

# Health and Family Life

Directions: Look at the foods below they are healthy foods.

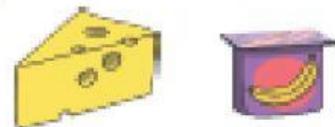
## Healthy Foods I Spy Checklist

Count each types of healthy food you can see, and write the numbers in the boxes.

fruit



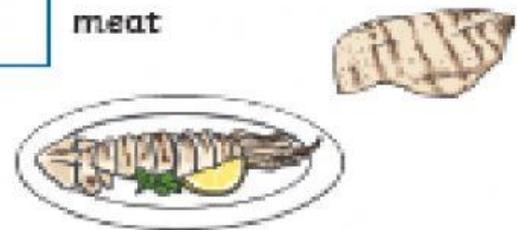
dairy foods



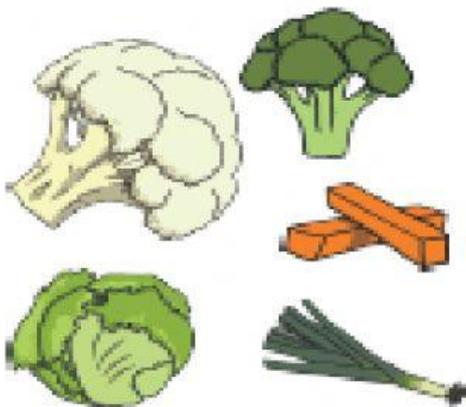
eggs



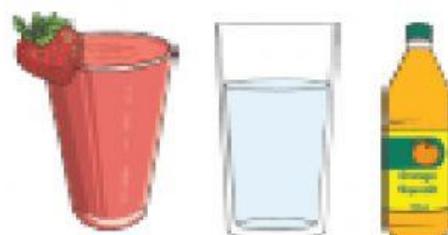
meat



vegetables



drinks



# Healthy or Unhealthy

Tick the right box for each question.



Wash under your arms.

- healthy  
 unhealthy



Squeeze your pimples.

- healthy  
 unhealthy



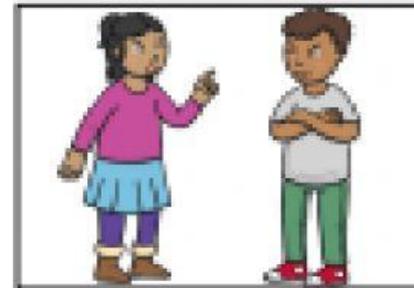
Eat fruit and vegetables.

- healthy  
 unhealthy



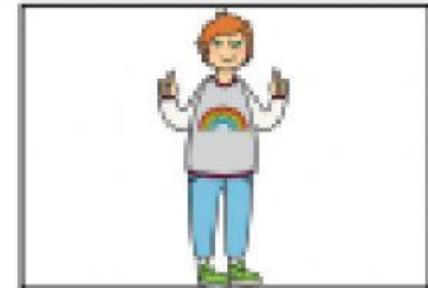
Have friendships with boys and girls.

- healthy  
 unhealthy



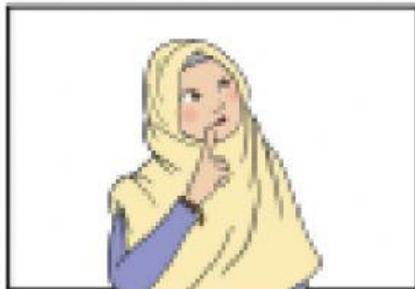
Scream at everyone to help your bad mood.

- healthy  
 unhealthy



Feel good about who you are.

- healthy  
 unhealthy



Ask questions if you are confused.

- healthy  
 unhealthy



Tease people about their body.

- healthy  
 unhealthy

