

NAME: \_\_\_\_\_

# Healthy Habits

**Answer the following questions.**

Q1. What type of food do we need to eat?

Ans. \_\_\_\_\_

\_\_\_\_\_

Q2. What should we do before and after meals?

Ans. \_\_\_\_\_

\_\_\_\_\_

Q3. How many hours do we need to sleep?

Ans. \_\_\_\_\_

\_\_\_\_\_

Q4. Why should we follow good habits?

Ans. \_\_\_\_\_

\_\_\_\_\_

Q5. Why should we not drink uncovered water?

Ans. \_\_\_\_\_

\_\_\_\_\_