

Name: _____

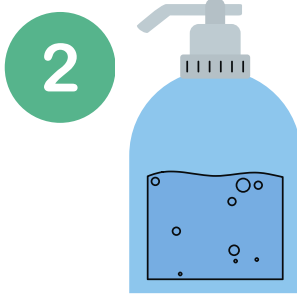
Date: _____

Tools to keep us healthy

There are many everyday tools to help keep different parts of our body healthy. Fill in the missing letters below.



t _ _ th
_ _ _ sh



ha _ _
s _ _ p



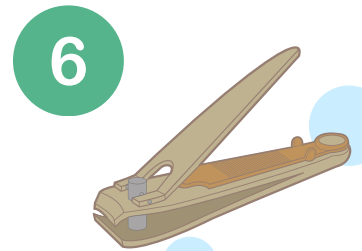
f _ ce
lo _ _ _ _



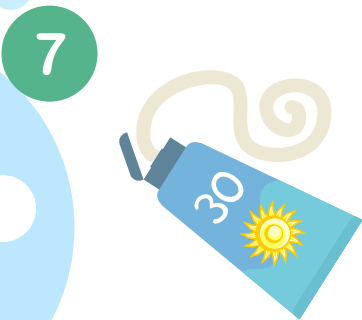
h _ _ _
br _ sh



t _ _ _ ues



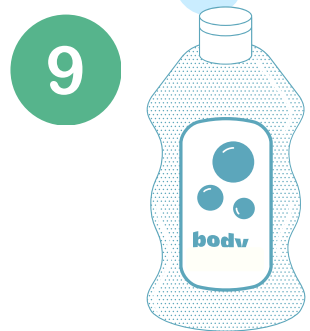
n _ _ l
cl _ pp _ _



su _
bl _ _ _



sh _ _ p _ _



b _ d _
wa _ _ _



Name: _____

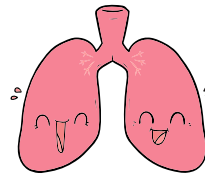
Date: _____

Understanding our body



Fill in each blank with the correct word.

face	mouth	skin and body	brain
heart	lungs	hair	hand



Make sentences with the help of the pictures. Start each sentence with

"I useto"



1



2

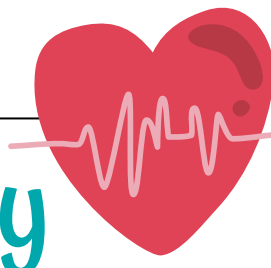


3



Name: _____

Date: _____

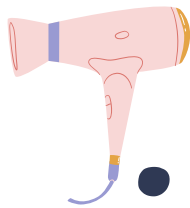


Health tools and our body

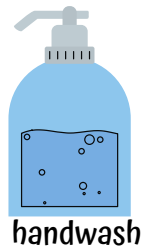
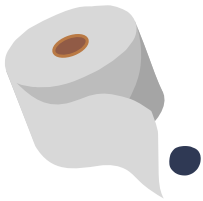
How do you use the health tools below? Draw a line from the health tools to the body parts. One has been done as an example.



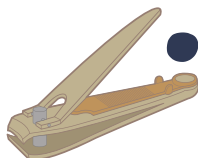
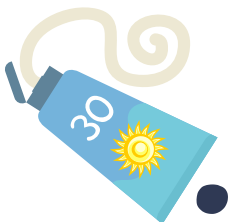
facial cleanser



shampoo



handwash



Body lotion

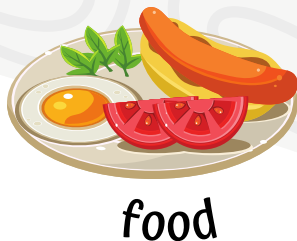


Name: _____

Date: _____

Ways to take care of your body

Our bodies tell us what we need. Match the following pictures, then write a sentence about each pair of pictures. The first sentence has been done as an example.



1 When we feel weak, we should do more exercise to make us stronger.

2 When we are _____, we should _____

3 _____

4 _____



Name: _____

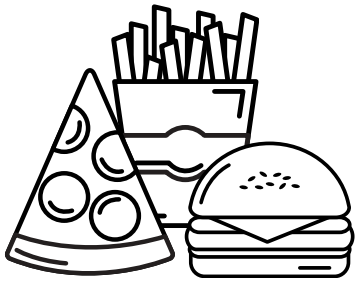
Date: _____

Healthy or unhealthy habits?



Fill in the missing words. Then color all the pictures that show healthy habits. You can use the words in the word bank to help you.

