

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?

How long do you sleep?

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 _____

