

Science Year 1

## Keeping Our Body Healthy

We have learn that to keep our body healthy we need to eat healthy food and avoid unhealthy food.

Tick the food that are healthy.



With current situation as well, we need to keep ourselves clean all the time.

Which of the item below can clean our body?



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Exercise can also help us to maintain a healthy body. With the help from your parents. Match the name and its picture below. You also need to read out loud the name.



Playing



Running



Cycling



Swimming



Dancing