

● Read, number, match, and write.

Healthy children are happy children. Being sick is no fun at all. Here are five things that we can do every day to stay healthy.

- 1 Get a lot of sleep.
- 2 Exercise every day.
- 3 Wash your hands.
- 4 Eat a healthy meal.
- 5 Drink a lot of water.

active

vegetables

drink

germs

sleep

Be _____ at least one hour a day.

a

_____ 10 to 11 hours a day.

b

Stop _____ from spreading.

c



d

_____ 6 to 8 glasses of water a day.

e

Eat different kinds of food and lots of fruits and _____.