



Name:

Match:



Posture

Hygiene



Exercise

Healthy diet



Rest

Fill in the gaps.

To grow healthy and strong we need to:

sleep diet hygiene exercise

- eat a balanced _____ .

- do physical _____ .

- _____ for ten hours a day.

- have good personal _____ .

Match:

Proteins.

They give our body the nutrients it needs to grow



Vitamins and minerals.

They keep our body working properly and help prevent illnesses.



Carbohydrates and fats.

They give our body the nutrients it needs to stay active.



Circle what activity is good for your health:

Watching TV

Brush your teeth

Play in the park

Eat sweets and fats

Sleep for 7 hours

Not playing any sport or exercise