



## ACTIVITY 3 Healthy Feet

Read the following and fill in the blanks.

disease

hygiene

nails

barefoot

clippers

high heel

socks

size

material

### 8 WAYS to protect your feet



1. Always cut and trim toe \_\_\_\_\_.
2. Do not share nail \_\_\_\_\_.
3. Avoid nail fungal \_\_\_\_\_.
4. Practice good foot \_\_\_\_\_.
5. Avoid walking \_\_\_\_\_ outside the house.
6. Wear good quality \_\_\_\_\_ to protect your feet.
7. Choose comfortable and suitable \_\_\_\_\_ and \_\_\_\_\_ of your shoes.
8. Avoid wearing \_\_\_\_\_ shoes.

