

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.



ACHOO!
Cover your

when you sneeze.



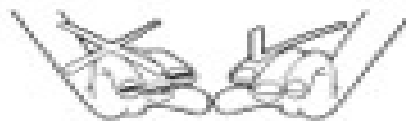
Brush your

after every meal.



Clean your

at least once a day.



Keep your

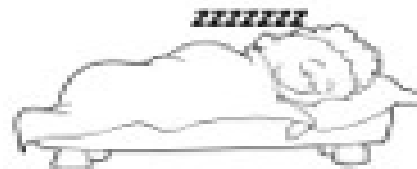
clean.



Eat healthy



Only watch a limited amount of
_____.



Get enough _____.