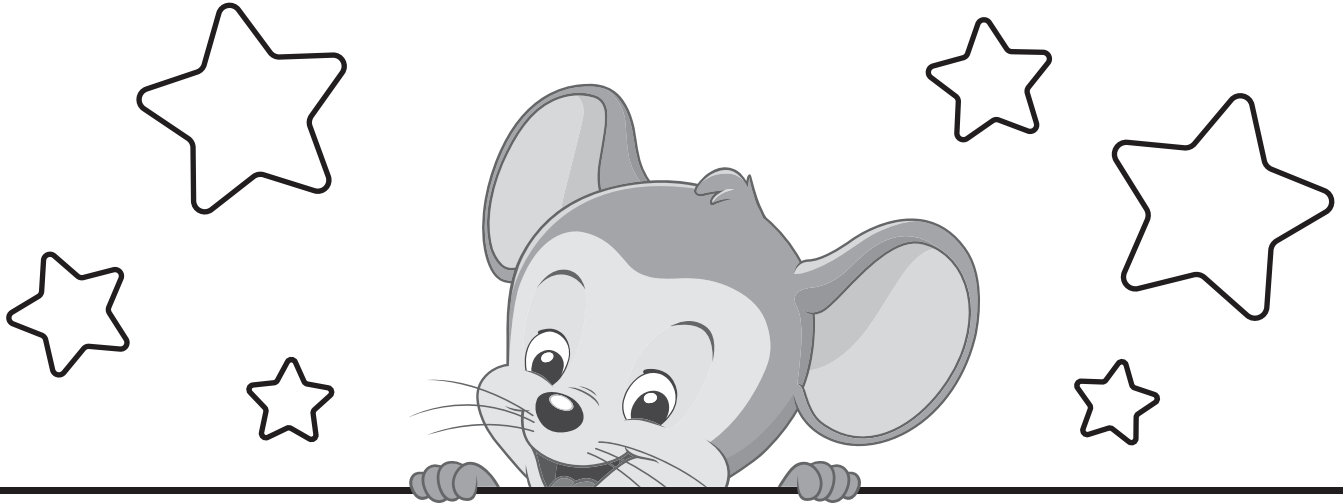


ABCmouse.com[®]



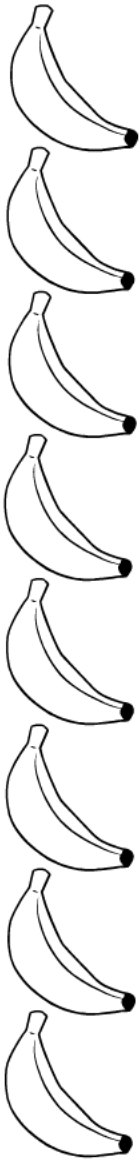
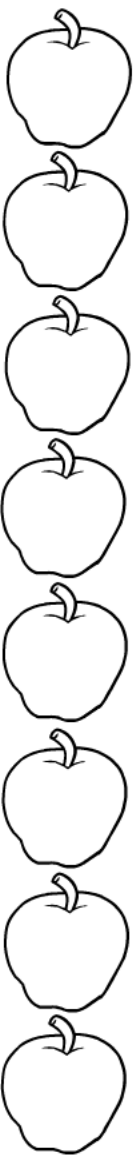

Healthy Habits Worksheets

Name _____

Pictograph
Healthy Fruits

At the store, you buy 6 bananas, 4 apples, and 5 oranges. Color the foods to show how many of each. Be sure to start at the bottom.

6 bananas 4 apples 5 oranges

		
bananas	apples	oranges

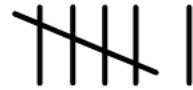
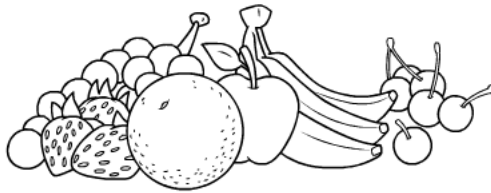


Teaching Tip: Help the child as needed to color in the correct number of each object, starting from the bottom. Then check the work by looking at the pictograph with the child counting how many of each object is shown.

