



Name _____

I will need:

 pencil

Taking Care of Yourself

Read the words at the bottom of the page. Sort them into groups by writing them under the correct heading. You can use the book to help you.

Keeping clean

Food

Keeping in shape

Safety

bacteria, balanced, body, diet, energy, gear, grow, healthy, hurt, learn, rules, signs, skin, sports, strong, washing



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Taking Care of Yourself

Did you have a balanced diet yesterday?

Complete the chart using check marks (✓) or crosses (X).

	Grains (bread, cereal, rice, pasta)	Vegetables	Fruit	Milk/ cheese/ Yoghurt	Meat/ beans/ fish/nuts	Oil
Breakfast						
Snacks						
Lunch						
Dinner						

A balanced diet?

Yes

No

What can you change? I can eat _____

What can you keep doing? I can keep eating _____
