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Name: \_\_\_\_\_

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## Staying healthy

Fill in the blanks on the paragraph on how to stay healthy.



It is important to stay healthy. We can stay healthy by \_\_\_\_\_ fit and \_\_\_\_\_ well. We need a good diet, exercise and rest to be well! We should avoid eating foods like \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_. Eat more \_\_\_\_\_, \_\_\_\_\_ and drink lots of \_\_\_\_\_. Remember to \_\_\_\_\_. Sports are \_\_\_\_\_ and make sure that we get \_\_\_\_\_. There are many choices of sports, such as \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_. When we play sports, be sure to \_\_\_\_\_ the right clothes and shoes, such as \_\_\_\_\_ and

comfortable clothes. This will keep us from being \_\_\_\_\_. Also, \_\_\_\_\_ your hands after playing sports. This will keep us clean and help us to stop getting \_\_\_\_\_. However, remember to \_\_\_\_\_. \_\_\_\_\_ early and relax! Sleeping early and resting will keep us from being \_\_\_\_\_ and sick.

Word bank:



Staying	Vegetables	Fruits	Sleep
Wear	Rest	Candy	Pop
Running Shoes	Water	Chocolate	Sick
Tired	Sick		

Your Turn: Write a paragraph on how to stay healthy.