



The Eagle Books



Stories have been used in the Native American culture for many years to pass down important history, traditions, and customs with future generations.

The four stories included in the **Eagle Books series** share important messages with young children about how to lead healthier lives. **The Eagle Books**, written for children ages 3 to 7, feature an eagle, a rabbit, and a coyote who share health messages with a young Native American boy named Rain That Dances.



The Eagle Books series contains the following health messages:

- Through the Eyes of the Eagle. (Health Promotion/Diabetes Prevention)
- Knees Lifted High. (Physical Activity)
- Plate Full of Color. (Nutrition)
- Tricky Treats. (Healthy Snacks)

Special thanks to the partners who contributed to the creation of this series:

Series author:
Georgia Perez,
Native American
Diabetes Program,
University of New Mexico

Series Illustrators:
Patrick Rolo and Lisa A. Fifield,
Minnetonka, Minnesota

For more information about the CDC Diabetes Program or to order the **Eagle Books series**, please visit www.cdc.gov/diabetes or call 877-CDC-DIAB.

Make an Eagle Book Bookmark

- 1. Print** the Bookmark.
- 2. Fold** the Bookmark

After printing, fold paper in half so that it is now 4.25" x 11".

- 3. Glue** or tape the page together and then trim off the white area.





The Eagle Books



Make an Eagle Book Bookmark

1. **Fill** in blank area as needed.
2. **Print** the Bookmark.
3. **Fold** the Bookmark

After printing, fold paper in half so that it is now 4.25" x 11".

4. **Glue** or tape the page together and then trim off the white area.

