

Caring for My Body

1. Click on the pictures that show proper caring for your body.



bathing regularly



Staying up late
every night



brushing your
teeth after meals



eating junk food



wearing your
face mask
under the nose



exercising
regularly



keeping an
untidy bedroom



eating lots of
sweets

2. Write two things that you should do to care for each of the following parts of the body.

a) hair

1.
2.

b) skin

1.
2.

c) teeth

1.
2.

3. Choose any one of the bad habits seen in the pictures above. Write one advice you would give to the person to help them in taking better care of their body.