

Name: _____ [Big Science 2]UNIT 2: BODY AND HEALTH

Class: _____ What can I do to stay healthy?

I. Tick the healthy food (✓):

Eat healthy food to stay healthy

lollies		avocado	
watermelon		pizza	
vegetables		strawberries	
coke		broccoli	
salmon		donuts	
carrots		hotdog	
cake		banana	

II. Drag and drop:

Do exercises to stay healthy

ride a bike	swim	jump rope	play soccer	run
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III. Drag and drop:

What can I do to stay healthy?

Think about clothes you wear	Keep clean	Do exercises	Be happy	Eat healthy food	Rest and sleep
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