

Science Year 1

Keeping Our Body Healthy

We have learn that to keep our body healthy we need to eat healthy food and avoid unhealthy food.

Tick the Food that are healthy.

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With current situation as well, we need to keep ourselves clean all the time.

Which of the item below can clean our body?

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Exercise can also help us to maintain a healthy body. With the help from your parents. Match the name and its picture below. You also need to **read out loud** the name.

1.



Playing

2.



Running

3.



Cycling

4.



Swimming

5.



Dancing