



Name: _____

Date: _____

Health - Lesson 1

healthy
water
brain

energy
lungs
physical

combine
created

mind
nutritious

important
habits

Being healthy is something we are always encouraged to do. Being healthy starts with creating healthy _____. Healthy habits can make you feel stronger and happier. Think of your body and mind like a car. A car needs good quality fuel to run well. You can't put dirty water in a car and expect it to run smoothly. Just like a car, you need to fuel your body and _____ with healthy foods, thoughts, and actions that will make it function well.

But what is a habit? A habit is _____ when you do something enough times until it becomes something you do every day or very often without thinking about it. Having healthy habits can make you feel strong, create better relationships with people around you, help you concentrate better in class, and give you the _____ you need to do all of the things you love.

One of the most important healthy habits is healthy eating. Healthy eating is all about feeding your body fresh and _____ foods. This should include colorful vegetables, fruits, nuts, grains, legumes, dairy, lean meats, and fish. Try to eat fruits and vegetables that are four different colors because they all help your body in different ways. Try to replace sugary snacks with _____ snacks. And, of course, we should drink plenty of _____ every day.

Daily exercise is also a very important habit to have. Children should be active for at least 60 minutes a day. It supports your mental and _____ health. Find some physical activities that are fun to do. You can:

walk the dog, go for a swim, play sports with friends, or jump on a trampoline. Not only is exercise good for your heart, _____, and muscles, but it helps you sleep better, manage stress, and feel happier.

Another healthy habit is getting lots of sleep. Sleep allows us to restore, repair, and rebuild all the things in our body, including our _____. You can start your homework early in the evening, shoot for a regular bedtime, and turn off technology at least an hour before sleep. Make sure you are getting 10 hours of sleep each night, and you will find yourself feeling fresh and ready to make the most out of every day,

Finding a healthy balance with all your habits is _____. Going to extremes with your diet, exercise, or sleep isn't necessary. You can enjoy a little of everything. Find a healthy balance of sleep, play, food, water, school, and social time.

When you _____ healthy eating, physical activity, plenty of sleep, and lots of water, you will have the power and energy to be your best. Plus, as you get older, you will need these healthy habits because they are important no matter how old you are. So, why not start now?