

Healthy Foods & Habits

Name: _____

1. Choose the foods that are healthy.



2. Say whether the following are healthy or unhealthy habits.

❖ I do not brush my teeth every day. _____



❖ I drink lots of water. _____



❖ I exercise every day. _____



❖ I go to sleep late every night. _____



❖ I bathe every day. _____