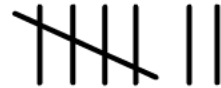
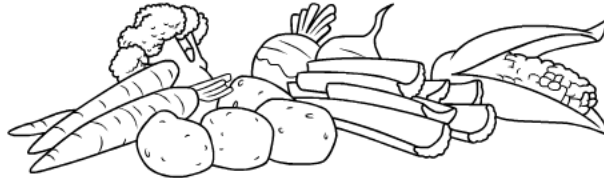
Name _____

Look at the bar graph. Draw a bar above each food group to show the correct amount. Then color each bar on the graph.

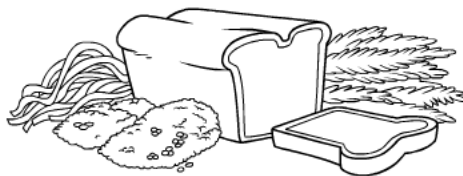
fruit



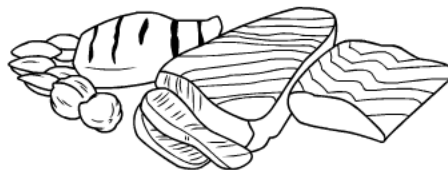
vegetables



grain



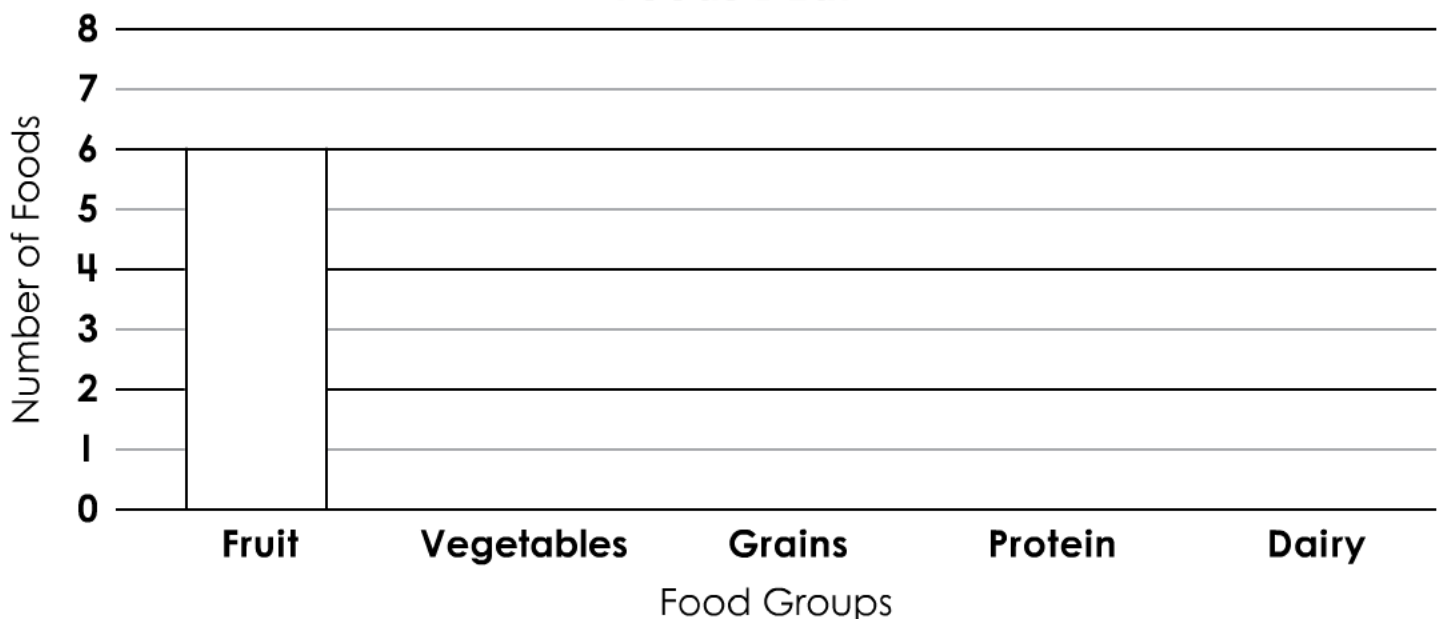
protein



dairy



Foods I Eat



Name _____

Draw It
healthy habits

Draw a picture of yourself practicing one of these healthy habits.
Write about the picture.

