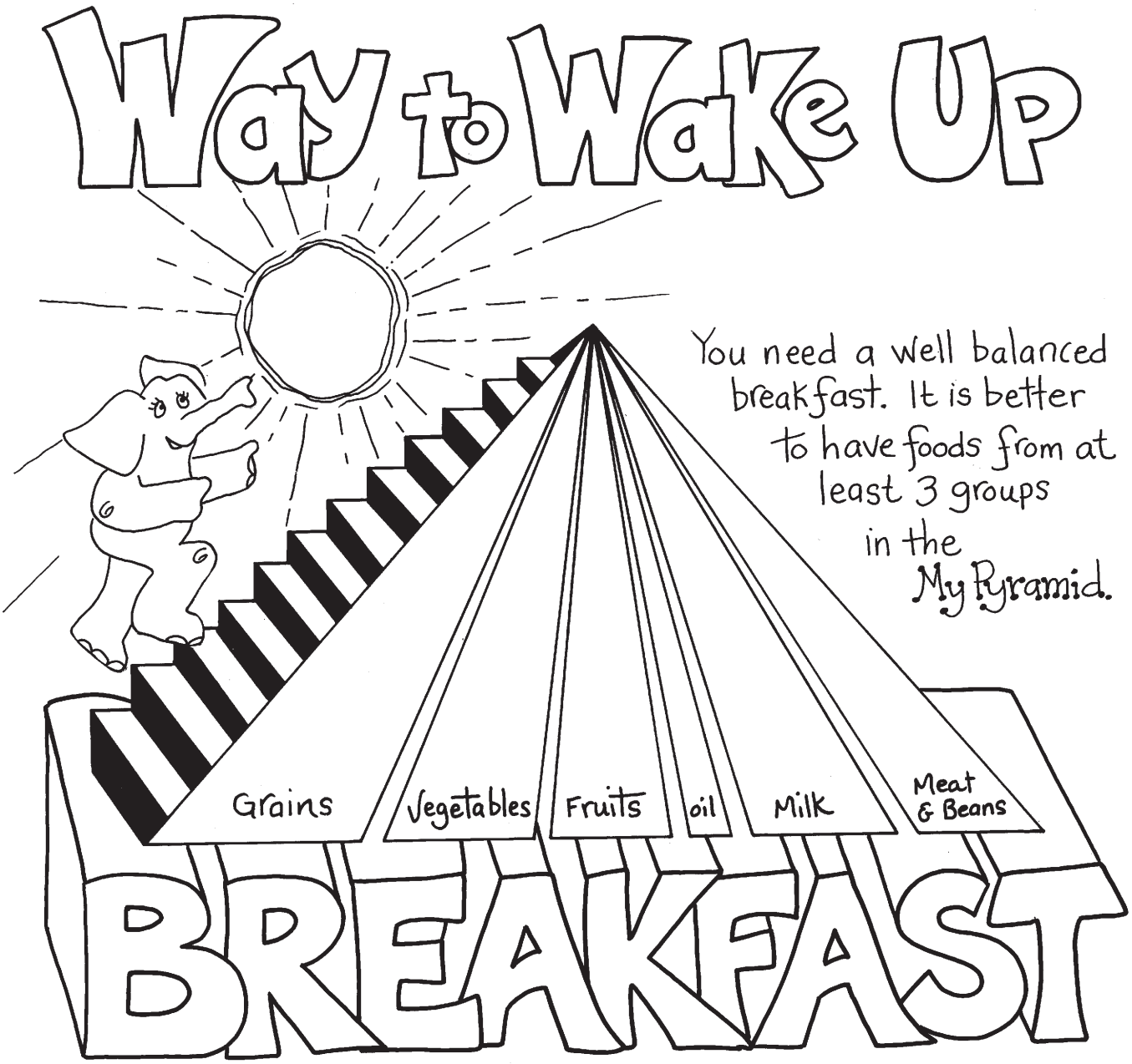
Foodella overslept, and had to skip breakfast... it had been 14 hours since she ate supper the night before.



At lunch she ate only a peach because she did not like meatloaf and mashed potatoes.

Foodella Feels...

- ❑ tired
- ❑ grouchy
- ❑ energetic
- ❑ smart



Way To Start The Day !

EATING BREAKFAST

Will **wake up** your brain and give you **energy** to play!

Write what foods you had for breakfast in the correct group on the MyPyramid.

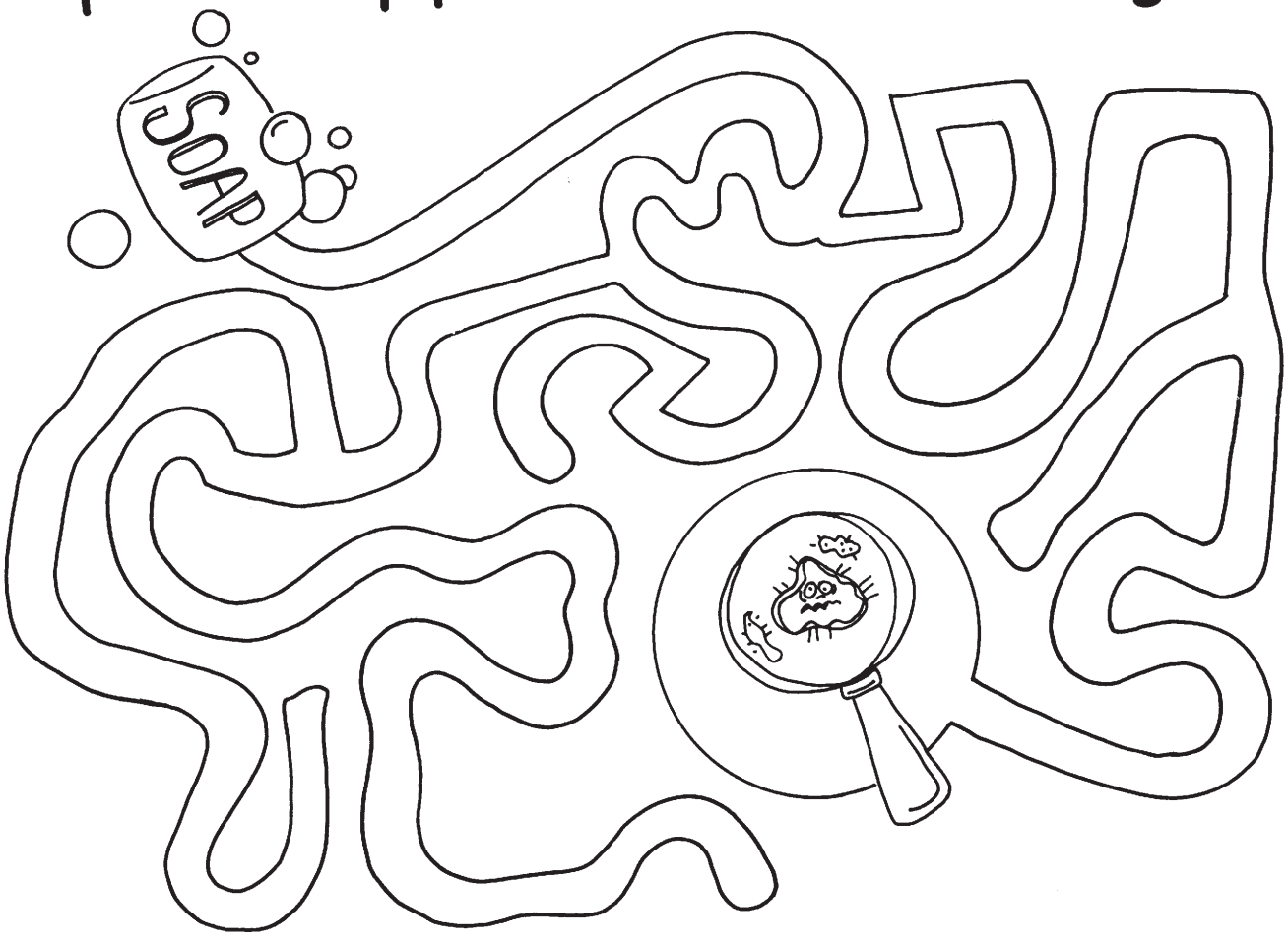
HEALTHFUL HABITS

There are tiny plants and animals that are so small we cannot see them without using a microscope. Some of them make us sick. We call them

