

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.



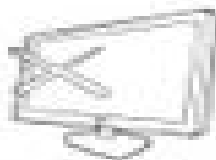
_____ your _____
at least once a day.



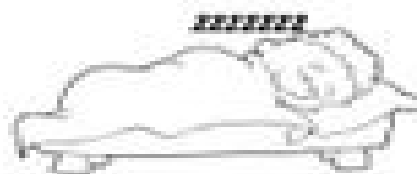
Keep your _____
clean.



Eat healthy _____.



Only watch a limited amount of _____.



Get enough _____.