Healthy Habits

Grade 2 Science Worksheet - Challenge Me

Name _____ Date _____

Circle the way this habit keeps you healthy.

1. Having oatmeal for breakfast

   healthy food exercise staying clean sleep

2. Eating vegetables at dinner

   healthy food sleep staying clean exercise

3. Taking a bath

   healthy food sleep exercise staying clean

4. Jumping rope

   healthy food sleep exercise staying clean

5. Choosing water instead of soda

   exercise sleep healthy food staying clean

6. Swimming laps

   sleep exercise healthy food staying clean

7. Washing your hands before lunch

   exercise healthy food staying clean sleep

8. Turning off the lights at bedtime

   sleep staying clean exercise healthy food

9. Drinking a glass of milk

   healthy food sleep exercise staying clean

10. Eating fruit for a snack

    exercise healthy food sleep staying clean

Scan to get this marked free. No screen time for your child.
Print it · do it in pencil · scan it · PencilGo picks the next sheet.

Healthy Habits

Answer Key - Grade 2 Science Worksheet - Challenge Me

Circle the way this habit keeps you healthy.

1. Having oatmeal for breakfast
   healthy food exercise staying clean sleep

2. Eating vegetables at dinner
   healthy food sleep staying clean exercise

3. Taking a bath
   healthy food sleep exercise **staying clean**

4. Jumping rope
   healthy food sleep **exercise** staying clean

5. Choosing water instead of soda
   exercise sleep **healthy food** staying clean

6. Swimming laps
   sleep **exercise** healthy food staying clean

7. Washing your hands before lunch
   exercise healthy food **staying clean** sleep

8. Turning off the lights at bedtime
   sleep staying clean exercise healthy food

9. Drinking a glass of milk
   healthy food sleep exercise staying clean

10. Eating fruit for a snack
    exercise **healthy food** sleep staying clean