



HEALTHY FOODS

UNHEALTHY FOODS



Template 2-About Me

Kids, fill in the blanks about your own healthy habits.

My name is _____.

Every morning I like to eat _____ for breakfast.

My favorite healthy snack is _____.

My favorite sport is _____.

My favorite thing about school is _____.

Every morning, I wake up at _____ a.m.

At night, I go to sleep at _____ p.m.

I get _____ hours of sleep each night.

I can improve my health by _____.