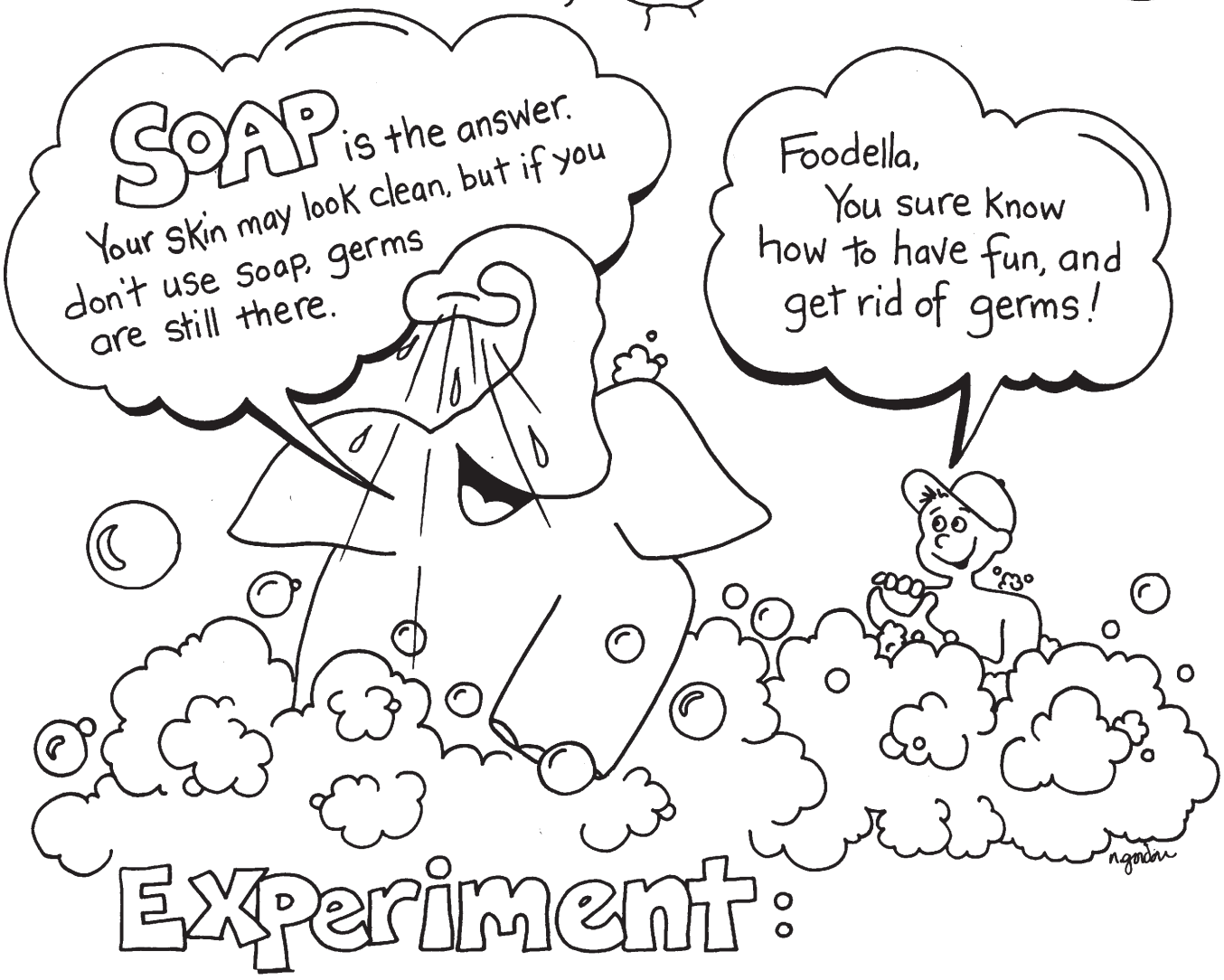
Germs.

We wash our hands so germs will not get inside our bodies. These germs are the reason we must wash and put medicine on cuts and scratches.

Help the soap find its way to Kill the germs!

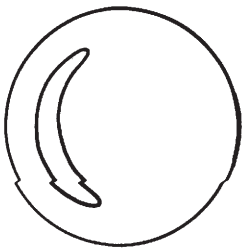


Wash Germs Away



Experiment:

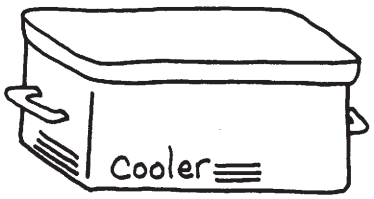
1. Put a little vaseline on your hands.
   Notice how greasy it feels.
2. Try washing it off with cold water.
   Notice how your hands feel.
3. Now wash with soap and warm water.
   Notice how your hands feel.

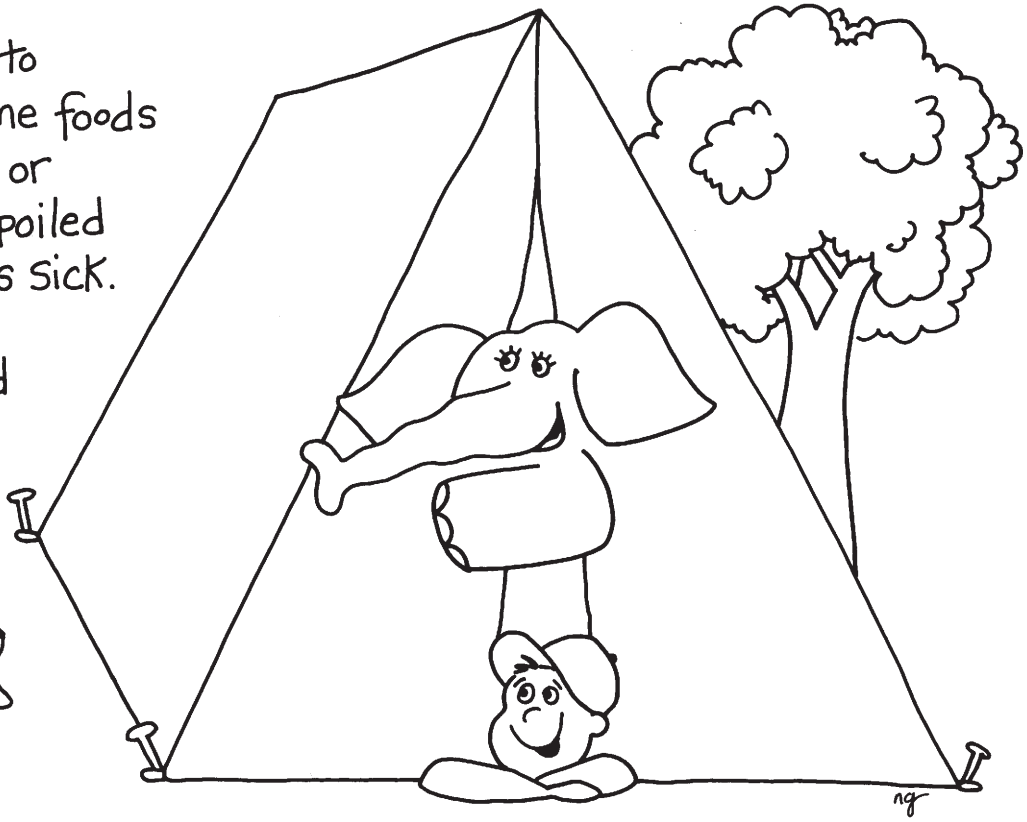


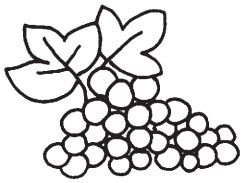
Soap washes off vaseline, like soap washes off germs.
Plain water does not.

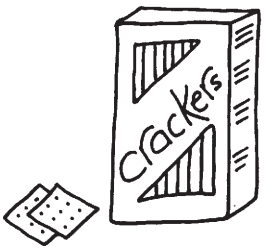
Foodella goes CAMPING

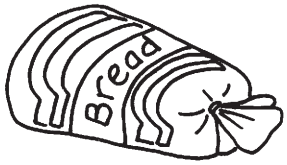
Foodella will need to take a cooler. Some foods must be kept cold or they will spoil. Spoiled foods can make us sick. Circle the foods below that should be kept cold in a cooler.

