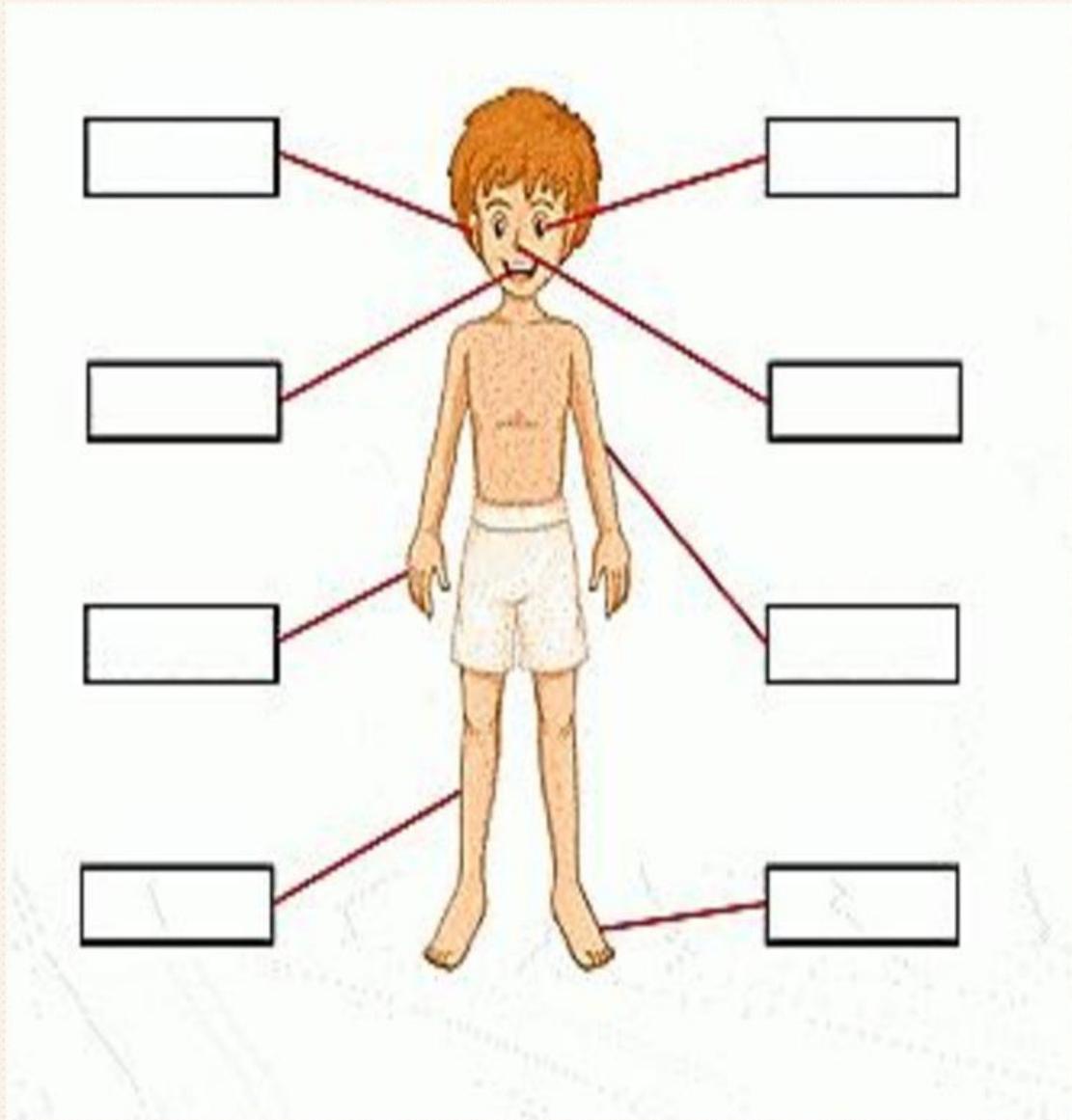


HEALTH HABITS

1. Mention five parts of the body. _____ , _____ , _____ , _____ , _____ .
2. Sing the song of parts of the body.
3. Carefully label the parts of the body.



4. Exercise is the way we _____ our body.

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5. Give three examples of exercise. _____, _____ and _____.



6. Say three importance of exercise to our body. _____, _____ and _____

7. Exercise is _____ for the body (a) bad (b) good

8. It is _____ to bath morning and night (a) good (b) bad

9. A doctor _____ people who are sick or injured. (a) fight (b) treats

10. _____ is an example of an exercise (a) stealing (b) swimming

11. Playing football is an exercise (a) yes (b) no

12. The following are examples of a sporting activity except.

(a) jumping (b) eating (c) jogging.

13. _____ your hands before eating.

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14. Say the proper way to use the toilet from the pictures below



15. I take care of my nails by _____ (a) trimming it (b) eating it.