



Unit 2: Healthy Habits

Should and shouldn't

<u>Steven</u>  Steven _____ smoke.	<u>Sophia</u>  Sophia _____ do exercise.	<u>Julia</u>  Julia _____ eat food with a lot of sugar.
<u>Phillip</u>  Phillip _____ wash his hands.	<u>George</u>  George _____ protect his body.	<u>Lilibeth</u>  Lilibeth _____ sleep at least 8 hours.
<u>Edward</u>  Edward _____ brush his teeth.	<u>Justin</u>  Justin _____ sleep late.	<u>Hailey</u>  Hailey _____ go to the dentist twice a year.
<u>Kylie</u>  Kylie _____ drink water.	<u>Kim</u>  Kim _____ wash the vegetables and fruits.	<u>Rob</u>  Rob _____ eat fast food.



Food pyramid

GRAIN GROUP		

VEGETABLE GROUP		

FRUIT GROUP		

MILK GROUP		

PROTEIN GROUP		



FIND THE WORDS IN THE WORD SEARCH AND THEN WRITE IT DOWN

F	E	R	T	Y	N	I	J	K	O
R	Y	M	E	L	O	N	S	I	A
U	I	H	S	M	I	L	K	W	P
I	U	J	B	T	N	D	E	I	P
T	O	M	A	T	O	W	C	C	L
G	W	E	N	R	G	W	A	R	E
H	M	E	A	T	M	A	K	I	H
J	C	L	N	A	E	G	G	C	S
K	H	K	A	B	U	T	T	E	R
Y	O	G	U	R	T	D	C	S	S

**YOU CAN DO IT
EVERYTHING IS POSSIBLE!!!**