

# Let's learn about healthy habits!

Please watch the video and answer the questions.

## Part 1:

What are the 7 healthy habits?

1. Eat \_\_\_\_\_ and vegetables.
2. Do \_\_\_\_\_.
3. Sleep for \_\_\_\_\_ or more hours.
4. Practice good \_\_\_\_\_.
5. Have good \_\_\_\_\_.
6. Calm your \_\_\_\_\_.
7. Believe in \_\_\_\_\_.



## Part 2:

What are some examples of fruits?

1. Banana
2. Strawberry
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What are some examples of vegetables?

1. Broccoli
2. Spinach
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Part 3:

What sport do you play?

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How long do you sleep?

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## Part 4:

What are some examples of good hygiene?

1. Wash your \_\_\_\_\_ for \_\_\_\_\_ seconds
2. Brush your \_\_\_\_\_ in the morning and at night
3. Have a \_\_\_\_\_ every day

How can you calm your mind?

1. Listen to relaxing \_\_\_\_\_
2. Take deep \_\_\_\_\_
3. Practice \_\_\_\_\_

