

My Body Is a Temple

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Keeping My Body Healthy

Name: _____

Date: _____

Answer the questions about our bodies and how to keep them healthy.

1. What did we learn about our bodies today? Circle the correct answer.

Our bodies are not important

Our bodies are special and important

Our bodies are just for fun

2. God wants us to keep our bodies ___ and strong.

3. Eating healthy foods helps us grow strong.

True

False

4. Draw a line from each way to take care of our body to the correct picture.

Eating healthy foods

Picture of fruits

Sleeping well

Picture of a bed

Exercising

Picture of someone jogging

5. How can you take care of your body? Circle the correct answer.

By eating junk food

By sleeping and exercising

By not resting

6. Our bodies are like special houses where God's love lives.

True

False

7. We keep our homes clean, and we need to keep our bodies ___ too.

8. Match the food to how it helps us.

Fruits

Help us grow strong

Vegetables

Help us stay healthy

9. What should we do to keep our bodies healthy? Circle the correct answer.

Play all day

Eat healthy foods

Never exercise

10. God cares about how we treat our bodies.

True

False

Answer Key

1. Our bodies are special and important 2. healthy 3. True 4. 0,1,2 5. True 6. clean 7. Help us grow strong 8. Help us stay healthy 9. Eat healthy foods 10. True