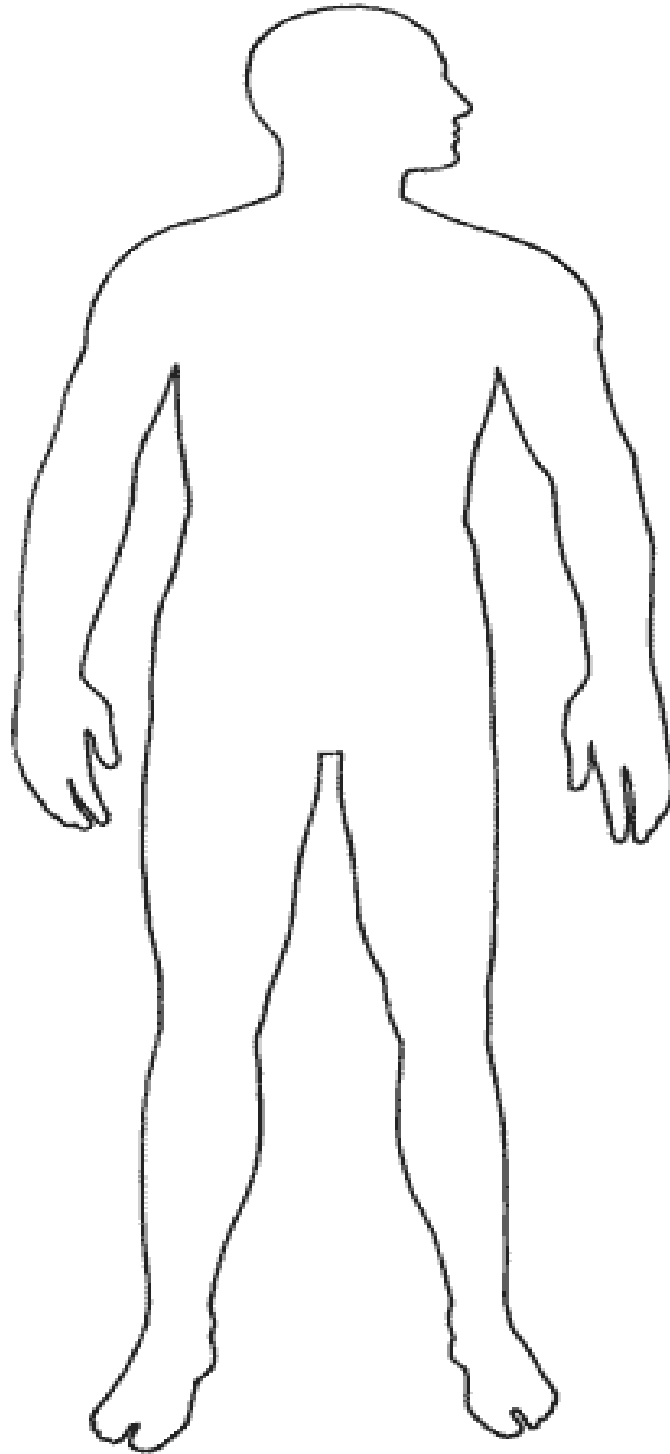


Date: \_\_\_\_\_

## What is healthy or unhealthy for our bodies?

Draw pictures and write words inside the body for everything that keeps our body healthy.



Draw pictures and write words outside the body for everything that is unhealthy for our body.

Think about some of the following:

exercise      food      drink      smoking      sugar      alcohol  
fruit      water      drugs      medicine      cleaning      vegetables

Which do you think will keep your body healthy?