Science Year I

Keeping Our Body Healthy

We have learn that to keep our body healthy we need to eat healthy food and avoid unhealthy food.

Tick the food that are healthy.



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With current situation as well, we need to keep ourselves clean all the time.

Which of the item below can clean our body?



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LIVEWORKSHEETS

Science Year I

Exercise can also help us to maintain a healthy body. With the help from your parents. Match the name and its picture below. You also need to **read out loud** the name.

1. 

Playing

2. 

Running

3. 

Cycling

4. 

Swimming

5. 

Dancing

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