Healthy habits worksheet

1st grade health · Health

Name _____ Date _____

For grown-ups: 10 questions from our healthy habits practice, easier ones first. Read a question aloud if your child wants that, then check together with the answer key on page 2. Circle one answer for each problem.

1. **How often should you brush your teeth?**
   - ○ Never
   - ○ Twice a day
   - ○ Once a week

2. **What should you do before eating?**
   - ○ Wash hands
   - ○ Put on shoes
   - ○ Watch TV

3. **You need to sneeze. What do you do?**
   - ○ Sneeze on your hands
   - ○ Sneeze into your elbow
   - ○ Sneeze toward a friend

4. **What keeps your body strong every day?**
   - ○ Sitting all day
   - ○ Moving and playing
   - ○ Only screens

5. **How much sleep do kids need each night?**
   - ○ About 1 hour
   - ○ About 2 hours
   - ○ About 10 hours

6. **You should wash your hands for about 20 seconds.**
   - ○ Yes
   - ○ No

7. **Why do we drink water?**
   - ○ It makes us sleepy
   - ○ Our body needs it to work
   - ○ It tastes like candy

8. **You feel sick. What is the best thing to do?**
   - ○ Eat lots of candy
   - ○ Tell a grown-up and rest
   - ○ Go play with friends

9. **Which breakfast gives you energy for the morning?**
   - ○ Oatmeal with fruit
   - ○ A soda
   - ○ A bag of chips

10. **Brushing your teeth helps stop cavities.**
    - ○ Yes
    - ○ No

Answer key: Healthy habits

1st grade health · More practice and a guide for parents at tutorsaurus.com/learn/1st-grade/healthy-habits

1. **Twice a day**
   Brush your teeth twice a day, in the morning and before bed, to keep them healthy.
2. **Wash hands**
   Wash your hands before eating so germs do not get on your food.
3. **Sneeze into your elbow**
   Sneeze into your elbow. That keeps germs off your hands and away from other people.
4. **Moving and playing**
   Moving and playing every day makes your muscles, heart and bones strong.
5. **About 10 hours**
   Kids need about 10 hours of sleep each night, give or take an hour, to grow and feel good.
6. **Yes**
   True! Scrub with soap for about 20 seconds, about the time it takes to sing the ABC song.
7. **Our body needs it to work**
   Your body needs water to work. Water helps you think, move and stay cool.
8. **Tell a grown-up and rest**
   Tell a grown-up and rest. Resting helps your body fight germs, and staying home keeps friends healthy.
9. **Oatmeal with fruit**
   Oatmeal with fruit gives you lasting energy. Chips and soda do not keep you full for long.
10. **Yes**
    True! Brushing cleans off sugar and germs that make cavities, which are tiny holes in teeth.