

Name _____

Human Health Hunt

1. _____ doesn't add salt to food.
2. _____ exercises daily or almost daily to stay in shape.
3. _____ regularly eats a healthy breakfast.
4. _____ fastens seat belt whenever in a car.
5. _____ is careful not to eat too much sugar.
6. _____ loves being a student.
7. _____ wears sunscreen to protect his/her skin.
8. _____ will always be a non-smoker.
9. _____ regularly reads for pleasure.
10. _____ likes wheat bread more than white bread.
11. _____ enjoys a good, hard workout.
12. _____ flosses every day.
13. _____ owns or has owned a furry pet.
14. _____ tries to avoid fried and fatty foods.
15. _____ has looked forward to the start of school.
16. _____ is an enthusiastic swimmer.
17. _____ has given up an unhealthy habit.
18. _____ is careful not to drink too many soft drinks.
19. _____ likes at least two vegetables.
20. _____ tries to think positively at all times.