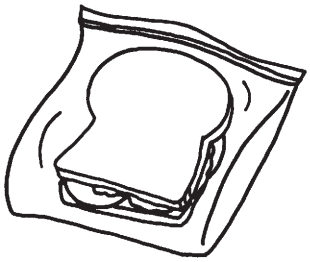


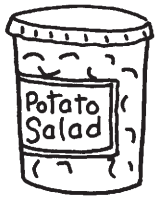








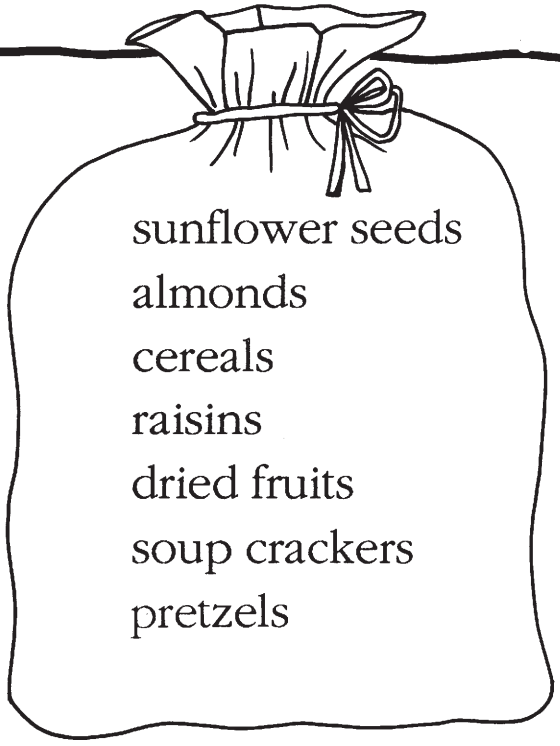




Snack Sense

When Foodella and Max went camping they did a lot of hiking.
They got very hungry.
Foodella brought a healthful snack to share.
It was trail mix and water.
The grains, nuts, and fruits are for energy, protection, and body building.
Water will keep the body from dehydrating.

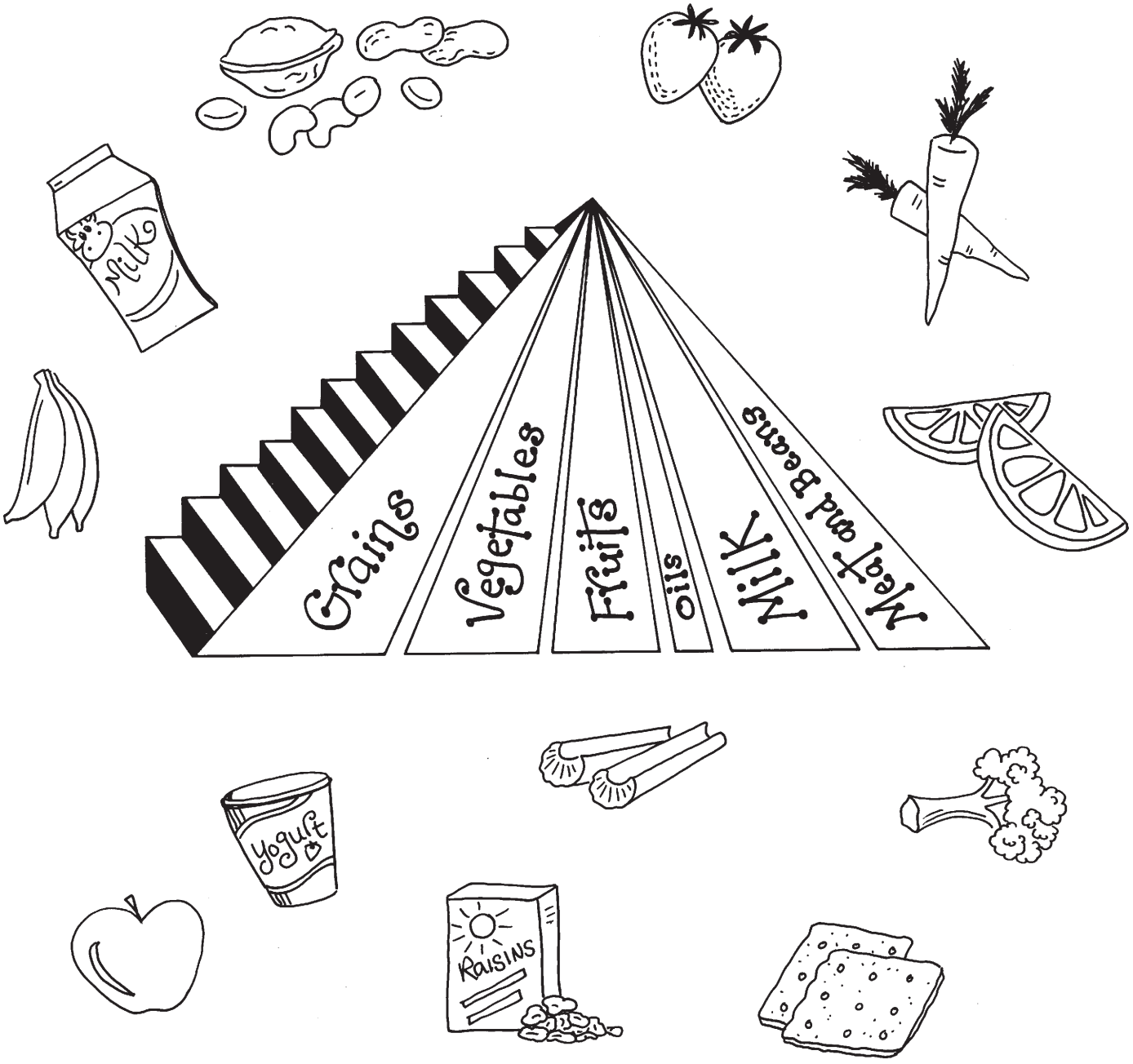
Healthful snacks are important every day!



Make

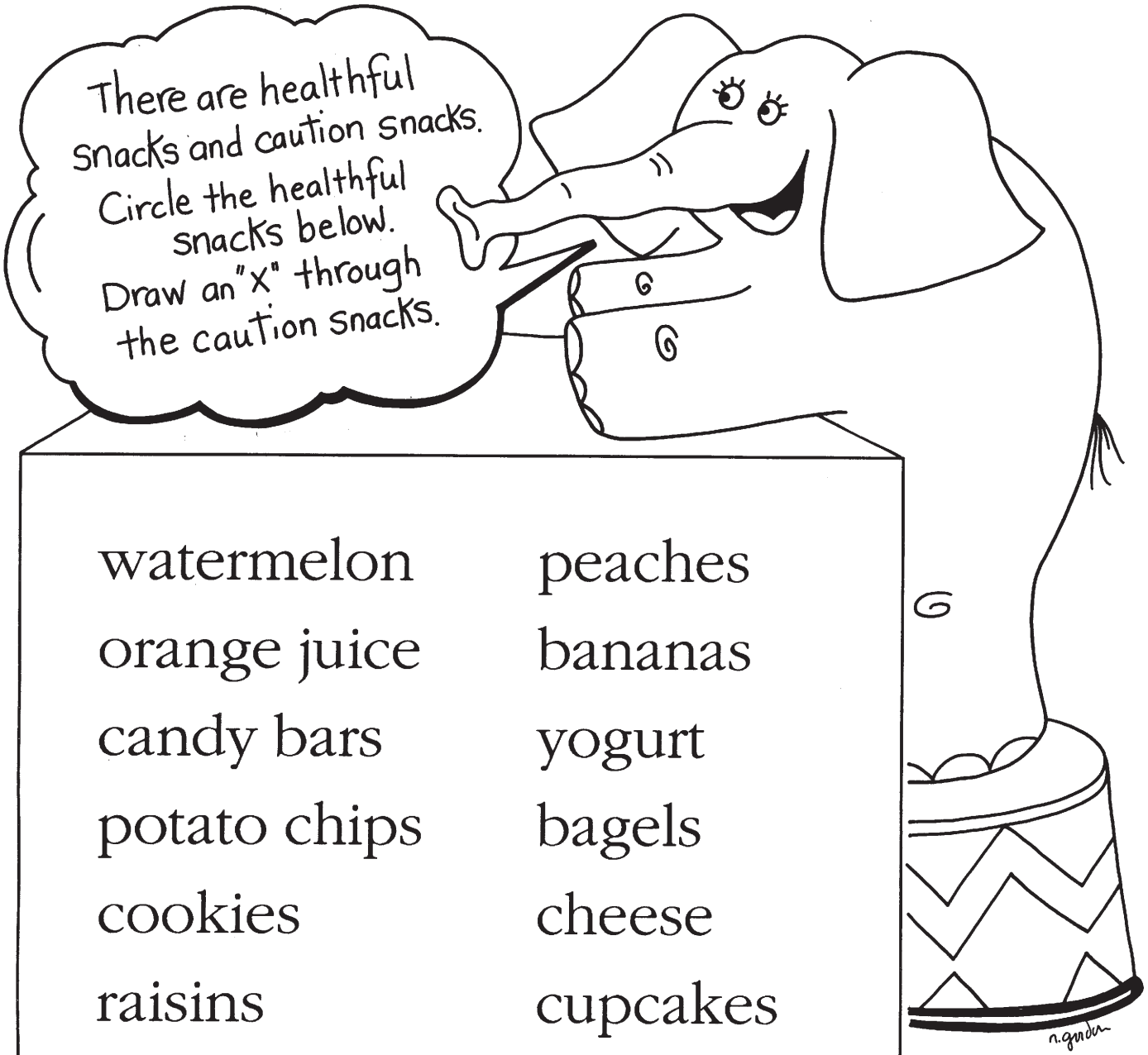
Your own trail mix. Take it with you on adventures or eat it after school.

