

Healthy Habits

Grade 2

1. What is one thing you can do to stay healthy?

a. Exercise

b. eat junk food

c. watch t.v.

2. Which one is not a healthy food?



3. Which is one way you can exercise?



Label the Food Pyramid.

Grains & Cereals

Fruits

Dairy

Vegetables

Fats, Oils & Sweets

Protein