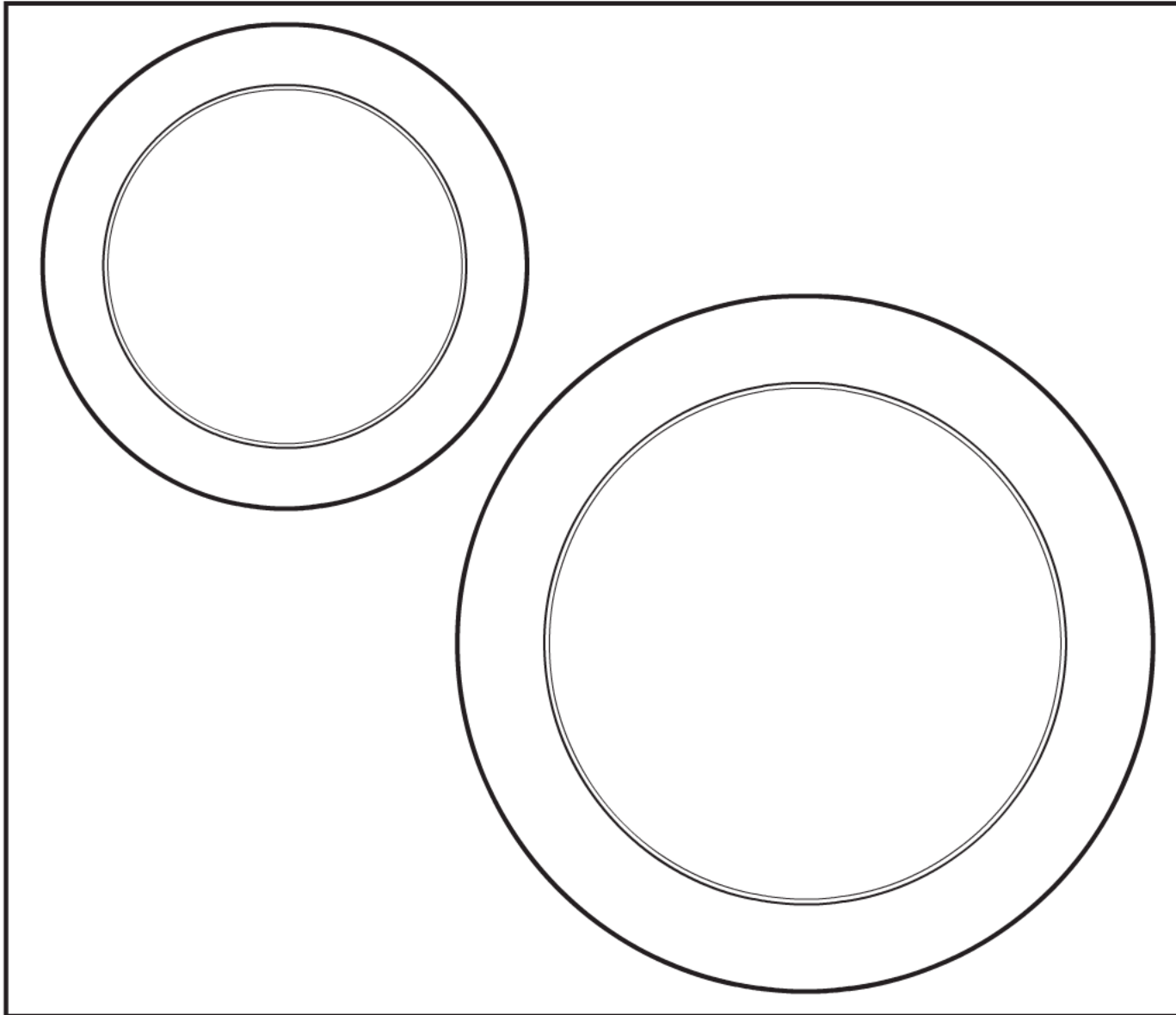


Name _____

Draw It

Make a Healthy Meal

Create a healthy meal. Draw and color foods on the plates. Be sure you have all five kinds of healthy foods. The words in the word box can help you think of foods.



