Healthy Habits

Grade 2 Science Worksheet

PencilGo

Name _____ Date _____

Circle the way this habit keeps you healthy.

1. Sleeping nine to eleven hours

   exercise sleep healthy food staying clean

2. Going to bed at the same time each night

   healthy food staying clean exercise sleep

3. Washing your hands before lunch

   exercise sleep healthy food staying clean

4. Eating a crunchy carrot

   sleep staying clean exercise healthy food

5. Combing your hair

   sleep staying clean healthy food exercise

6. Eating fruit for a snack

   exercise healthy food staying clean sleep

7. Taking a bath

   healthy food staying clean exercise sleep

8. Choosing water instead of soda

   sleep staying clean exercise healthy food

9. Riding a bike

   exercise healthy food sleep staying clean

10. Running at recess

    staying clean exercise sleep healthy food

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Answer Key - Grade 2 Science Worksheet

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