

Name: _____

Subject: IDU



Topic: Keeping bones and muscles healthy

You can keep your bones and muscles strong and healthy by exercising every day. You can get exercise by walking, running, playing or swimming. Food gives you energy to work and play. It also helps you grow. To stay healthy, you need to eat certain kinds of food every day (e.g. fruits and vegetables) and drink lots of water.



Choose the correct answer:

1. How can we keep our bones and muscles strong and healthy? _____

2. What give us energy to work and play? _____

Choose the word from the box that matches the picture to show how to stay healthy.

wash
hands

rest

brush
your
teeth

exercise

eat
healthy
food

