

Kindergarten: Healthy Body

Our body is like an amazing machine. It does different kinds of jobs. Our muscles need food and exercise to work. They will get strong if we eat healthy food and exercise.

Lets see and write some exercises which help to make our body healthy.

YOU WILL LEARN THAT:

- Your body is like a machine; you have to look after it properly. It needs clean water, air, fresh food, rest, and exercise.
- There are rules to keep us safe at home and outdoors

Activity : choose the correct exercise and write on correct place.

skipping swimming cycling running







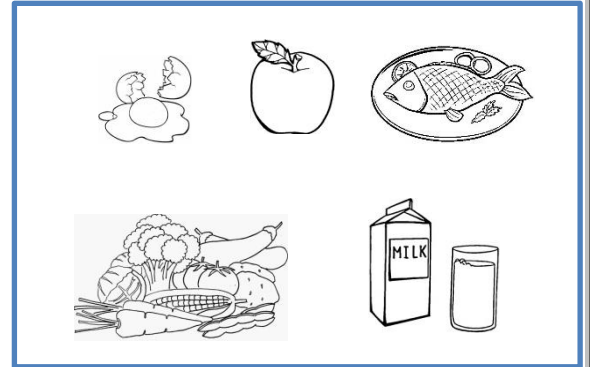
Write some other exercises you know:



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Healthy food makes our body healthy. It gives us energy to work and play. You should eat eggs, meat, milk, rice and bread, fruits, and vegetables.

You should also drink 6 to 8 glasses of clean water a day to stay healthy.



Activity # 2 : Cut and Paste healthy and unhealthy food.

Healthy Food		Unhealthy Food	



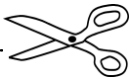
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We need to look after our body by taking care of it and staying safe. There are some rules which can keep you healthy and safe.

Don't tease animals. Never go near electric things and never play with dangerous things.

Activity: Colour the correct answer.

1: don't play with _____



2: it can harm you.



Activity: circle the picture that shows dangerous activity and tick the healthy one.



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Write your favorite exercise.

Which exercise you do to stay your body healthy.

Write a sentence about healthy habits.

Why do you do exercise?

Draw some healthy foods.

