Healthy Habits

Learning objective: To understand the importance of healthy habits and exercise for a healthy lifestyle

Match the healthy habits with their benefits. Read each pair carefully and choose the correct answer.

Word bank: Regular sleep · A balanced diet · Exercise regularly · Washing hands · Healthy habits · A healthy body · Staying hydrated · Good hygiene · Strong muscles · Good posture

1. What do you call the regular activities we do to keep our bodies strong and healthy? (2 marks)

2. Why is it important to brush our teeth regularly? (1 mark)

3. What happens to our bodies if we don't get enough sleep? (1 mark)

4. Which of the following is NOT a healthy habit? (2 marks)

5. What do you call the act of washing our hands to prevent illness? (1 mark)

6. Why is it important to eat a balanced diet? (1 mark)

Draw: Draw a picture of you doing something healthy, and write a short paragraph about why it's good for you.

Extension challenge: Design a poster to promote healthy habits in your school or community. What message would you like to share with others?