

# 4. YOU NEED GOOD HEALTH HABITS

You should take care of your body. Start when you are young. Build good health habits.

## Words to Study

**daily** (dai ly). Every day.

**exercise** (ex er cise). To move muscles to grow strong.

**habit** (hab it). Doing the same thing so many times you can do it without thinking about it.

**healthy** (health y). Feeling well.

**important** (im por tant). Means much to you.

**MyPlate** (my plate). A chart listing what kinds of food are healthy.

Ask your teacher to say these words with you.



Teacher Check

\_\_\_\_\_

Initial

\_\_\_\_\_

Date

## Three Good Habits

What do you need to live? Think about some things you could not live without.

Write three things you could not live without.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Did you write *air* on your list? You need air. Air is what you breathe. Playing outdoors each day helps you get the clean air your body needs.

Did you write *water* on your list? Your body also needs water. You need to drink at least four glasses of fresh water a day.

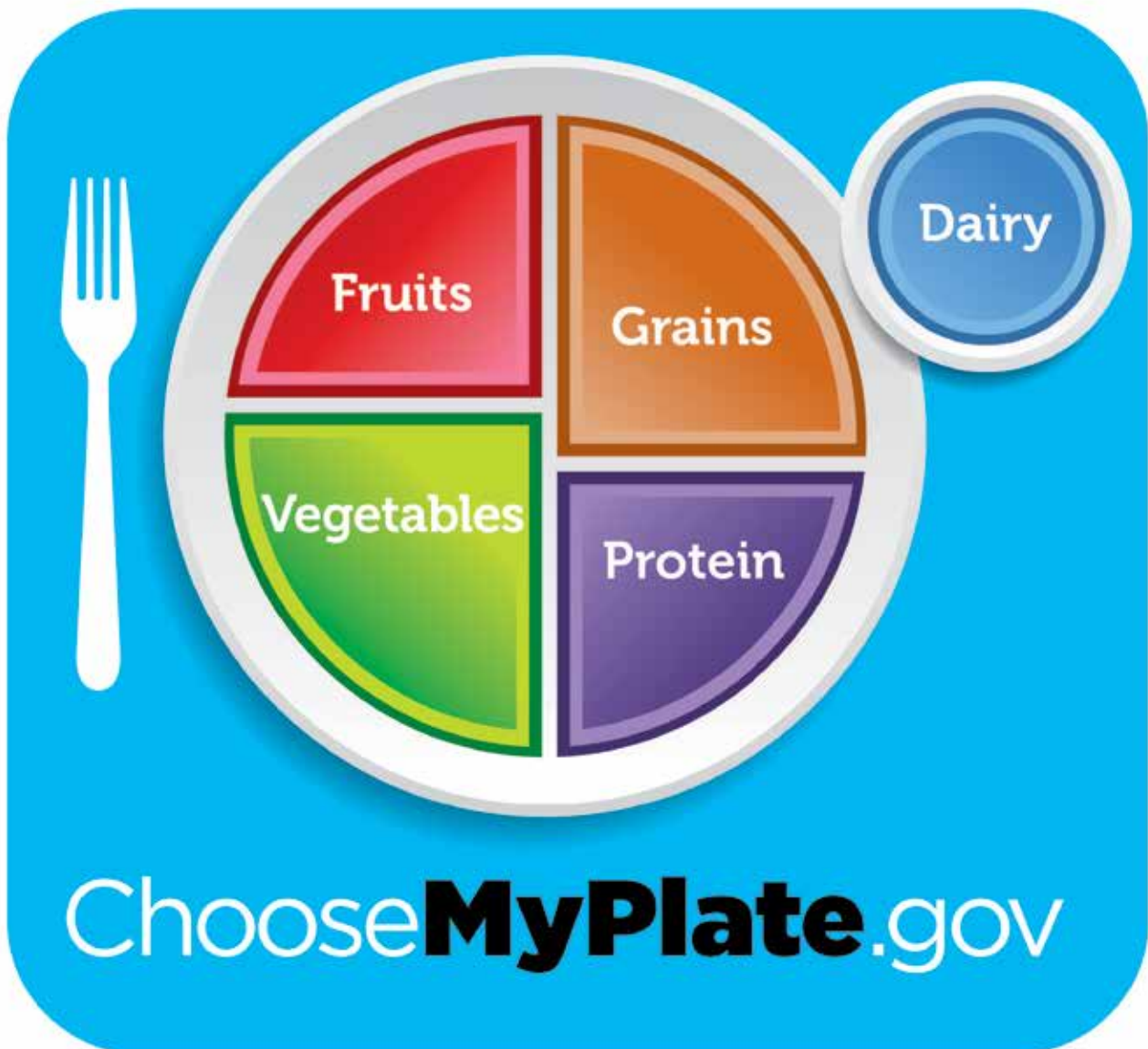
Did you write *food* on your list? You need food. There are different kinds of food. You need to eat different kinds of food every day.

We have **MyPlate** to help us pick **healthy** foods. Make a **habit** of eating food from each of the five food groups every day.



The foods that you should eat the most of are whole grains, vegetables, fruits, proteins, and fat-free or low-fat milk and milk products. The milk products are a group called *dairy*. Foods in the protein group are lean meats, chicken or turkey, fish, beans, eggs, and nuts. It is least important to have foods with solid fats, salt, or sugar.

Food, air, and water are **important**. You need them to live and grow. Good food, clean air, and fresh water will keep you healthy.





### Do this activity.

4.1

Check to see how well you are eating. Find a piece of lined paper and fold it longways into five parts. At the top of each part, write the name of a weekday. Under each day, write down what foods you ate for breakfast, lunch, and supper. Ask your parents to help you. Check your list to make sure you are eating foods from each level every day.



Teacher Check

\_\_\_\_\_

Initial      Date



### Complete these activities.

4.2

Name the three things your body needs to live.

a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_

4.3

List the most important foods to eat.

\_\_\_\_\_  
\_\_\_\_\_

4.4

It is least important to have foods with \_\_\_\_\_  
or \_\_\_\_\_.

# Three More Good Habits

You need to **exercise**, rest, and keep clean.

Exercise will help you to be healthy. You exercise when you play outside with your friends. **Daily** exercise is important. It keeps your body in good shape. Make daily exercise a habit.



Which child is least active?

4.5



a.



b.



c.



d.



e.

Did you choose *d*? Great! Remember, daily exercise will help you stay in good shape.

The nighttime is the time for you to sleep. You need at least ten hours of sleep every night. Make a habit of going to bed early. Then you will wake up feeling good in the morning.

You need to take a bath daily. You should wash your hands before you eat. After you eat, remember to brush your teeth. If you do these things every day, they will become habits. They are good habits to have. You should take care of your body.



**Always take care of your body.**



### Check your health habits.

4.6 Sarah is getting ready for school. Put these pictures in order. Write 1 through 6 in the boxes under each picture.



a.



b.



c.



d.



e.



f.



**Before you take the Self Test, study what you have read and done.** The Self Test will check what you remember.