



Healthy Habits Worksheet WH?

Instructions: Read the 3 stories below and answer the questions.
Read the stories and the questions carefully!



Story A: Eating fruits and vegetables is a good way to stay healthy. Fruits and vegetables contain lots of vitamins and nutrients your body needs to stay strong. The Canada Food Guide recommends that $\frac{1}{2}$ of your plate at each meal should be fruits or vegetables. You should eat fruits and vegetable with every meal. You can also eat them as a snack. Eating fruits and vegetables builds up your immune system so that you don't get sick. Start eating more fruits and vegetables today!

Questions:

1. What is a good way to stay healthy?
2. What are 2 things found in fruits and vegetables? (pick 2)
nutrients water vitamins $\frac{1}{2}$ plate
3. It is only important to eat vegetables every day. True False
4. How much of your plate should be fruits and vegetables? $\frac{1}{2}$ $\frac{1}{4}$ all
5. When should you eat fruits and vegetables?
6. Why should you eat fruits and vegetables?
7. When should you start eating more fruits and vegetables? (pick 1)
yesterday today tomorrow tonight
8. You can NOT eat fruits and vegetables as a snack. True False



Story B: Washing your hands is an important way to stay healthy during flu season. The flu is often spread by touching places where sick people have been. Washing your hands is one of the best ways to protect yourself from getting the flu. To do a good job of cleaning your hands use an antibacterial soap and wash for at least 20 seconds. If you don't want to get the flu – make sure to wash your hands often!



Questions:

1. What illness can you prevent by washing hands? flu cancer diabetes
2. How is the flu spread?
3. What is the best way to protect yourself from the flu?
4. You should use antibacterial soap to wash your hands. True False
5. How long should you wash your hands? 2 minutes 20 seconds



Story C: Many people believe drinking alcohol is bad. But some doctors say that drinking a small glass of red wine every day is good for your health. There are some scientific studies that show drinking one small glass of red wine each day is good for your heart health. Drinking red wine can reduce stress because it relaxes people. Remember if you drink wine - don't drive!

Questions:

1. Many people believe drinking a lot of wine is good? True False
2. What do some doctors believe?
3. How much wine every day is good for you? small glass big glass
4. Drinking a small glass is good for your heart health. True False
5. Why can drinking red wine reduce stress?
6. When should you NOT drink?