

# 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 rate hands mouth teeth food



Wash your \_\_\_\_\_  
before each meal.



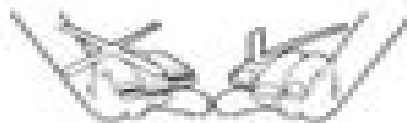
Cover your \_\_\_\_\_  
when you sneeze.



Brush your \_\_\_\_\_  
after every meal.



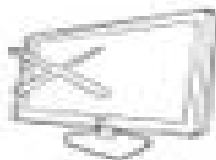
\_\_\_\_\_ your \_\_\_\_\_  
at least once a day.



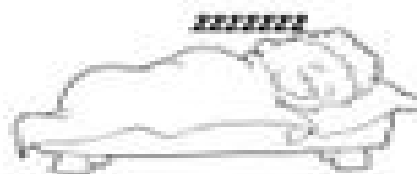
Keep your \_\_\_\_\_  
clean.



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



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



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