

Name _____

Health and Hygiene

Cut and paste each phrase on the correct list.

Your body is strong and healthy.
You want it to stay that way.
There are certain things that
You should do each day.



Healthy practices:

Unhealthy practices:



A. keep your hands clean

C. wear dirty clothes

E. exercise your body

G. get enough rest

I. stay up late every night

K. eat with dirty hands

B. eat lots of junk food

D. forget to brush your teeth

F. wear clean clothes

H. read in a dimly lit room

J. cover coughs with your hand

L. eat balanced meals