

Name: _____

HEALTHY/ UNHEALTHY LIFE

1. Write the name of the food. Put the words under the correct heading: **HEALTHY/UNHEALTHY**







				HEALTHY FOOD	UNHEALTHY FOOD
1.	2.	3.	4.		
					
5.	6.	7.	8.		
					
9.	10.	11.	12.		
					
13.	14.	15.	16.		
					
17.	18.	19.	20.		

MUSCLES BUTTER APPLE HAMBURGER NUTS (HAZELS) KETCHUP OLIVE OIL HOT DOG
 CARROTS BISCUITS EGGS CHOCOLATES FISH FRIED EGGS WATER MEAT
 WATERMELON CHERRIES GRAPES FRENCH FRIES

2. 1. Say what habits are healthy (H) or Unhealthy (U). Write H/U after the sentences.
 2. Put the number of the sentence in the heart.

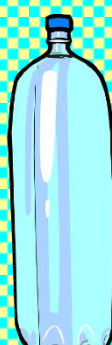
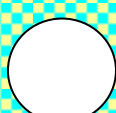
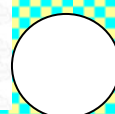
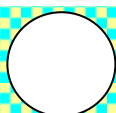
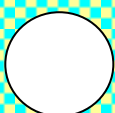
HEALTHY / UNHEALTHY HABITS

- CUT DOWN ON SALT
- BRUSH YOUR TEETH
- GO JOGGING
- SLEEP 12 HOURS A DAY ...
- GIVE UP SMOKING
- WALK
- HAVE FIZZY DRINKS
- DO YOGA
- WORK LONG HOURS
- EAT JUNK FOOD
- EXERCISE
- SUNBATHE AT MIDDAY

	Always	Usually	Often	Sometimes	Never
<p>Wash your hands before eating?</p> 					
<p>Eat fruit?</p> 					
<p>Exercise?</p> 					
<p>Eat fast food?</p> 					
<p>Practice a sport?</p> 					
<p>Brush your teeth?</p> 					
<p>Drink water?</p> 					
<p>Eat vegetables?</p> 					
<p>Go jogging?</p> 					
<p>Drink fizzy drinks?</p> 					

Name these healthy habits.



Word bank

1. Play
2. Do exercise
3. Drink water
4. Sleep well
5. Eat well
6. Wash

Fill in the gaps.

1. D_ ex_r_ie

2. W_s_

3. D_l_k W_t_r

4. E_t _el_

5. _l_y

6. _le_p W_l_

Fill in the gap with the missing word.



Sam likes to



Adam likes to _____ his face every morning.



Ben and Sally like to



Emma likes to _____ hopscotch with her friends.

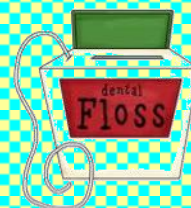
1. _____ A person who treats and checks teeth.
2. _____ The hardest substance in your body
3. _____ Large back teeth used for grinding your food
4. _____ Soft, strong thread used to clean between the teeth
5. _____ A soft, sticky, whitish film attached to tooth surfaces
6. _____ A brush for cleaning the teeth
7. _____ The part of the tooth below the gums
8. _____ A hole in the tooth caused by tooth decay
9. _____ The pink tissue at the bottom of teeth
10. _____ A paste for cleaning teeth

II. The first teeth that grow are called _____
 12. We should brush our teeth _____ eating.

Molars	Root	Floss
Gums	Dentist	Enamel
Plaque	Toothbrush	Cavity
Toothpaste	Milk teeth	after