Word Box

protein: fish

eggs

chicken

fruits: apples

strawberries

vegetables: black beans

spinach

salad

carrots

grains: brown rice

tortillas

dairy: cheese

yogurt

Name _____



Name _____

I Get Dressed All By Myself!



dress



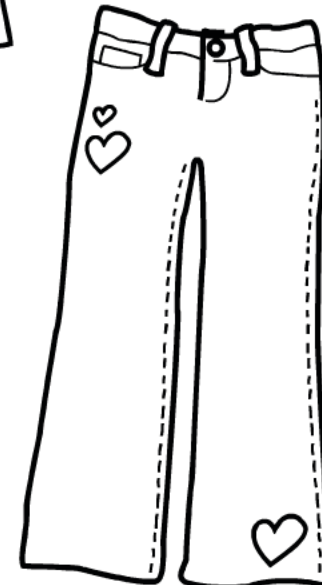
purse



t-shirt



skirt

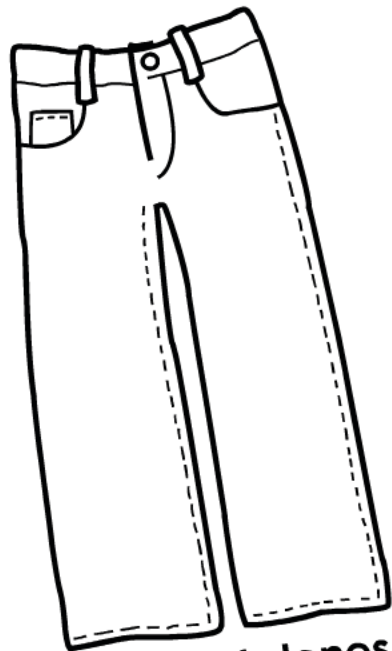


pants

Name e _____

Coloreando la ropa
Yo me visto para mi día: el niño

¡Yo me visto para mi día!



los pantalones



el suéter



la camisa



la gorra



los pantalones cortos

Name _____

Coloreando la ropa

Yo me visto solita: la niña

¡Yo me visto solita!



