

HEALTHY HABITS

Circle the following images that contribute to healthy habits.



Join the following sentences using arrows:

- A healthy habit is something that we do...
- A healthy diet consists of including the right proportion of all nutrients...
- Water is important to hydrate our body and...
- Washing your hands before eating, brushing your teeth after each meal or showering every day...
- are fundamental hygiene habits.
- to eliminate toxins.
- that has a positive impact on our physical, mental, and social well-being.
- taking special care with sugars and processed

Describe what you do in a day, from the time you wake up until you go to bed, including routines and healthy habits.