Healthy Habits

Grade 2 Science Worksheet - Building Confidence

Name _____ Date _____

Circle the way this habit keeps you healthy.

1. Reading a story before bed

   exercise healthy food sleep

2. Taking a nap when you feel worn out

   healthy food exercise sleep

3. Going to bed at the same time each night

   sleep staying clean exercise

4. Eating fruit for a snack

   healthy food exercise sleep

5. Covering your cough

   sleep exercise staying clean

6. Brushing your teeth

   sleep staying clean healthy food

7. Drinking a glass of milk

   healthy food staying clean sleep

8. Playing soccer

   sleep staying clean exercise

9. Choosing water instead of soda

   staying clean exercise healthy food

10. Eating vegetables at dinner

    sleep staying clean healthy food

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Healthy Habits

Answer Key - Grade 2 Science Worksheet - Building Confidence

Circle the way this habit keeps you healthy.

1. Reading a story before bed

   exercise healthy food **sleep**

2. Taking a nap when you feel worn out

   healthy food exercise **sleep**

3. Going to bed at the same time each night

   sleep staying clean exercise

4. Eating fruit for a snack

   healthy food exercise sleep

5. Covering your cough

   sleep exercise **staying clean**

6. Brushing your teeth

   sleep **staying clean** healthy food

7. Drinking a glass of milk

   healthy food staying clean sleep

8. Playing soccer

   sleep staying clean **exercise**

9. Choosing water instead of soda

   staying clean exercise **healthy food**

10. Eating vegetables at dinner

    sleep staying clean **healthy food**