

Student Name: _____

Health Notes

PART 1

Many people can help us stay healthy. Read the sentences below to find out about four children named Tony, Maria, Albert, and Lisa. Then answer each question by filling in the bubble next to the correct answer.


Tony's mom takes care of him if he gets a cold. Maria's baby-sitter reminds her to wash her hands before and after each meal. Albert's father tells him he needs eight hours of sleep each night to grow big and strong. Lisa's grandmother gives her a healthy piece of fruit whenever Lisa asks for a snack!

1. Who takes care of Tony when he's sick?
 - his teacher
 - his mom
 - his dentist
2. What does Maria's baby-sitter tell her to wash before and after each meal?
 - her dog
 - her hair
 - her hands
3. How many hours of sleep should Albert get each night?
 - six
 - seven
 - eight
4. Which healthy snack does Lisa's grandmother give her?
 - candy
 - fruit
 - ice cream


PART 2

Fill in the bubble next to the correct word that describes each picture.

sleep jump slip



wish dance wash



candy fruit cookie

