

# Healthy Habits

Name: \_\_\_\_\_

Fill in the correct words to complete the sentences below.

To keep a healthy body and mind, you have to:

television body sleep naps hands mouth teeth food



Wash your  
\_\_\_\_\_

before each meal.



Cover your  
\_\_\_\_\_

when you sneeze.



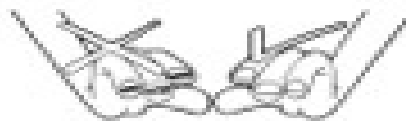
Brush your  
\_\_\_\_\_

after every meal.



Clean your  
\_\_\_\_\_

at least once a day.

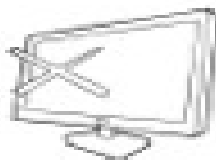


Keep your  
\_\_\_\_\_

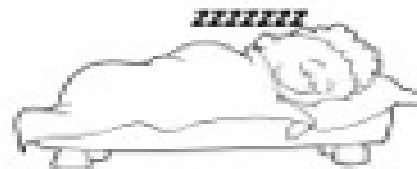
clean.



Eat healthy  
\_\_\_\_\_



Only watch a limited amount of  
\_\_\_\_\_.



Get enough \_\_\_\_\_.