Food, body, and care



Keep your body clean fit and healthy. Brush your teeth. Shower twice a day. Always wash your hands. Do not eat unhealthy food. Exercise for twenty minutes a day. Get rest and sleep. Put a little toothpaste on your toothbrush. Rinse with water. Brush the outside part of your teeth. Brush the tops, then brush the insides. Brush your tongue so you have a nice breath.



Wash our body with soap. Wash our hands before eating. Wear the clean clothes. Do not share toothbrushes. Do not eat unhealthy food. Exercise to keep our body strong. Our eyes help us to see. Our ears help us to hear. We must take care of them. Our nose helps us to smell. Use a tissue to gently wipe your nose.

LIVEWORKSHEETS

Click on the correct answer.

1. We need to keep our body _____.
a. clean b. tired c. smelly

2. We also need to keep our body _____.
a. fat b. unhealthy c. healthy

3. We must brush our _____ twice a day.
a. eyes b. ears c. teeth

4. We also must take shower _____ times a day.
a. ten b. twenty c. twice

5. We must rest and _____ everyday to keep our body healthy.
a. awake b. sleep c. sing

Click and drag the correct answer to the correct picture:

soap	vegetables	milk	shampoo	exercise
sleep	toothbrush	tissue	face mask	hands



LIVEWORKSHEETS