

My Healthy Habits Fact-File

Learning objective: To record and reflect on my own healthy habits and those of my family.

Fill in the following fact-file with information about your healthy habits and those of your family. Be sure to include examples and reasons for your choices.

A healthy lifestyle includes a balance of different activities. Think about your own habits and those of your family. What do you do to stay healthy?

Word bank: exercise · eating · sleep · hygiene · leisure · balance · healthy

1. My healthy habits include: (5 marks)

2. One healthy habit my family has is: (3 marks)

3. Why is it important to have a balanced diet? (4 marks)

4. Describe one way you can show kindness to your body through self-care. (4 marks)

5. List two ways your family can reduce, reuse, and recycle to live more sustainably. (5 marks)

Draw: Draw a picture of your favorite healthy activity and label the different parts.



Extension challenge: Research and add to your fact-file information about your body's different systems, such as the circulatory or digestive system. Create a diagram to illustrate how they work.