The great Snack Match



Draw a line to match the snacks to the MyPyramid food groups.

Healthful and Caution Snacks



watermelon
orange juice
candy bars
potato chips
cookies
raisins
carrots
toast and peanut butter
peaches
bananas
yogurt
bagels
cheese
cupcakes
pineapple

Snack Happy

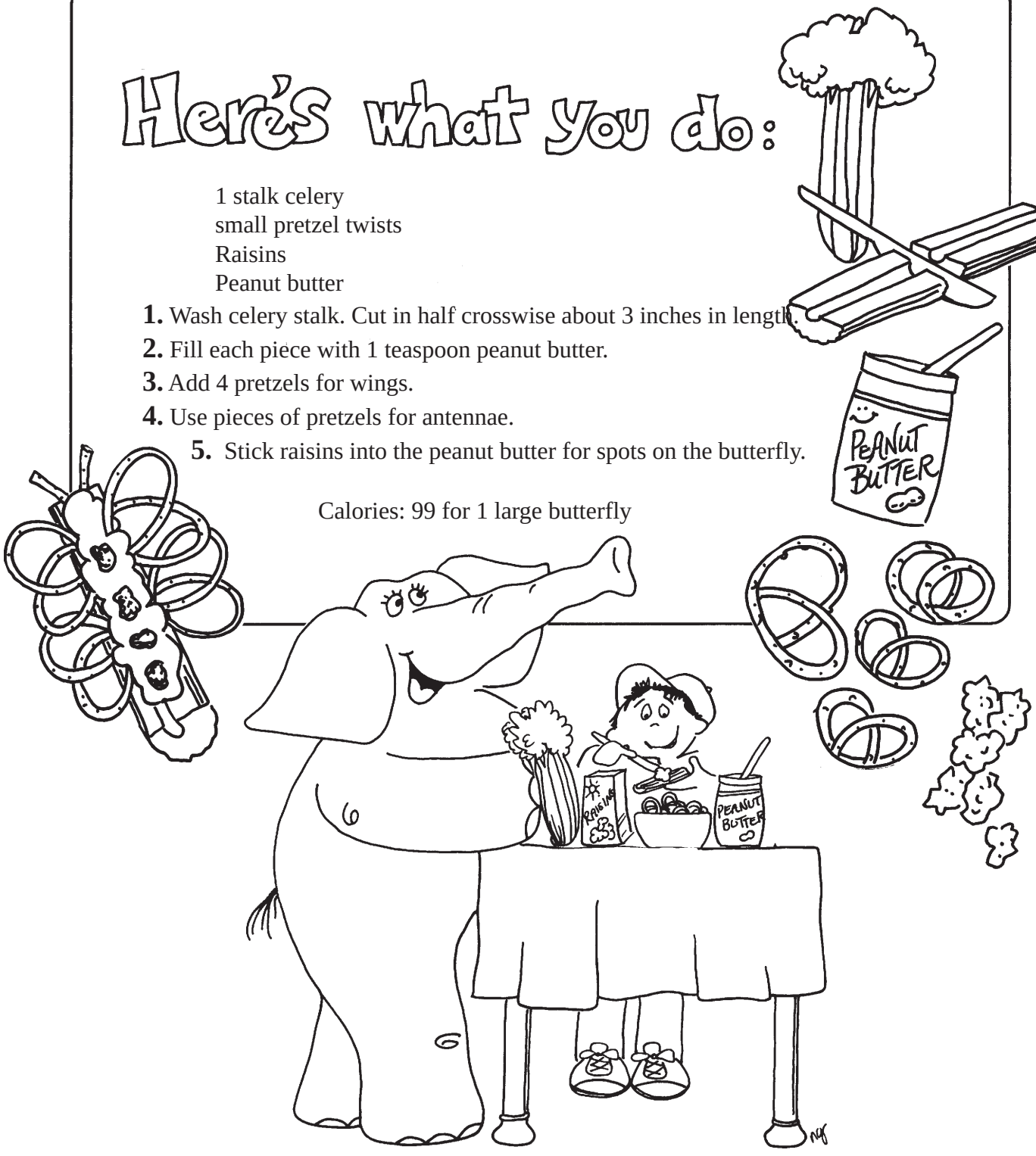
Butterfly Bites

Here's what you do:

1 stalk celery
small pretzel twists
Raisins
Peanut butter

1. Wash celery stalk. Cut in half crosswise about 3 inches in length.
2. Fill each piece with 1 teaspoon peanut butter.
3. Add 4 pretzels for wings.
4. Use pieces of pretzels for antennae.
5. Stick raisins into the peanut butter for spots on the butterfly.

Calories: 99 for 1 large butterfly



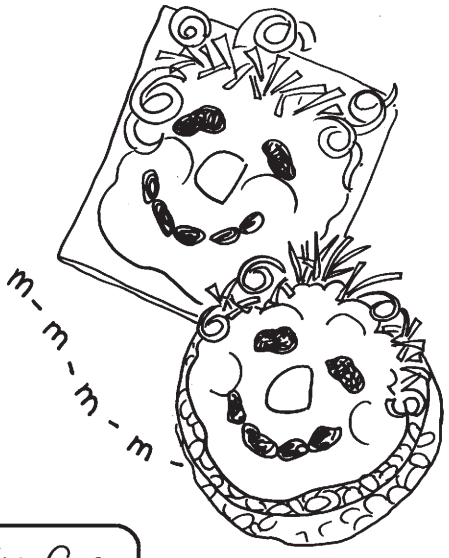
Funny Face Crackers

Here's what to do:

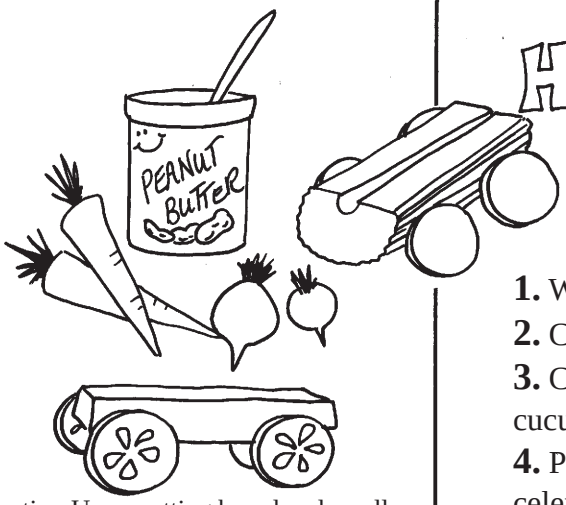
1 tablespoon peanut butter or unsweetened applesauce
1 large graham cracker or 1 whole grain rice cake
1 tablespoon shredded carrot
4-6 raisins
1 grape cut in half

1. Spread peanut butter or applesauce on in the shape of a face.
2. Sprinkle grated carrot for hair.
3. Place raisins for mouth & eyes.
4. Use grape for nose.

