Name……Class……No……

Good Habits

Enough sleep

Everyone needs rest and sleep. Children should have ten hours of sleep every night. They will be fresh and active.

Good hygiene

Washing hands and taking a shower prevents bacteria and other germs from growing. We should keep our bodies clean.

Healthy food

Good nutrition is a foundation of well-being. Eat proteins, carbohydrates, fats and oils, vitamins and minerals. They give us energy to do everything.

Daily exercise

Exercise makes blood move around the body and to the brain. We should exercise at least 30 minutes and drink enough water every day. It keeps the body strong and healthy.

Medical check-up

People will be healthy if they have a check-up every year. The doctors will advise them how to take care of themselves.

LIVEWORKSHEETS