

Taking Care of Ourselves

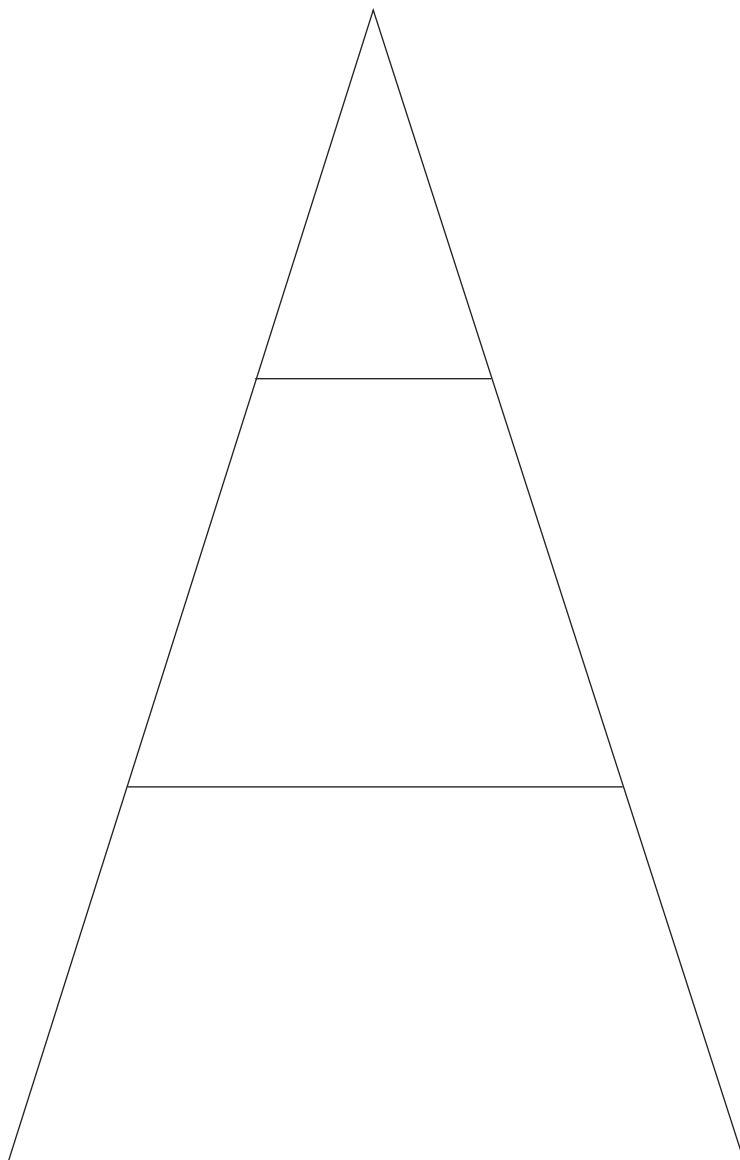
Name: _____

Every day I eat well.

I eat
a little of these foods.

I eat
some of these foods.

I eat
a lot of these foods.



Good food helps to keep _____.

Milk helps to make _____.

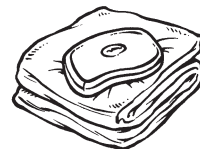
A good breakfast helps me to _____

_____.

Taking Care of Ourselves

Name: _____

Write four things that you do to take care of yourself.



1. _____

2. _____

3. _____

4. _____

Draw a picture of something that you do to keep fit.

A large, empty rectangular box with a thin black border, intended for a student to draw a picture of an activity they do to keep fit.

Do you look fit and well?

☐

Do you look happy?

☐