Source: Modified from a recipe by K-State Research and Extension, Kids aCookin', http://www.kidsacookin.ksu.edu



Veggie Cars



Safety tip: Use a cutting board and small sharp knife to cut veggies.

Here's what to do:

1 celery stalk or carrot
Assorted small vegetables
Peanut butter

1. Wash vegetables.
2. Cut 3-4 inch celery stalk or carrot to make the car.
3. Cut four veggie slices to make the wheels (radish, cucumber, carrot, pepper, or cherry tomato).
4. Place peanut butter between the veggie circles and the celery or carrot.

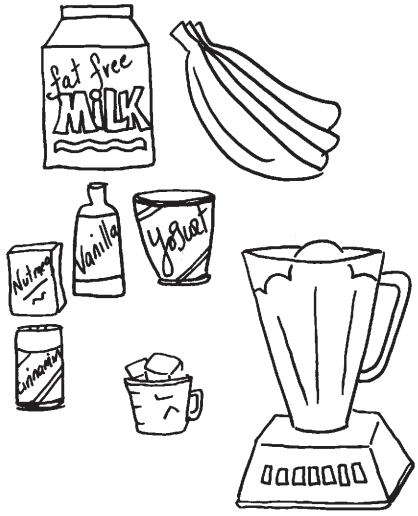
Banana Yogurt Shake

Here's what to do:

1 cup fat free milk
4 small bananas, peeled
1 cup low fat plain yogurt
1 tsp vanilla
tsp cinnamon
1/8 tsp nutmeg
1 cup ice cubes

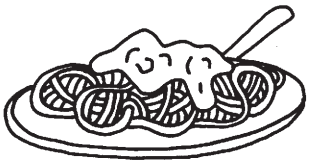
1. Combine all ingredients except ice cubes in blender or food processor; process until thick and creamy.
2. With motor running, add ice cubes; process until smooth.
3. Pour into glasses to serve.

Makes 4 servings.
Source: CDC, http://apps.nccd.cdc.gov/dnparecipe/
Calories: 105 for 6 ounce (3/4 cup) serving.

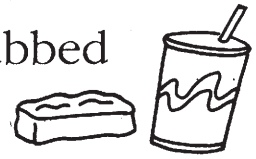


Get ready, Get

Foodella and Max were getting ready for the great in-line skating race. Foodella made sure they had all the equipment.

Foodella had a plate of pasta  for lunch.

Max was too excited to eat.

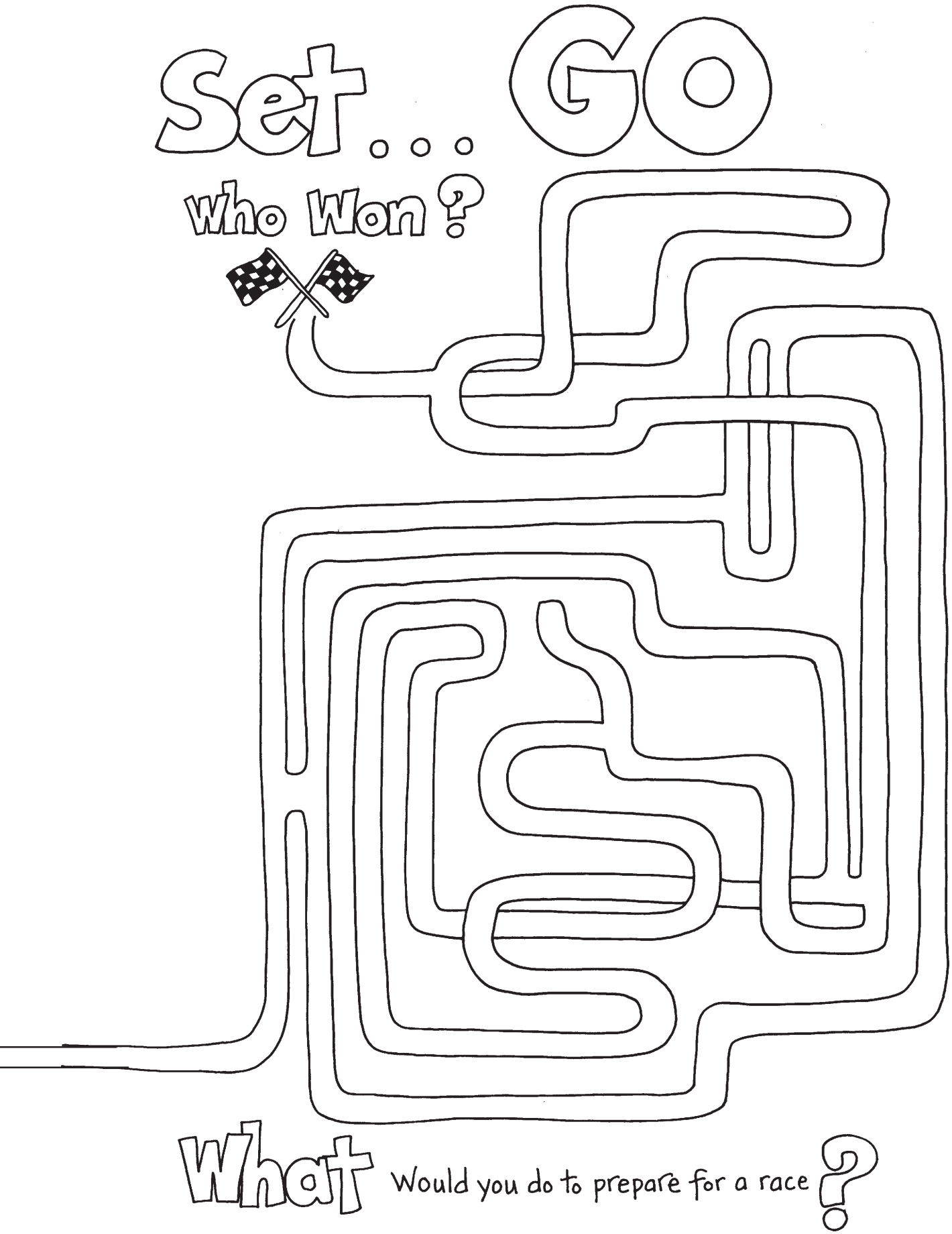
He grabbed  a candy bar and a can of soda.

All the contestants were ready.

Max was sure he could win with the healthful habits Foodella had taught him. The gun went off. The race was on!

