

Unit 3: HEALTHY BODIES Interactive Worksheet

HEALTHY HABITS

By TeacherMónica

Match:

eat vegetables

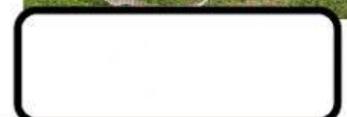
do exercise

eat fruit

drink milk

wear protections

sit properly



Choose good for bones



milk



fish, meat
and eggs



stretch



protections



yogurt



sit
properly