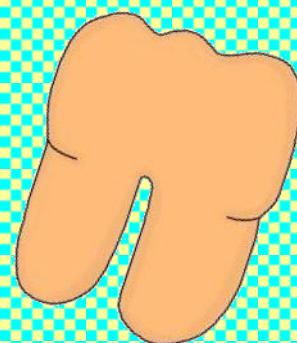
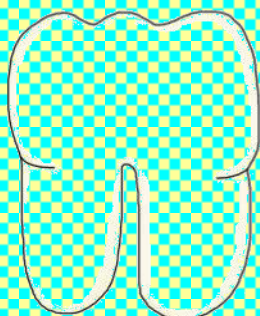
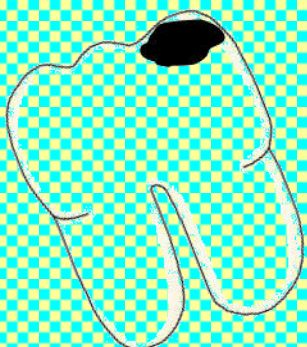
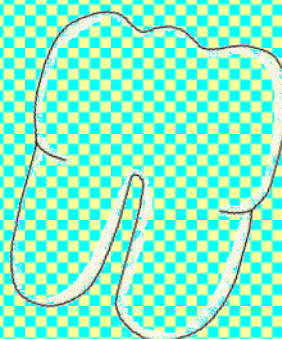
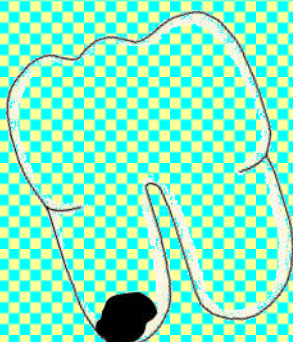
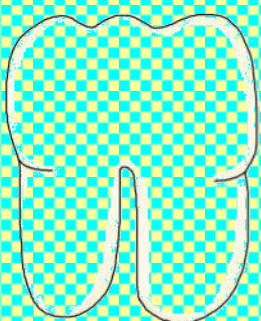
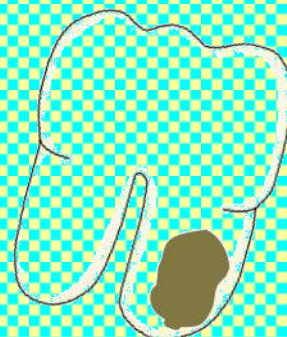
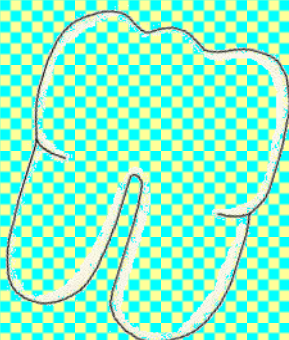
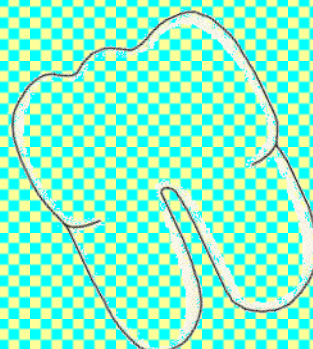
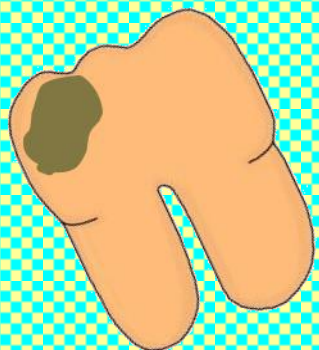
Name _____

Directions: Circle the things that are good for your teeth.



Name _____

Directions: Healthy teeth should be white and bright. Circle the healthy teeth and put an "X" over the unhealthy teeth.



Name _____



Directions: Look for the toothy words below in the word search!
Circle each word when you find it.

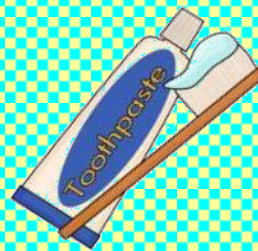


TOOTHPASTE

MOUTHWASH

FLOSS

CAVITY



BRUSH

TEETH

SMILE

DENTIST

Name the medicines shown.



