

B O D Y

C A R E

**Fill in the blanks :**

Below are the things you can do to keep your body **clean**, **fit** and **healthy** :

before	clean	exercise	care	twice
enough	expiry	teeth	share	after

- ♥ Brush your \_\_\_\_\_ twice a day.
- ♥ Have a shower \_\_\_\_\_ a day.
- ♥ Always wash your hands \_\_\_\_\_ eating and \_\_\_\_\_ going to the toilet.
- ♥ Wear \_\_\_\_\_ clothes.
- ♥ Do not \_\_\_\_\_ personal items.
- ♥ Do not eat bad food or food which has passed its \_\_\_\_\_ date.
- ♥ \_\_\_\_\_ for at least one hour every day.
- ♥ Get \_\_\_\_\_ rest and sleep each day.
- ♥ Take good \_\_\_\_\_ of your eyes, ears and nose.