

Good Habits Passage and Questions

Name: _____ Date: _____

Instructions: Read the passage, then answer the questions that follows

Good habits are actions or behaviours that we do regularly to stay healthy and happy. They help us take care of ourselves and make our lives easier. Some examples of good habits include brushing your teeth every day, washing your hands before meals, eating healthy food, and getting enough sleep.

One of the most important good habits is staying active. Exercise helps our muscles and bones grow strong. It also keeps our hearts healthy. Even if it's just a walk or playing a sport, moving your body every day is important.

Another good habit is eating a balanced diet. This means eating different types of food, like fruits, vegetables, grains, and proteins. When we eat a variety of foods, our bodies get all the nutrients they need to stay strong and fight off sickness.

Getting enough sleep is also a good habit. Sleep helps our brains and bodies rest and recover. When we sleep well, we can think clearly, concentrate better, and feel more energetic the next day.

Good habits help us feel better and lead healthier lives. They can also help us do better in school, at home, and in our communities. The key to building good habits is practicing them every day.

Comprehension Questions

1. What are good habits? _____
2. List two examples of good habits mentioned in the passage: _____
3. Why is exercise important for our health? _____
4. What does it mean to eat a balanced diet? _____
5. How does sleep help us? _____
6. Why is it important to practice good habits every day? _____