Syrup, capsules, tablet, ointment, inhaler, drop

Complete these precautions that should be taken when handling medicine.

- _____ your hands when handling medicine.
- Use _____ and safe water to take medicine.
- Do NOT _____ medicine.
- Take proper _____ of the medicine. As prescribed by the doctor.
- Medicine should be _____ well.

(dosage, wash, share, clean, stored)



SKILL SHEET

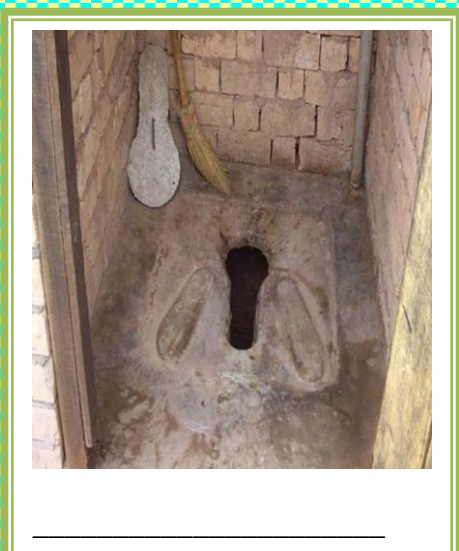
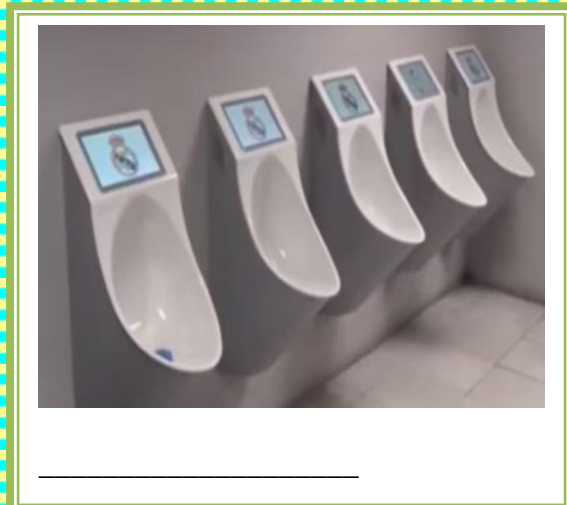
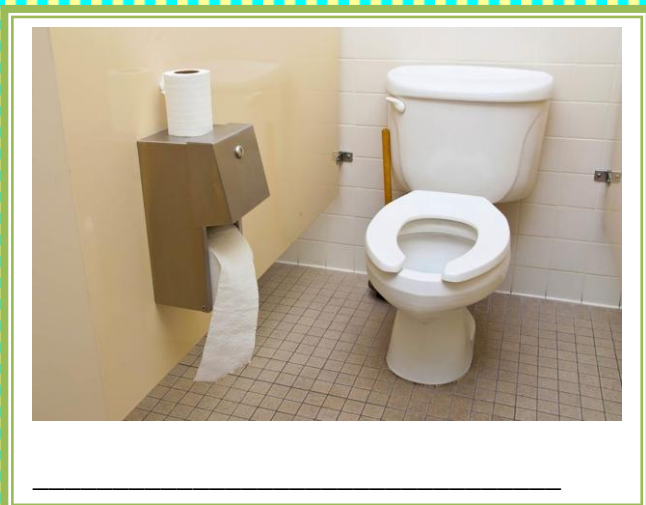


Care for parts of the body

Match the body parts to the objects they require to keep them clean.
Name the objects.



Name these:



Sequence the pictures in order of 1 to 4.



Name the foods shown.

Where do we get these foods from? Indicate **animal** or **plant**.











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Search for fruits we eat in the table below.

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

BANANA
CHERRIES
BERRIES
PINEAPPLE
MELON

GUAVA
MANGO
AVOCADO
KIWI
APPLES

GRAPES
ORANGE
PEARS
PASSION
AVOCADO