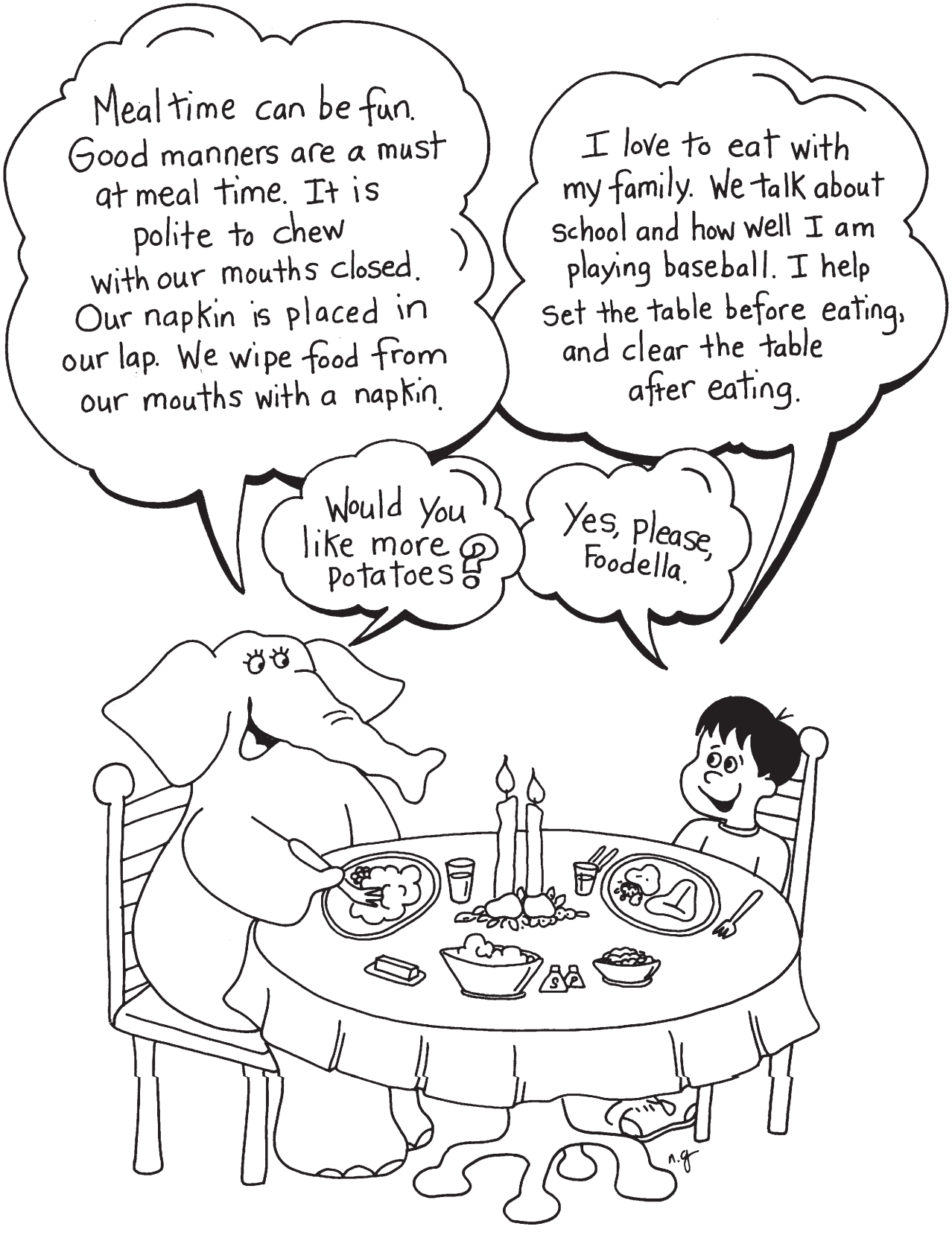
Who ate a better meal before the race?

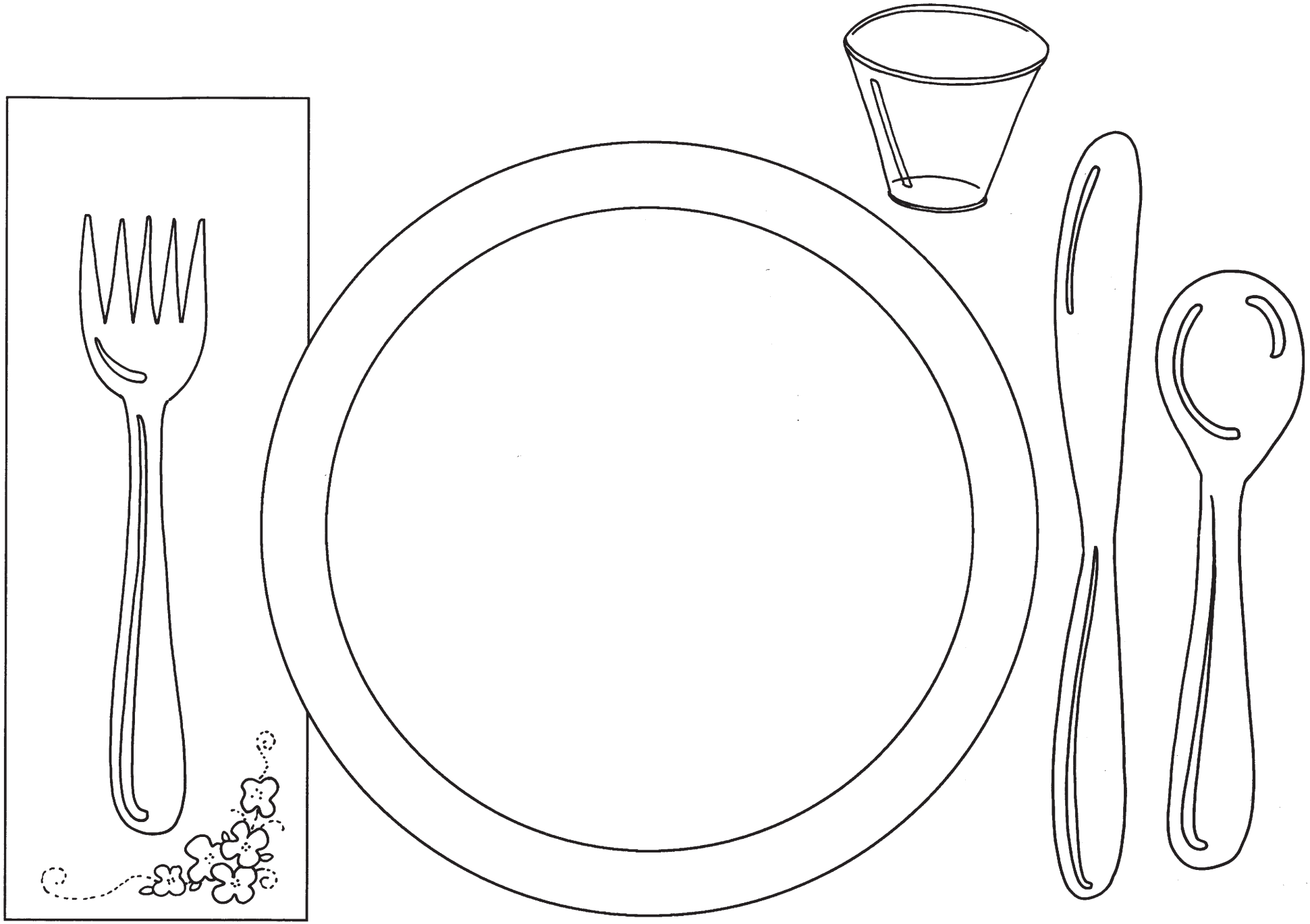
Why did Max start off with a burst of speed and then slow down?


Set...
GO
Who Won?
What Would you do to prepare for a race?

Unit 11:

Good Manners are fun!





This is an example of how to set the table. Fork and napkin go on the left, knife and spoon on the right. Practice at home.

Max's Manners

Good manners make eating **Fun.**

Put a green star ★ by the manners you should use.

I throw food.

I stay at the table.

I grab food from other plates.

I talk with my mouth full.

I chew with my mouth closed.

I say "please" and "thank you."

I yell during meals.

I clean up after myself.

I say "yuck" to food I do not like.

