Healthy Habits

Grade 2 Science Worksheet

Name _____ Date _____

Circle the way this habit keeps you healthy.

1. Choosing water instead of soda

   exercise staying clean sleep healthy food

2. Turning off the lights at bedtime

   healthy food sleep staying clean exercise

3. Going to bed at the same time each night

   sleep healthy food exercise staying clean

4. Eating vegetables at dinner

   sleep healthy food staying clean exercise

5. Swimming laps

   sleep exercise healthy food staying clean

6. Having oatmeal for breakfast

   sleep exercise staying clean healthy food

7. Taking a nap when you feel worn out

   sleep healthy food exercise staying clean

8. Playing soccer

   exercise staying clean sleep healthy food

9. Sleeping nine to eleven hours

   staying clean healthy food exercise sleep

10. Washing your hands after the bathroom

    healthy food sleep staying clean exercise

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Answer Key - Grade 2 Science Worksheet

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