



All about my body I take care...

1 Classify.

Healthy food	Unhealthy food



2 Are these healthy habits? Listen. Write: It's a healthy habit or **It's an unhealthy habit.**

 

 

 

3 Write and match.

I eat _____ food.

I _____ my hands.

I do _____ every day.

I _____ a lot of water.



4 Listen and repeat.

           

5 How do you take care of your body? Write two examples and say.



I brush my teeth after every meal.
I do exercise.
I eat healthy food.

YOU:	