el vestido



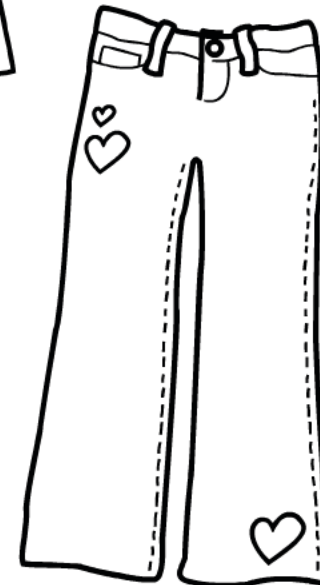
la bolsa



la camiseta

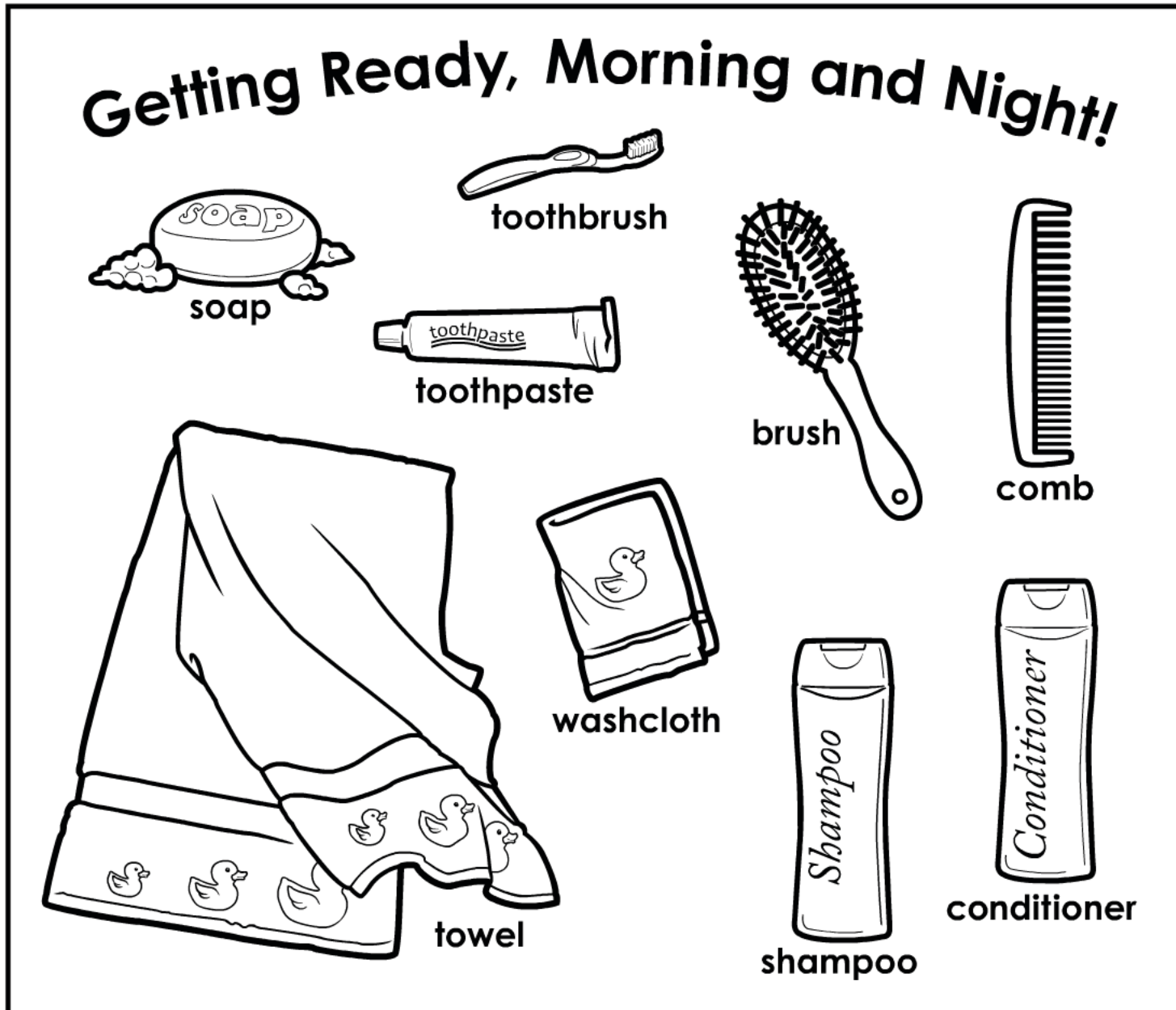


la falda



los pantalones

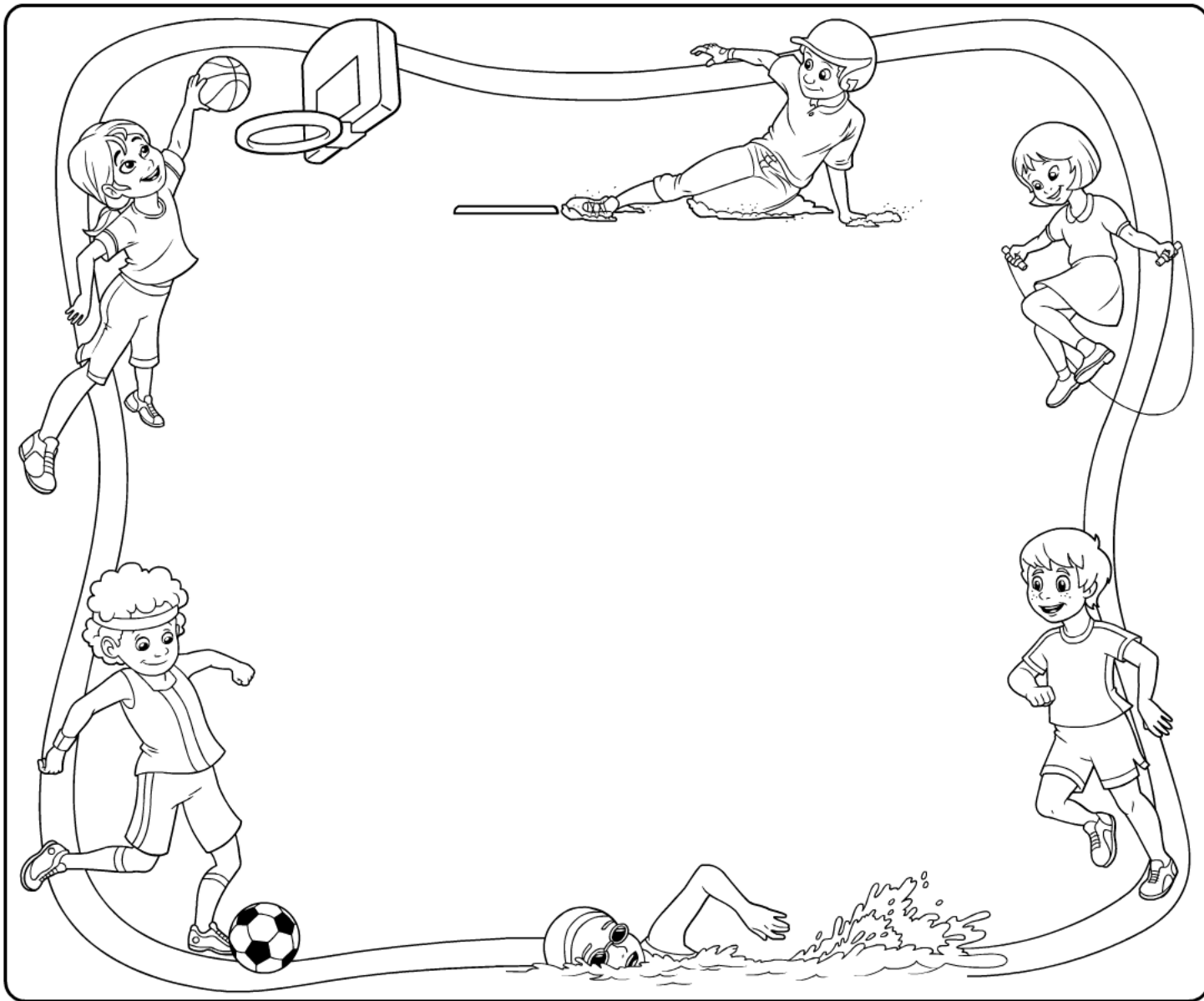
Name _____



Name _____

Write and Draw
Physical Activities

Draw a picture of a game you like to play outside. Write a sentence about it.



Name _____

Health Word Search

The Food We Eat

Read a clue. Put the number of the clue next to the answer in the word box.
Circle the word in the puzzle. The first one has been done for you.

Clues

1. Most eggs in the grocery store come from this animal.
2. These are long, orange vegetables.
3. It takes two pieces of this to make a sandwich.
4. There's a yolk inside this.
5. Food is grown here.
6. This food group includes oatmeal.
7. This fruit is round and juicy.
8. Bread is made from this grain.

Word Box

___ bread	___ carrots	___ chicken	___ egg
___ farm	___ grain	___ orange	___ wheat

p o k g d l u k
m **c** a r r o t s
w h e a t r v y
h i z i f a r m
e c j n q n b p
s k v e g g f r
l e x b r e a d
o n j t e f w q

Answer Key 1. chicken 2. carrots 3. bread 4. egg 5. farm 6. grain 7. orange 8. wheat

Name _____

Write About It

Describe A Picture: *Time for a Checkup*

Stepped Reader

Write a sentence about the picture you see.



