

✓ Healthy habit number one:   every morning

A good breakfast includes  from many different groups like , vegetables, and grains.

✓ Healthy habit number two: eat

The American Health Association suggests eating  two times each week.

✓ Healthy habit number three: make social

Being involved in a group  your mind busy.

An  mind is a  mind!

# Healthy Habits



LIVEWORKSHEETS