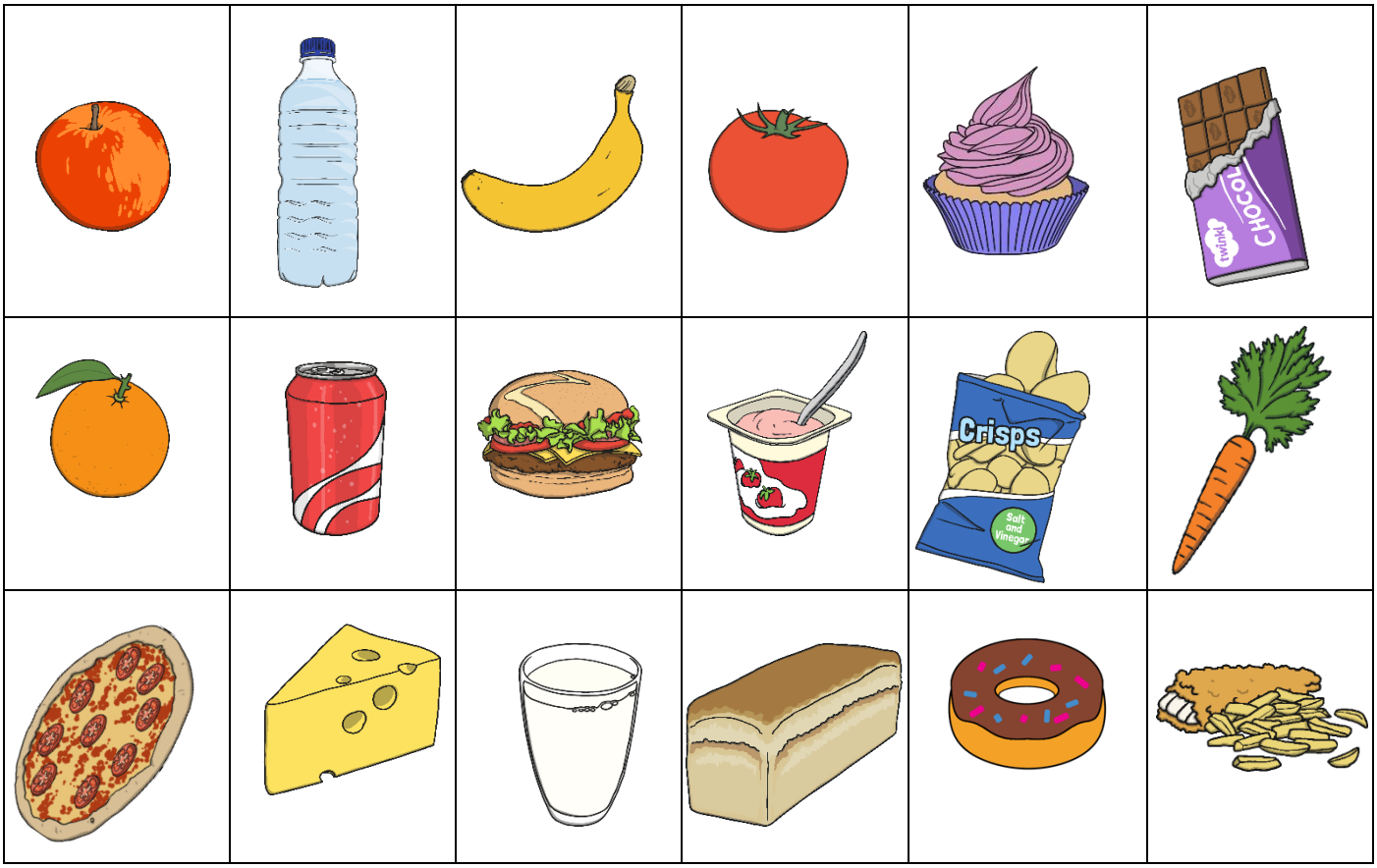
Healthy Habits Activity 1

Healthy

Unhealthy

Cut and paste the healthy and unhealthy foods into the correct box



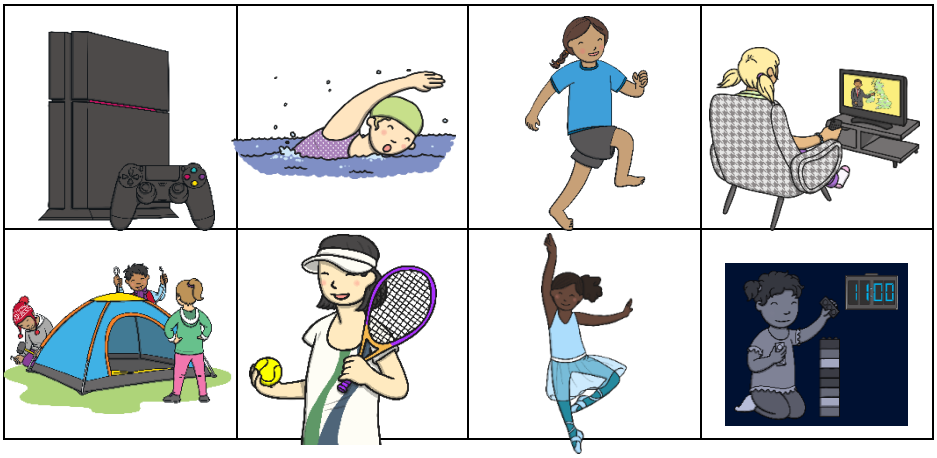
REMEMBER! If something is unhealthy, it doesn't mean you can't have it anymore! Some unhealthy foods and activities can be fine in moderation.

Healthy Habits Activity 2

Can you help this boy to decide which activities would be the best choice for him to stay healthy?

Healthy **Unhealthy**

Cut and paste onto the correct side



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