

Name _____ Date: _____

Worksheet

Review questions:

1. A _____ mindset helps you face challenges.

2. Name the five healthy habits we should have.

3. Name one benefit of exercise.

4. Name three healthy foods.

5. Why should you drink water?

Name _____ Date: _____

Worksheet

6. How do you keep your teeth healthy?

7. Name one benefit of combing your hair.

8. How does lack of sleep affect us?

9. How do germs spread?