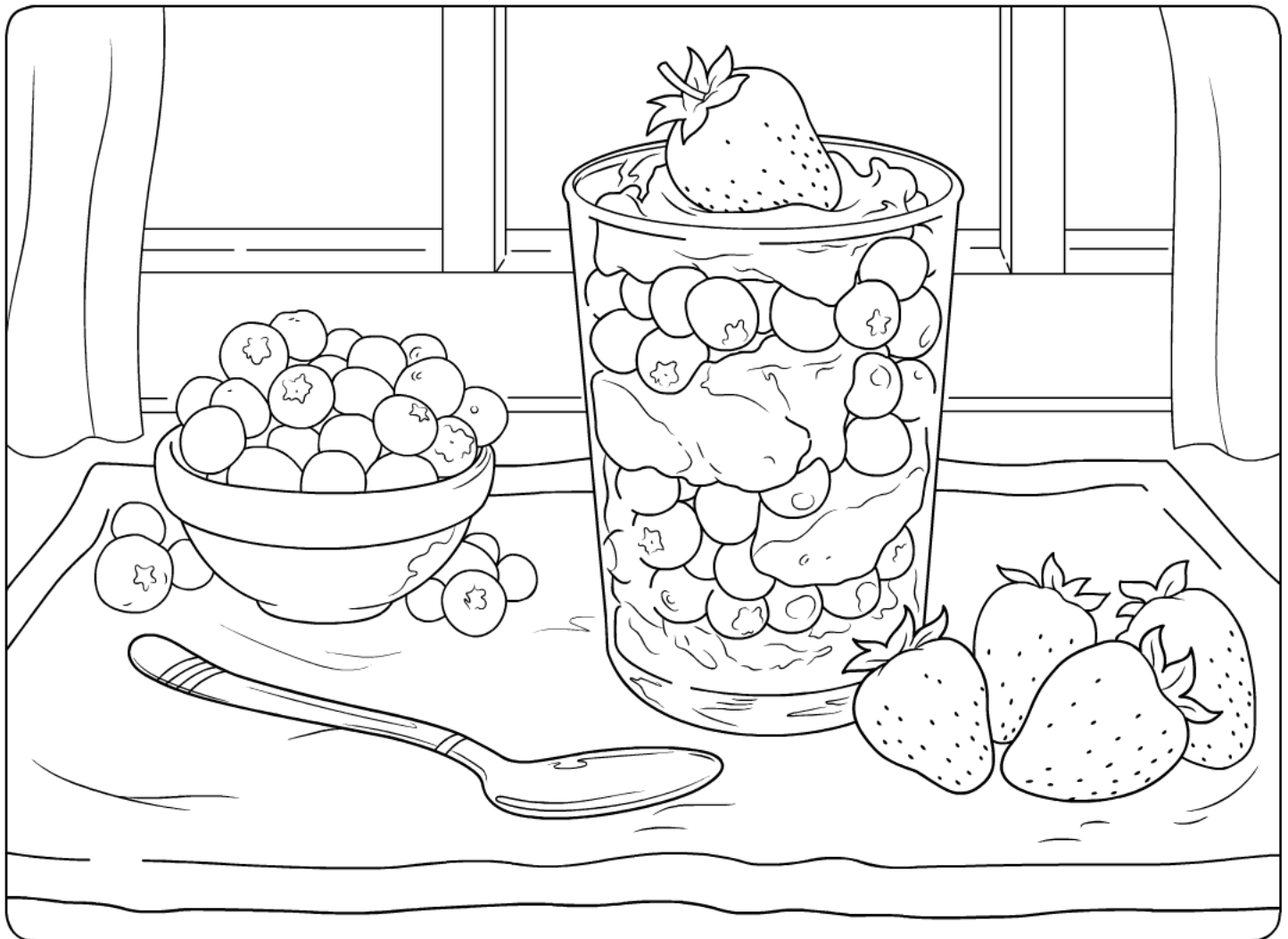
Teaching Tip: You may wish to use this printable as an opportunity to teach the writing process. First, ask the student to write a draft of his or her response on a separate sheet of paper. Then have the student revise it, edit it, and write the final version on this printable.

Name _____

Write About It

Describe a Picture: *Healthy-to-Eat
Treats and More!*
Stepped Reader

Write a sentence about the picture you see.



Teaching Tip: You may wish to use this printable as an opportunity to teach the writing process. First, ask the student to write a draft of his or her response on a separate sheet of paper. Then have the student revise it, edit it, and write the final version on this printable.