

Name: _____

Making Healthy Decisions

We are often faced with decisions where we need to pick a healthy option. This is easy to do if we are prepared! In the following situations, pick the healthy choice.

1. Amber opens the cabinet after school to get a snack.

- A) She should eat the potato chips
- B) She should have a banana

2. Jack fell while riding his bike and is bleeding.

- A) He should wipe the blood off with his hand and keep riding
- B) He should go inside, tell an adult, clean out his cut, and get a Band-Aid.

3. Ashley climbed up the steps to the top of the playground.

- A) She should jump down from the top
- B) She should walk down the same way she came.

Write about a time where you made a healthy decision.

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