



Dear Educator,

This file offers views of some of the worksheets in our “Health” thematic unit. The cover for an eWorkbook is shown followed by the preview pages.

The “Health” unit offers [14 pages](#).

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Health



Health

Keeping Clean



There are germs in everything you touch. Germs are so tiny you need a microscope to see them. Germs can make you sick. Washing with soap and water helps to keep the germs from entering your body.

Look up the definition of germs. Write it on the lines below.

germs _____

There are some things to remember when you take a shower or a bath. Start with water, soap, and a wash cloth. Make sure you wash behind your ears and around your neck. Wash your whole body. Make sure you get all the dirt off. Rinse all the soap and dirt off your body. Dry yourself well with a towel, and don't forget to put the towel where it belongs.

Your fingernails and toenails should be trimmed and cleaned. Your hair should be washed and combed.



Answer the questions below.

1. Do you take a bath or a shower? _____
2. How many days a week do you take a bath or shower? _____
3. How often do you wash your hair? _____
4. Have you ever been sick? _____ If you have been sick write a little about it on the lines.



Health

Eating Healthy Foods

A well balanced diet is very important. The foods you eat supply your body with nutrients. These help your body to grow and heal itself. The foods you eat provide the energy you need.

A good breakfast, lunch, and supper will help your body and mind grow healthy. The foods you eat provide your body with protein, vitamins and minerals.

It is good to eat fruits and vegetables everyday. They help provide the necessary daily fiber. Your body also needs protein. Eggs, meat, and milk products are some of the foods that give you protein you need.

Do not eat large amounts of sugar, salt, or fatty foods. They can cause you to have health problems.

Many of us like to snack on ice cream, potato chips, candy, and other things between meals. These are alright to eat but only once in a while. Snacks are good for you between meals. Try to make good choices. It is best to try to eat fruits and vegetables when we snack.

Write some of the vegetables, fruits, and other good foods you like to eat.



vegetables



fruits



other foods

Health

CRISS CROSS

Can you fit these words into the criss cross?
Use a pencil so you can erase if you need to.

exercise
habits

shower
germs

clean
meals

diet

