



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.

