

Healthy Habits Grade 2

1. What is one thing you can do to stay healthy?

a. Exercise

b. eat junk food

c. watch t.v.

2. Which one is not a healthy food?



3. Which is one way you can exercise?



Label the Food Pyramid.

Grains & Cereals

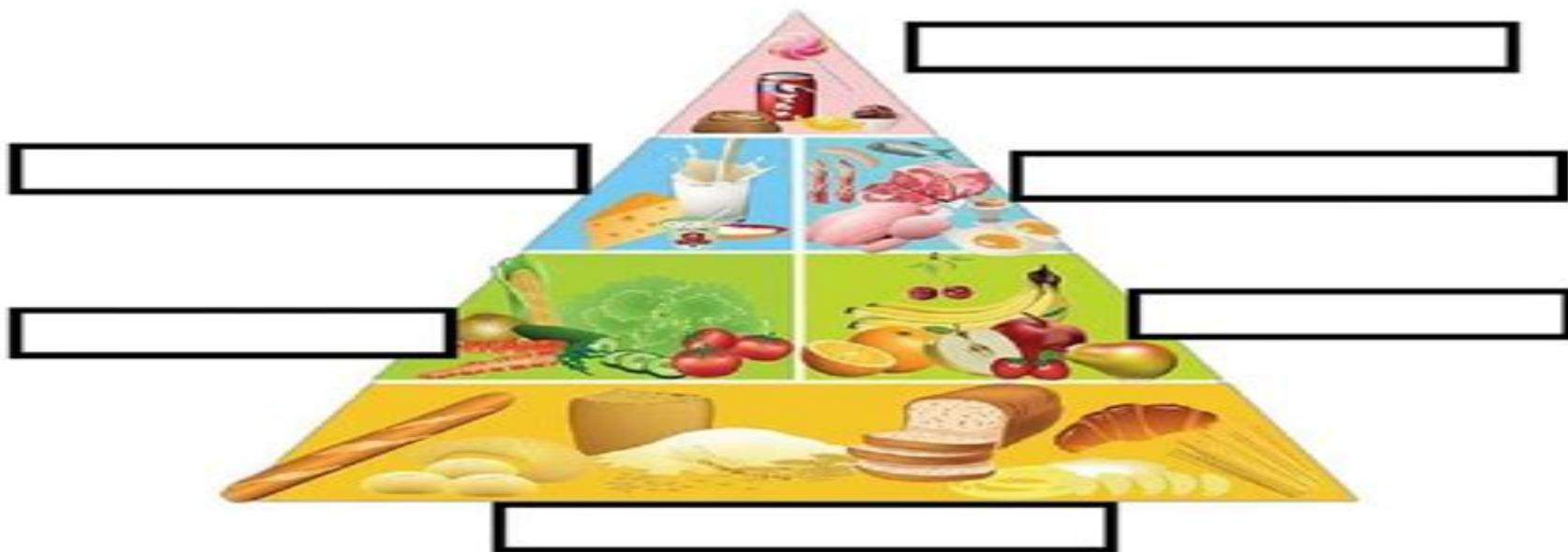
Vegetables

Fruits

Fats, Oils & Sweets

Dairy

Protein



Health Grade 2

Yi-Tong Ma



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