

ENGLISH VOCABULARY

HEALTHY HABITS

Write the letter of the definition next to the correct word



WORD

DEFINITION

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|--------------------------|--|
| 1. Drink water ____ | A. This gives your body vitamins and can be an apple, a banana, or an orange. |
| 2. Exercise ____ | B. You should do this every morning to clean your teeth. |
| 3. Get enough sleep ____ | C. You should not eat too much of this because it is usually high in sugar, salt, or fat. |
| 4. Eat vegetables ____ | D. You should do this before eating and after using the toilet. |
| 5. Brush your teeth ____ | E. This meal is the first one you eat in the morning. |
| 6. Wash your hands ____ | F. You should do this before going outside on a sunny day to protect your skin. |
| 7. Eat fruit ____ | G. This helps your muscles before or after exercise. |
| 8. Avoid junk food ____ | H. This helps your body stay strong. You can run, swim, or play sports. |
| 9. Stretch ____ | I. Your body needs this every day so you don't get thirsty. |
| 10. Wear sunscreen ____ | J. Carrots, broccoli, and spinach are examples of this healthy food. |
| 11. Relax ____ | K. You can listen to music, read a book, or take deep breaths to do this when you feel stressed. |
| 12. Have breakfast ____ | L. This helps your body rest and feel ready for a new day. |