Healthy Habits

Grade 2 Science Worksheet - Building Confidence

Name _____ Date _____

Circle the way this habit keeps you healthy.

1. Drinking a glass of milk

   sleep staying clean healthy food

2. Dancing to music

   staying clean healthy food exercise

3. Eating fruit for a snack

   sleep exercise healthy food

4. Eating a crunchy carrot

   healthy food staying clean sleep

5. Going to bed at the same time each night

   exercise sleep healthy food

6. Resting when you are tired

   sleep exercise staying clean

7. Taking a bath

   sleep healthy food staying clean

8. Reading a story before bed

   exercise staying clean sleep

9. Running at recess

   healthy food staying clean exercise

10. Choosing water instead of soda

    sleep healthy food staying clean

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Answer Key - Grade 2 Science Worksheet - Building Confidence

Circle the way this habit keeps you healthy.

1. Drinking a glass of milk

   sleep staying clean **healthy food**

2. Dancing to music

   staying clean healthy food **exercise**

3. Eating fruit for a snack

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   sleep exercise staying clean

7. Taking a bath

   sleep healthy food **staying clean**

8. Reading a story before bed

   exercise staying clean **sleep**

9. Running at recess

   healthy food staying clean **exercise**

10. Choosing water instead of soda

    sleep **healthy food** staying clean