



7 Healthy Habits

Competencies

C-1.2, C-1.6, C-2.5, C-2.6,
C-3.1, C-3.2

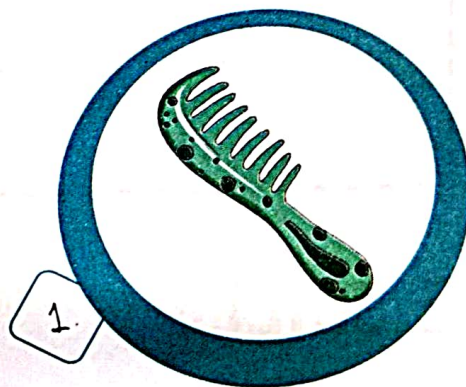
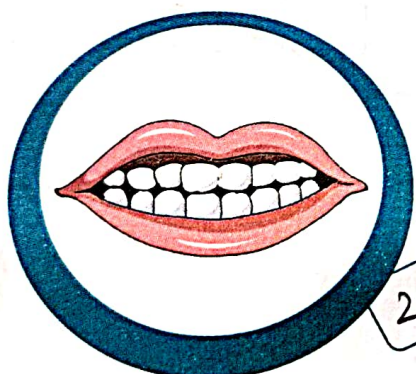
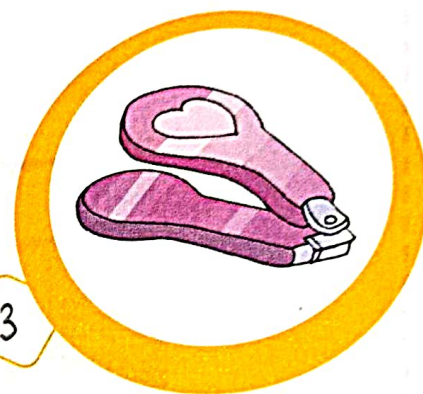


- Critical thinking
- Health Literacy
- Creativity



GEAR UP

Match the body parts with the things that are used to keep them clean.





Remember

- ▶ Exercise keeps us active whole day.
- ▶ Good habits keep us fit and healthy.
- ▶ Good touch makes us feel good.
- ▶ If someone touches you in a way you do not like, say NO.

Test Yourself



A. Tick (✓) the correct answer.

1. We should trim our nails with a
(a) knife ☐ (a) nailcutter ☒
2. Our clothes should be clean and
(a) ironed ☒ (a) wet ☐
3. We should take our meals at
(a) night only ☐ (b) proper time ☒

B. Write 'T' for the true and 'F' for the false statements.

1. Exercise keeps us active. ☐ T
2. We should go to bed late at night. ☐ F
3. We should take a bath daily. ☐ T
4. Rest refreshes our body and brain. ☐ T
5. We should not talk while eating. ☐ T

C. Fill in the blanks. Choose the right word from the box.

early proper morning good

1. We must have good habits to stay healthy.
2. Get up early in the morning.
3. Brush your teeth in the morning and at night.
4. We should take proper rest.

D. Tick (✓) the things you do.

1. Do you brush your teeth in the morning and at night?
2. Do you take a bath every day?
3. Do you watch TV while eating?
4. Do you wash hands before and after each meal?
5. Do you comb your hair at least two times a day?

