

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 nails 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.



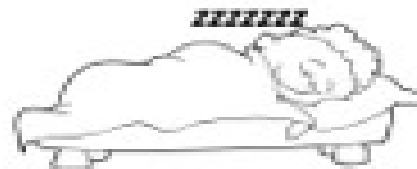
Keep your
clean.



Eat healthy
.



Only watch a limited amount of
.



Get enough
.