HEALTHY HABITS

Protecting your body is very important. To protect your body, your body needs to be clean. When your body is dirty, you can get sick.
It's very important for you to wash your hands and to brush your teeth every day.

People have millions of microbes on their hands. Some microbes aren't dangerous but some microbes are dangerous. It's very important to wash your hands after you go to the toilet, before you touch food or after you touch dirty things.

Your teeth are very important for you to eat. You need to keep your teeth healthy. There are lots of microbes in your teeth. These microbes can damage your teeth. These microbes love sugar and when you eat sugar they can make your teeth unhealthy. For this reason it isn't a good idea to eat a lot of sugar. You need to brush your teeth to keep your teeth clean. You need to brush your teeth every day. Also, it is very important to go to the dentist every year. The dentist can help you to keep your teeth healthy.
Wash your hands and brush your teeth to be healthy.

LIVEWORKSHEETS

ActiVty 1. Answer the questions

1.- Does your body need to be clean or dirty ?

_____.

2.- Can you get sick when your body is dirty ?

_____.

3.- Are all the microbes dangerous ?

_____.

4.- Are your teeth important for you ?

_____.

5.- How often do you need to brush your teeth ?

_____.

6.- Is it important to go to the dentist ?

_____.

ActiVity 2. Correct the mistakes

1.- It isn't important to protect your body.

_____.

2.- You can't get sick when your body is dirty.

_____.

LIVEWORKSHEETS

3.- There aren't microbes on your hands.

_____.

4.- Your teeth aren't important for you to eat.

_____.

5.- You don't need to keep your teeth healthy.

_____.

ActiVity 3. Write TRUE or FALSE

1.- You don't need to brush your teeth every day. _____

2.- The dentist can help you to keep your teeth healthy. _____

3.- You should wash your hands after you go to the toilet. _____

4.- Your teeth aren't important for you to eat. _____

5.- When your body is dirty, you can get sick. _____

LIVEWORKSHEETS

Activity 4. Complete

microbes – teeth – dentist – wash - sugar

1.- We have millions of_____on our hands. 2.- We can't eat a lot of_____.

3.- You need to brush your_____every day.

4.- You need to_____your hands before you touch food.

5.- The_____can help you to keep your teeth healthy.

LIVEWORKSHEETS