

# Vocabulary

# Healthy Habits

A. Read the words and then label the pictures.

iron my clothes

pack my schoolbag

Check my calendar

floss my teeth

take a shower

eat breakfast

Sleep 8 hours

work out



# Word Power

B. Write the words in the chart. Then add two more of your own in each category.

brush your teeth - fruit - go for a walk - go to bed early  
ride a bike - happy - successful - vegetables

## Exercise

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## Eat Good Foods

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## Healthy Habits

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