

Name: _____

Date: _____

What Helps My Body?

Some things help our bodies grow strong. Some things don't. Name each one together.

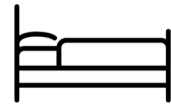
1 Circle or cross out Circle what helps your body. Put an X on what doesn't.



drink water



candy all day



sleep



run and play



TV all day



eat fruit



soda



wash hands



brush teeth

2 Draw it Draw one thing YOU do to take care of your body.



Go, body, go!

