

# 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.



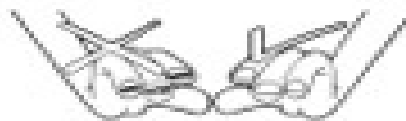
Cover your  
when you sneeze.



Brush your  
after every meal.



Clean your  
at least once a day.



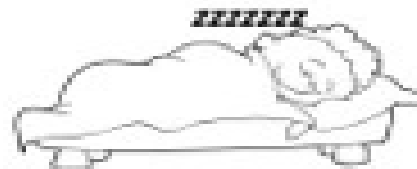
Keep your  
clean.



Eat healthy  
.



Only watch a limited amount of  
.



Get enough  
.