

Name: _____

Date: _____

YEAR 1 PDHPE

HEALTHY or UNHEALTHY?



Look at the pictures.
Circle the **healthy** choices.



fruit



water



candy



sleep



lollies



exercise



chips



water



no sleep



vegetables



bike ride



soft drink



run outside



too much
screen time



nuts



milk



cake



play outside



fast food



good sleep

★ Healthy choices help our bodies and minds stay strong and happy!

