

A Healthy Body

Name: _____

Write the page number that each subheading appears on.

Water Page _____

Your Heart Page _____

Sleep Page _____

Protect the Body Page _____

Your Brain Page _____



Match each fact to the correct part of the body.

Gets messages from your senses.

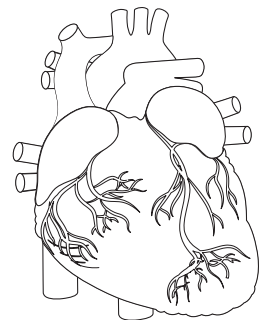
Helps you balance.

Is a strong muscle.

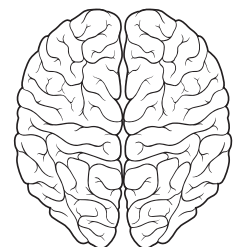
Protected by your skull.

Protected by your ribs.

heart



brain



A Healthy Body



Name: _____

Circle 'True' or 'False' for each fact. Write the page number that you found the answer on.

Healthy people do not need much sleep.

TRUE	FALSE
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The answer was on page _____.

Your heart beats all through your life.

TRUE	FALSE
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The answer was on page _____.

Your heart is the size of a walnut.

TRUE	FALSE
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The answer was on page _____.

Healthy people drink lots of water.

TRUE	FALSE
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The answer was on page _____.

Your heart beats more slowly
when you are resting.

TRUE	FALSE
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The answer was on page _____.

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Guided Reading Planner

Name: _____

Draw a picture of something you do to stay healthy. Describe what you have drawn.

A large, empty rectangular box with a thin black border, intended for a student to draw a picture of something they do to stay healthy.
