BODY CARE

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.

LIVEWORKSHEETS