

Healthy Habits



Taking care of our health

It is important to take care of the different organs and systems involved in the interaction function

We should practice healthy habits, such as eating a balanced diet, doing exercise and using sunscreen when you go outside.

Fill in the Blank!

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What are some healthy habits?

01

Physical activity



02

Balanced Diet



03

Avoiding Injuries



04

Having Friends



05

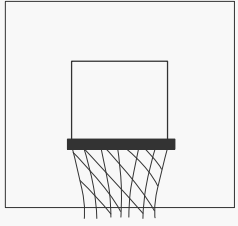
Getting Enough
Sleep



06

Preventing Accidents



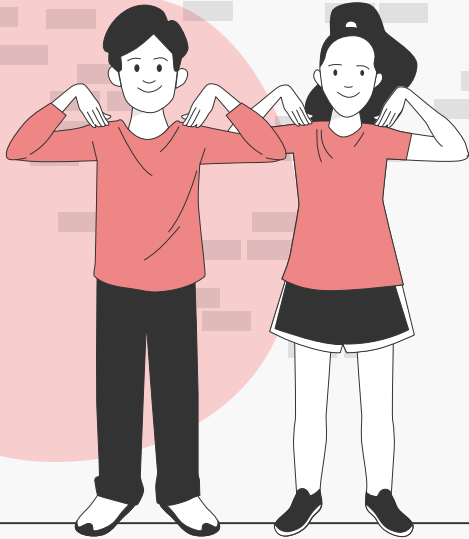


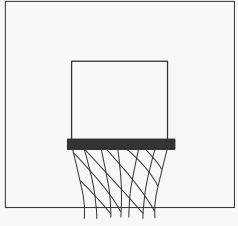
01

Physical Activity

Is good for our nervous system because it helps to improve motor coordination.

What are some sports you can do?





01 Fill in the Blank!

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02

Balanced Diet

The nutrients in a balanced diet helps our nervous system to stay healthy.
What are some healthy foods?



02 Fill in the Blank!

Balanced

Diet

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03

Avoiding Injuries

In order to protect our delicate nervous system we must avoid injuries by using helmets.



03 Fill in the Blank!

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04

Having Friends

Having friends helps us to feel good so our nervous system is relaxed and calmed.



04 Fill in the Blank!

Having

Friends

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05

Getting Enough Sleep

Is necessary so that our brain
can rest and assimilate learning
experiences.

Children ages 6 to 12 years old
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Preventing Accidents

If we respect traffic rules to prevent accidents then we keep our vital organs safe.



06 Fill in
the Blank!

Preventing

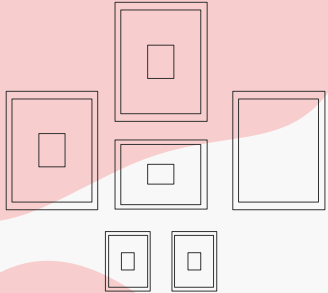
Accidents

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Harmful Substances

Alcohol, tobacco and other drugs are **harmful substances** that can damage our health.

Some drugs, such as cocaine, heroin and pills, can get absorbed into the blood and affect all parts of the body. Consequences: aggressiveness, lack of memory, mental illness, isolation



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