



Healthy Habits Worksheet #1

Instructions: Read the 3 stories below and answer the questions.
Read the stories and the questions carefully!



Story A: Eating fruits and vegetables is a good way to stay healthy. Fruits and vegetables contain lots of vitamins and nutrients your body needs to stay strong. The Canada Food Guide recommends that adults eat at least 5 servings of fruits or vegetables every day. You can eat fruits and vegetable with your meal or as a snack. Eating fruits and vegetables builds up your immune system so that you don't get sick. Try eating more fruits and vegetables today!

Questions:

1. What is the topic of the reading?
2. What is the main idea?
3. It is only important to eat vegetables every day.
4. What do fruits and vegetables contain a lot of?
5. How many servings of fruits and vegetables does the Canada Food Guide recommend you eat every day?
6. You can only eat fruits and vegetables as a snack.
7. What system does eating fruits and vegetables build up?
8. If you have a strong immune system you don't get sick.



Story B: Washing your hands is an important way to stay healthy during flu season. The flu is often spread by touching places where sick people have been. Washing your hands is one of the best ways to protect yourself from getting the flu. To do a good job of cleaning your hands use an antibacterial soap and wash for at least 20 seconds. If you don't want to get the flu – make sure to wash your hands often!

Questions:

1. What is the topic?
2. What is the main idea?
3. How is the flu often spread?
4. What kind of soap should you use?
5. How long should you wash your hands?

Story C: Many people believe drinking alcohol is bad. But some doctors say that drinking a little bit of red wine every day is good for your health. There are some scientific studies that show drinking one glass of red wine each day is good for your heart health. Drinking red wine also relaxes people – which is good for reducing stress. As long as you don't drink and drive, having a glass of red wine once in a while might be good for you!

Questions:

1. What is the topic?
2. What is the main idea?
3. Only doctors think alcohol is bad for you.
4. Red wine is good for your heart health.
5. How many glasses of red wine each day is good for you?
6. Drinking red wine increases stress.