

Monday May 31<sup>st</sup>, 2021

### Practice for short test

Complete the chart about healthy habits.

sleep – eating well – wash your hands – exercise – sunscreen – check up – brush your teeth – life jacket

Eating different types of food.	It keeps your heart, bones and muscles healthy.	It helps your brain understand what you learn during the day.	It helps you not get a cavity.	It makes sure you are healthy.	It helps you to be free from germs in your hands.	It will help you to float if you fall into the water.	It will keep your skin safe from the sun.