

NAME: _____

Healthy Habits

Fill in the blanks.

sick, good, daily, healthy, habit, many, care, rest, toilet, soap, hours

1. _____ health is important for us.
2. We must exercise _____.
3. When we are tired we should take _____.
4. We should wash hands with _____ and water after using _____.
5. Sleep at least 8 to 10 _____ daily.
6. Our body is made up of _____ parts that work for us in different ways.
7. We should take good _____ of our body.
8. Something that we keep doing often becomes our _____.
9. Children with _____ habits stay fit and fine.
10. Germs are very small living things that make us _____.