

To help you complete this worksheet, use the *My Body* book.



# Staying Well

Your body is a wonderful \_\_\_\_\_. Just think of all the things it can do. But you must take care of it to stay \_\_\_\_\_. You need plenty of \_\_\_\_\_, water, fresh food, and sleep. You need to \_\_\_\_\_ every day to keep yourself clean!

Brush your teeth with \_\_\_\_\_

to keep them clean and white.

If you cut your skin, wear a \_\_\_\_\_ to keep it clean while it mends.



\_\_\_\_\_ is for washing your skin.

Soft, thick \_\_\_\_\_ keep you warm in bed.

\_\_\_\_\_ gets rid of the dirt in your hair.