- teeth
- active
- water
- inactive
- late
- vegetables
- junk
- early
- bath



eat _____
_____ food



brush my _____



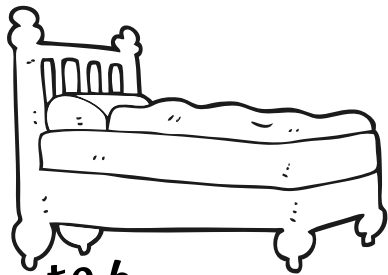
eat more



take a _____



drink more



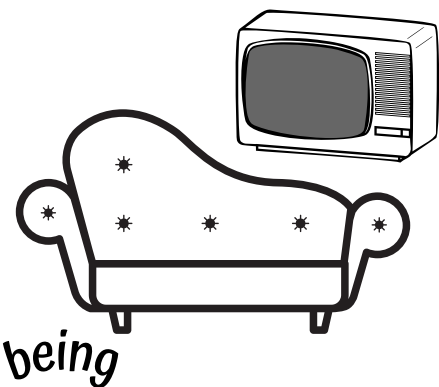
go to bed



being _____



stay up

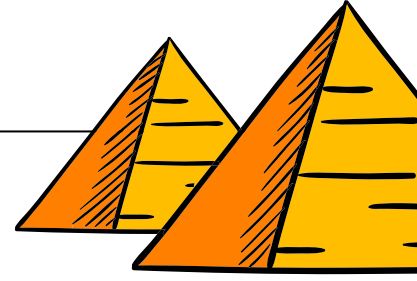


being _____



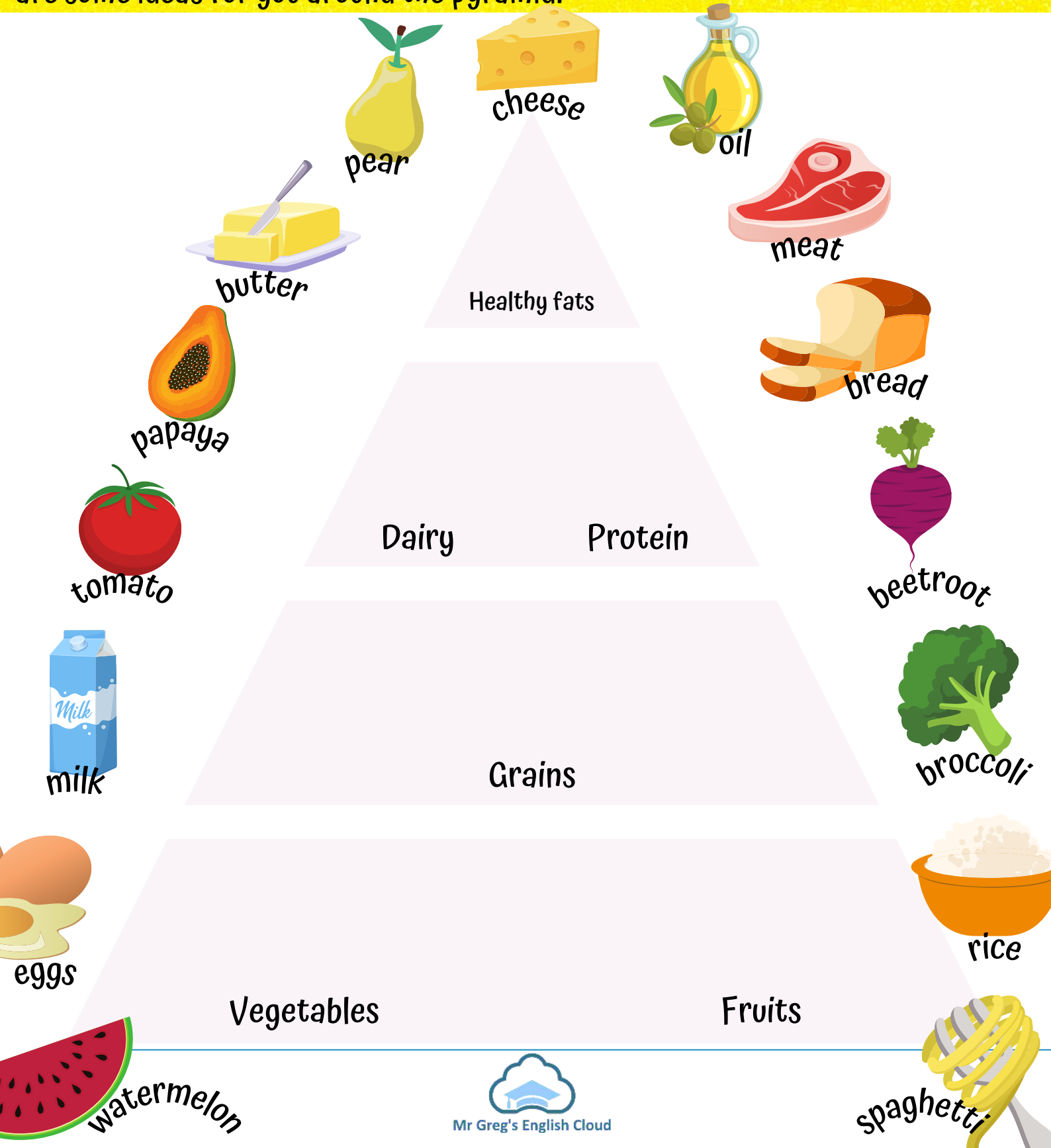
Name: _____

Date: _____



Food Pyramid

We need a balanced diet to keep our body healthy and strong. **DRAW** or **WRITE** examples of food items that belong to each category in the food pyramid. There are some ideas for you around the pyramid.



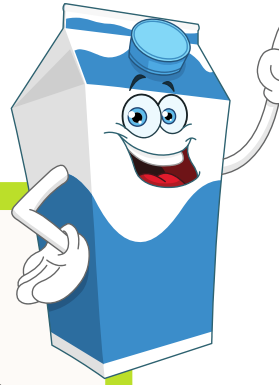
Name: _____

Date: _____

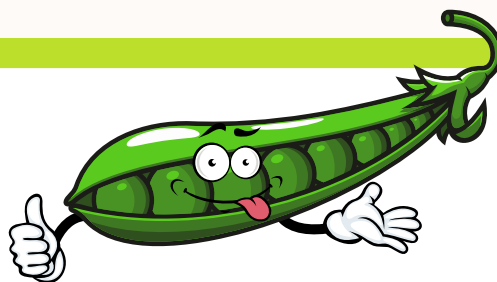
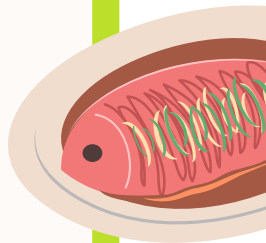
Healthy Food Search

Can you find 8 healthy food items below that keep us strong and healthy?

