

☐ Eating fruits and _____ gives us vitamins. 🍎

☐ Exercise makes our _____ happy. ❤️

☐ We should move our body every _____. 🧘

☐ Children need at least eight or nine _____ of sleep. 😴

☐ It's important to drink _____ every day. 💧

☐ We should brush our _____ twice a day. ☐

☐ Washing our hands before eating keeps us _____. 🧼

☐ Healthy habits make us strong, _____, and ready to learn. 😊