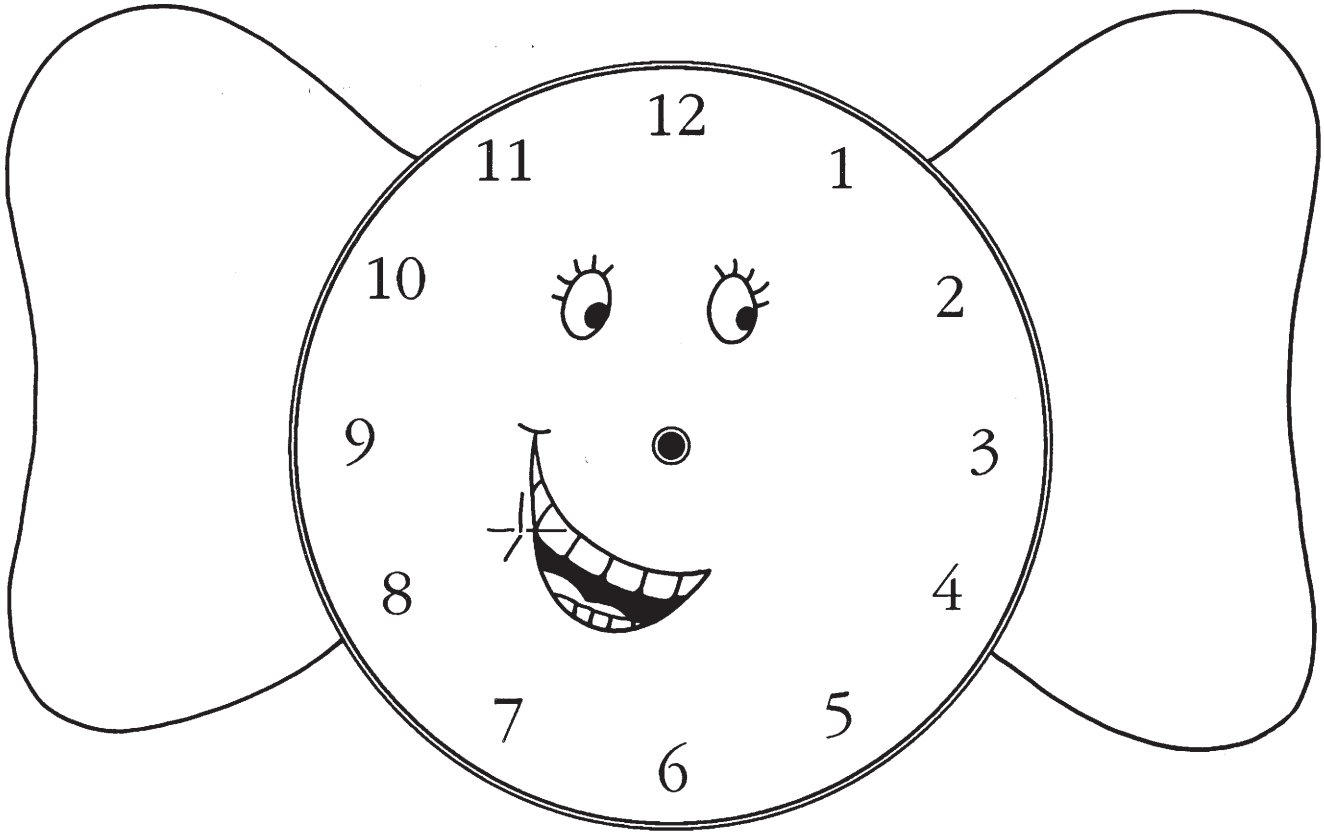
Good manners

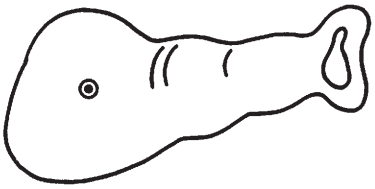
Manners that need improvement

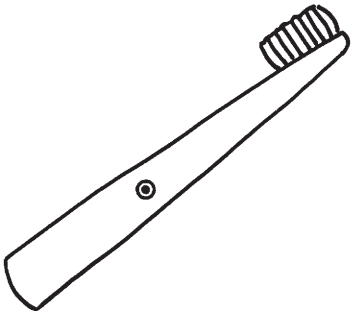
After meals is the Time to Brush

Cut out the clock face and hands below. Punch a hole in the center with a metal brad attaching the trunk and tooth brush for hands.
Point hands to the next time you should brush.

Hang your clock in the bathroom at home to remind you when it is time to brush your teeth.





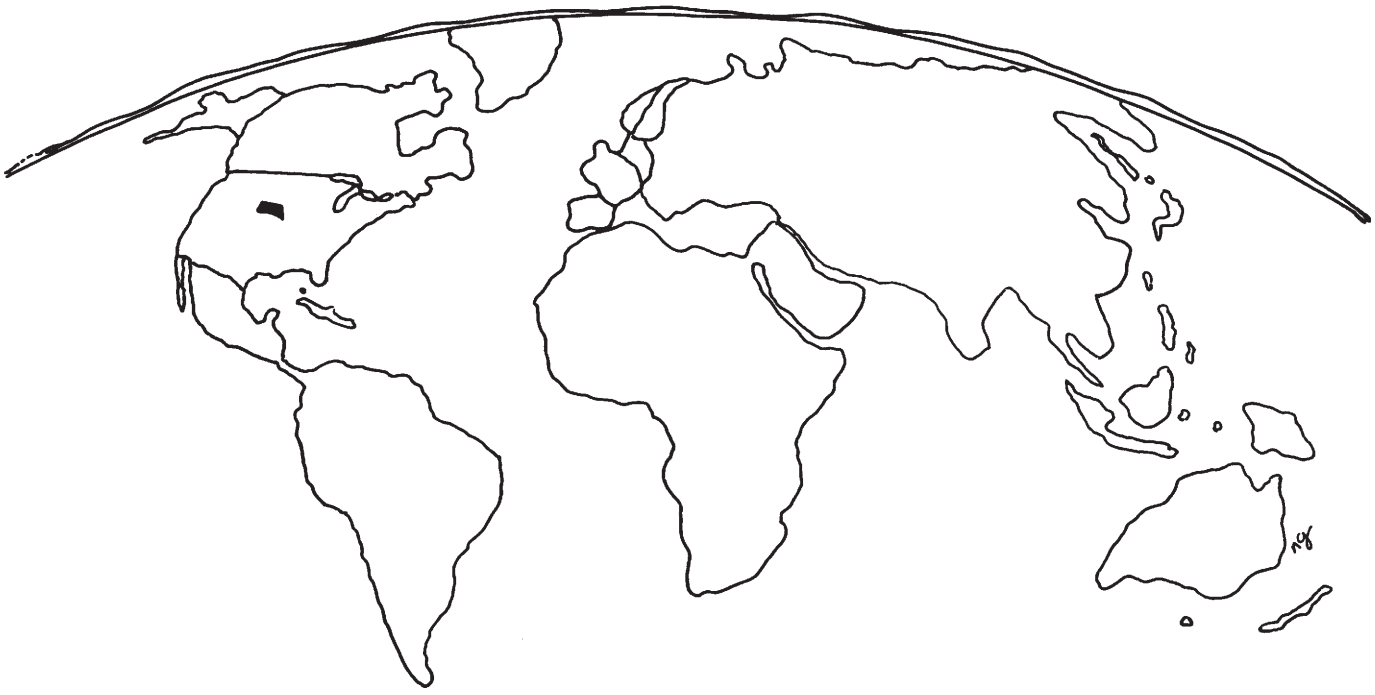


Unit 12:

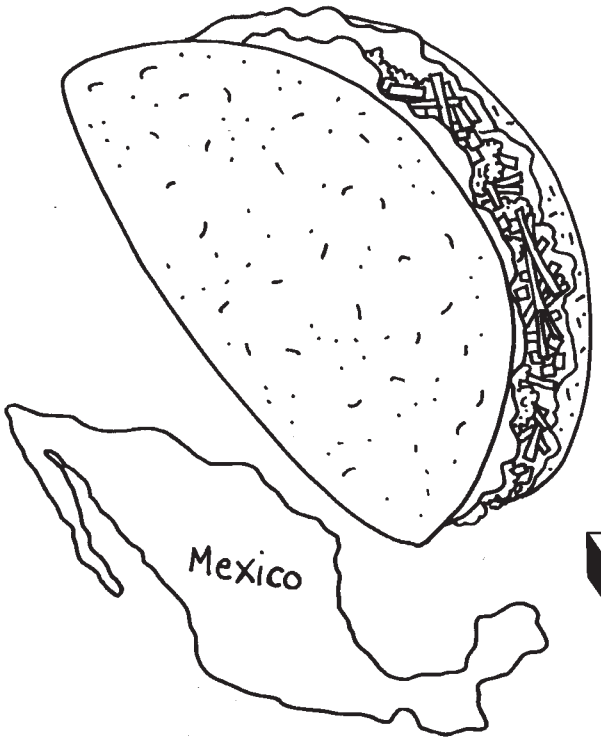
A World of Food

Food is an important part of every country. Each country has its own food. Since the United states is made up of people from all over the world, we not only eat American food, but we enjoy the same foods people from other countries eat.

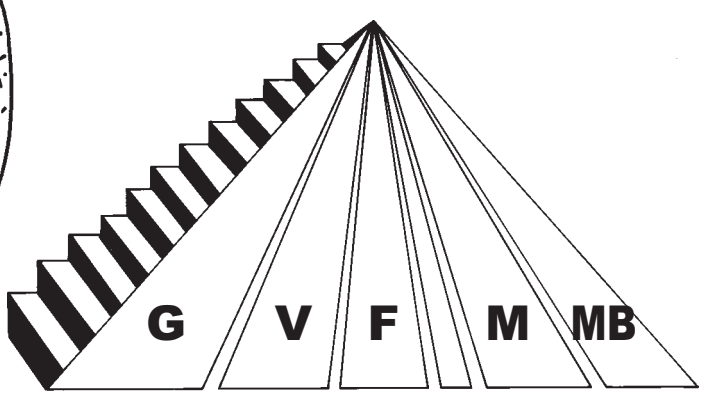
Spaghetti_____Italy
Steamed Rice__China
Gyro_____Greece
Taco_____Mexico
Sushi_____Japan
Yogurt_____North Africa or Egypt



South of the Border



The most famous Latin American food is the taco. It is made of a tortilla, beef, beans, tomatoes, lettuce, cheese, avocado, raw onion, and chilies.



