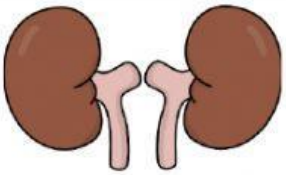
My Healthy Routine

Use the vocabulary words to fill in the blanks in the reading below.

			
stomach	lungs	heart	kidneys
			
veins	bones	muscles	brain

I like to stay healthy. I do exercise to help the (1)_____ in my arms. I like to run. This helps my (2)_____ to pump better and my (3)_____ to breath better. I drink lots of water. This helps my (4)_____ to filter my system better. I eat lots of fruits and vegetables. This helps the blood circulate better in my (5)_____. I drink milk which has calcium that helps my teeth and (6)_____. I eat regular meals. This helps my (7)_____ to digest food well. Finally, I study and read. This helps my (8) _____.

