



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Healthy habits



I drink water and eat.

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I do exercise.

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I sleep.

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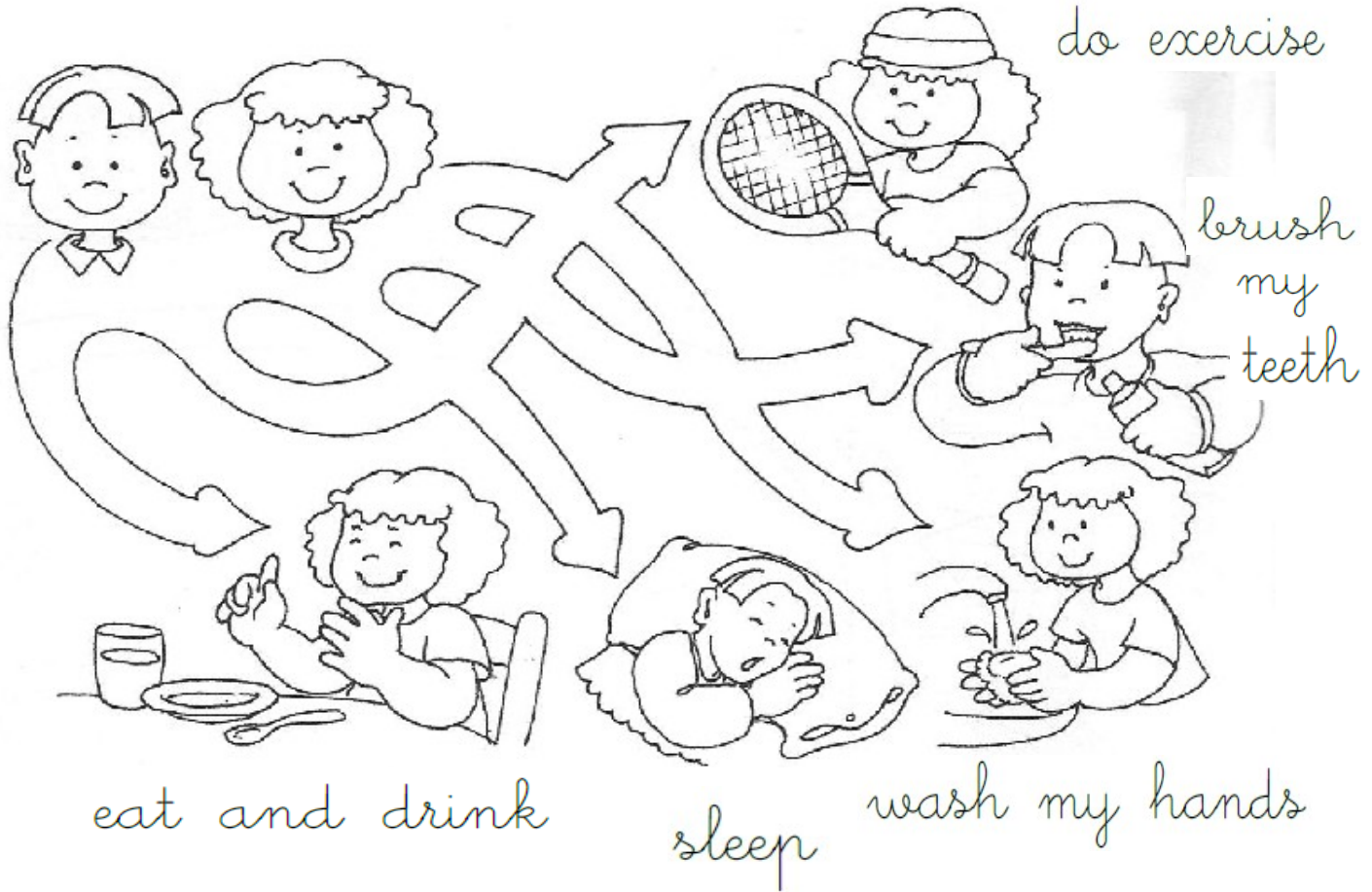


I wash myself.

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Look at the pictures and trace the paths to the healthy habits. Use different colours.



Read and write **healthy** (good for your health) or **unhealthy** (bad for your health).



eating fruit is \_\_\_\_\_



eating with dirty hands is \_\_\_\_\_



doing exercise is \_\_\_\_\_