



# Healthy and Unhealthy Habits

GRADE 2 YOU AND YOUR WORLD




# What is a habit?




**What is a healthy  
habit?**

**What is an  
unhealthy habit?**





We're going to sort the  
cards into 2 (two) piles:  
one for healthy habits  
and one for unhealthy  
habits.







**What are  
sometimes foods?**

**What are always  
foods?**





What healthy habits  
are you going to bring  
home to share with  
your family?