____ tortilla
____ beef
____ beans
____ tomatoes
____ lettuce
____ avocado
____ onion
____ chilies
____ cheese

Every Color Group

is in a taco.

Name

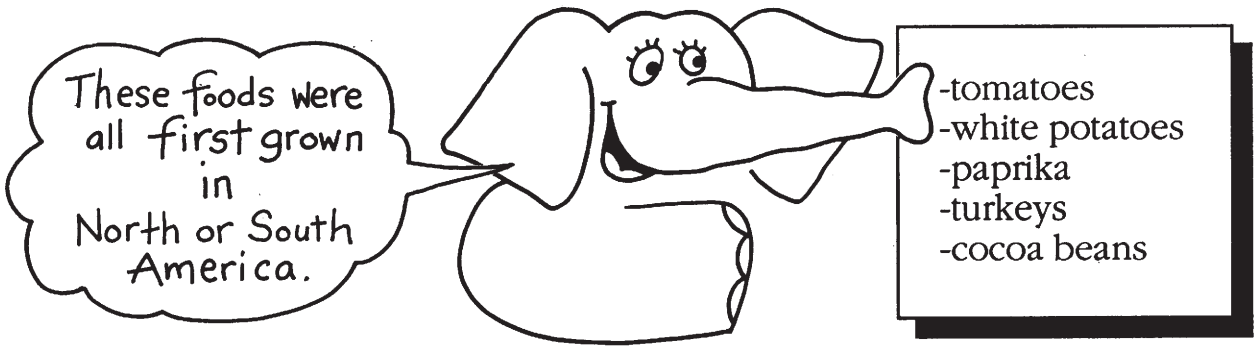
the food group of each ingredient in a taco by writing the correct food group letter(s) by each.

Native Americans Share

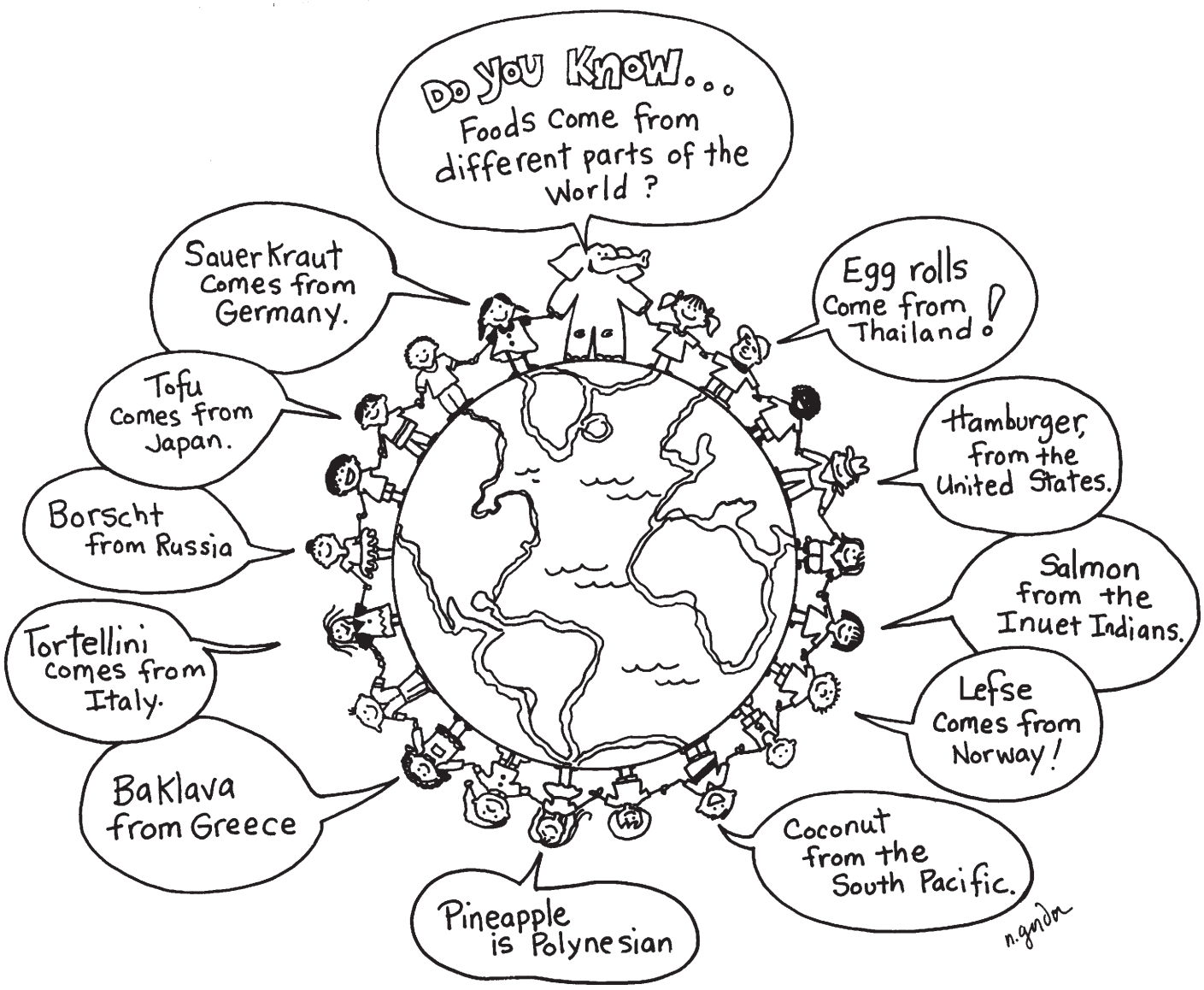
Many of the vegetables we eat today, such as corn, beans, and squash, were first grown by Native Americans many years ago. On the first Thanksgiving, the Indians shared their food with the pilgrims.

Name or draw Native American foods to fill the cornucopia.

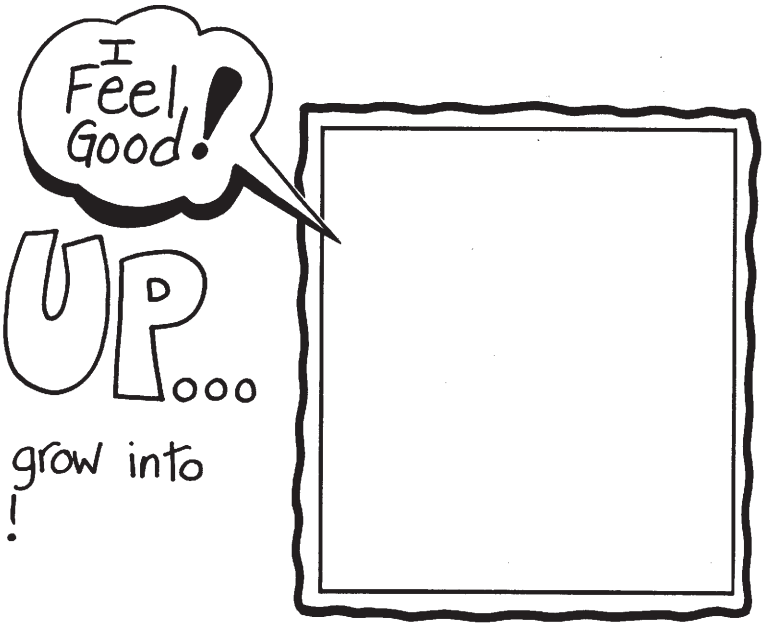
Where in the World



It is important to respect people from different nationalities, and try some of the foods they like to eat. One or more of these foods just might become a favorite of yours.
And, if you don't care for a certain food, you may politely say "no thank you".



When I Grow Up...



Eating healthfully will help me grow into a healthy adult!

I want to be

_____

_____

_____

Things I want to do

_____

_____

_____

_____

_____

_____

Places I want to go

_____

_____

_____

_____

_____

_____

You will always finish first when you eat healthy foods from all of the MYPYRAMID food groups and get plenty of exercise.
Go to these websites for more healthy information
www.MyPyramid.gov and www.healthysd.gov