Healthy Habits

Grade 2 Science Worksheet

Name _____ Date _____

Circle the way this habit keeps you healthy.

1. Jumping rope

   staying clean exercise sleep healthy food

2. Eating vegetables at dinner

   healthy food exercise staying clean sleep

3. Resting when you are tired

   staying clean healthy food sleep exercise

4. Going to bed at the same time each night

   exercise staying clean healthy food sleep

5. Sleeping nine to eleven hours

   exercise healthy food staying clean sleep

6. Swimming laps

   healthy food sleep exercise staying clean

7. Washing your hands before lunch

   sleep healthy food exercise staying clean

8. Eating fruit for a snack

   healthy food staying clean sleep exercise

9. Choosing water instead of soda

   exercise staying clean healthy food sleep

10. Climbing on the bars

    staying clean healthy food sleep exercise

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Answer Key - Grade 2 Science Worksheet

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staying clean healthy food sleep **exercise**