

Healthy Body Choices

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Learning About Staying Strong

Name: _____

Date: _____

Let's answer some questions about being healthy and strong!

1. Trace the word that means good for your body.

HEALTHY

2. What helps our body grow strong? Circle the correct answer.

Candy

Fruits

Soda

3. Draw a line from each healthy habit to what it helps.

Eating

Washing

Moving

Sleeping

Stay clean

Grow strong

Have fun

Rest well

4. We should eat colorful fruits and vegetables.

True

False

5. How can we thank God for our body?

6. What do we do to keep our body clean? Circle the correct answer.

Sleep

Wash hands

Run

Answer Key

1. HEALTHY 2. Fruits 3. Washing 4. True 5. We can eat good food and exercise. 6. Wash hands