



A Write the words in the charts. Then add three more of your own.

floss your teeth fruit go for a walk go to bed early
ride a bike happy successful vegetables

Exercise
1. _____
2. _____
3. _____

Eat Good Foods
1. _____
2. _____
3. _____

Healthy Habits
1. _____
2. _____
3. _____

B Look at the chart. Write.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	play tennis			X				
	eat healthy meals	X	X	X	X	X	X	X
	go for a walk	X	X			X		
	go swimming			X			X	

1. How often does he go for a walk? 2. _____
 _____ Once a week.
3. _____ go swimming? 4. _____
 _____ meals? _____

C How will you be healthy on Sunday?

On Sunday I will _____
