

Caring for My Body

1. Click on the pictures that show proper caring for your body.



bathing regularly



Staying up late every night



brushing your teeth after meals



eating junk food



wearing your face mask under the nose



exercising regularly



keeping an untidy bedroom



eating lots of sweets

2. Write two things that you should do to care for each of the following parts of the body.

a) hair

1.

2.

b) skin

1.

2.

c) teeth

1.

2.

3. Choose any one of the bad habits seen in the pictures above. Write one advice you would give to the person to help them in taking better care of their body.