Hygiene Notes Grade 2

Topic 1: Healthy practices

1:Healthy habits

Healthy habits are things we do everyday to keep our bodies healthy. Some of the healthy habits are;

- Bathing everyday
- Playing
- Having enough sleep
- Washing our hands before eating and after visiting the toilet
- Brushing our teeth
- Wearing clean clothes
- Drinking boiled water
- Eating healthy foods

The food we eat in the morning

The meal we eat in the morning is called breakfast.

We eat breakfast everyday

We should eat breakfast before we go to school

Foods we eat for breakfast

Examples of food we eat for breakfast are;

- Tea
- Milk
- Bread
- Boiled green maize
- Sweet potatoes
- Eggs
- Porridge
- Yams
- Banana
- Pumpkins

Why do we eat breakfast?

We eat breakfast everyday because;