



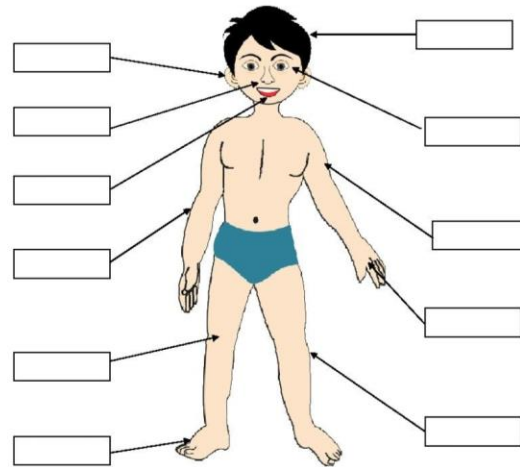
HUMAN BODY AND HEALTHY CHOICES

WE CAN BE HEALTHY AND HAPPY WHEN WE TREAT OUR BODIES GOOD!

THE HUMAN BODY

My Body Worksheet

Look at the bellow picture and use the word bank of at bottom of the page to help label the different part of the body.

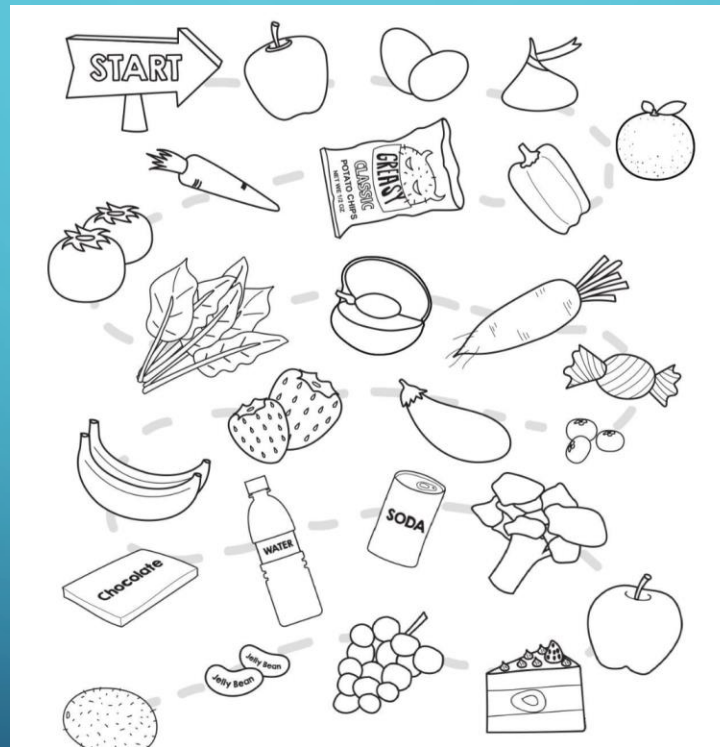


Hair	Eye	Leg	Arm	Nose
Mouth	Hand	Ear	Knee	Elbow
		Foot		

HEALTHY HABITS



COLOR ALL THE HEALTHY FOODS IN THIS PICTURE!



WHAT'S FOR LUNCH?



WE CAN EXERCISE, PLAY AND EAT HEALTHY EVERYDAY!

- We can ride our bikes
- Go for a walk
- Make healthy food choices
- Take a bath
- Brush our teeth
- Listen to our parents