Watch out for words spelled backwards and avoid any junk food!



E	M	I	L	K	W	H	N	I
S	S	B	E	A	N	S	O	C
U	T	R	T	N	C	I	O	E
N	O	S	T	A	T	F	D	C
C	R	A	U	H	A	O	L	R
H	R	T	C	A	E	S	E	E
I	A	U	E	O	M	E	S	A
P	C	A	N	D	Y	T	Y	M
S	E	S	A	N	A	N	A	B




Name: _____


Date: _____

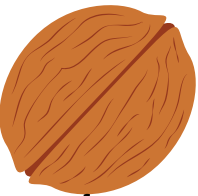


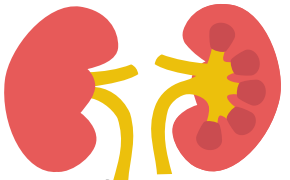
Did you know?!

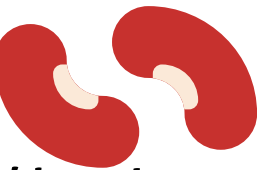
Did you know that some food items are especially good for the body parts they resemble? Interesting, right? Now what are the following food items good for? Match them!

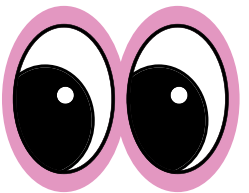
1  •
blueberries


• 
brain

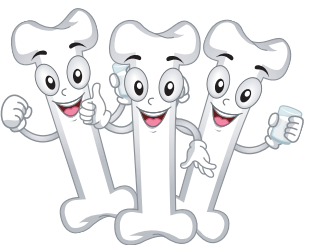
2  •
walnut

• 
kidneys

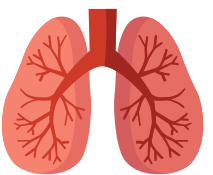
3  •
kidney beans

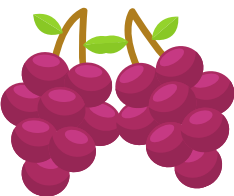
• 
eyes

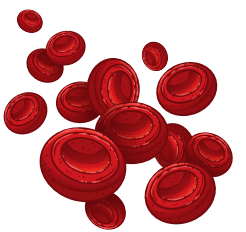
4  •
onions

• 
bones

5  •
celery

• 
lungs

6  •
grapes

• 
body cells