ENGLISH VOCABULARY
HEALTHY HABITS

Write the letter of the definition next to the correct word



WORD	DEFINITION
1. Drink water ___	A. This gives your body vitamins and can be an apple, a banana, or an orange.
2. Exercise ___	B. You should do this every morning to clean your teeth.
3. Get enough sleep ___	C. You should not eat too much of this because it is usually high in sugar, salt, or fat.
4. Eat vegetables ___	D. You should do this before eating and after using the toilet.
5. Brush your teeth ___	E. This meal is the first one you eat in the morning.
6. Wash your hands ___	F. You should do this before going outside on a sunny day to protect your skin.
7. Eat fruit ___	G. This helps your muscles before or after exercise.
8. Avoid junk food ___	H. This helps your body stay strong. You can run, swim, or play sports.
9. Stretch ___	I. Your body needs this every day so you don't get thirsty.
10. Wear sunscreen ___	J. Carrots, broccoli, and spinach are examples of this healthy food.
11. Relax ___	K. You can listen to music, read a book, or take deep breaths to do this when you feel stressed.
12. Have breakfast ___	L. This helps your body rest and feel ready for a new day.

LIVEWORKSHEETS