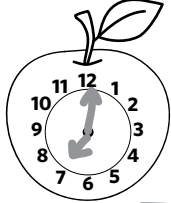


What Time Are You Healthy?

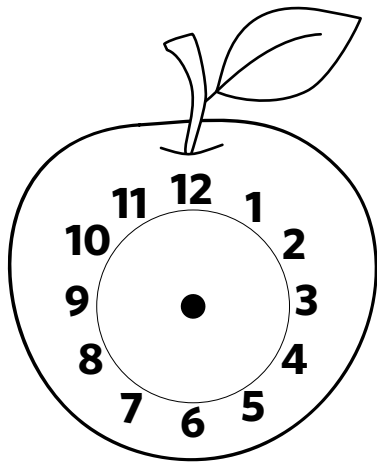
Name: _____

Draw the time below on the apple clock. Show what times of day you eat healthy foods and do other healthy things (go to school, play and sleep).

Example

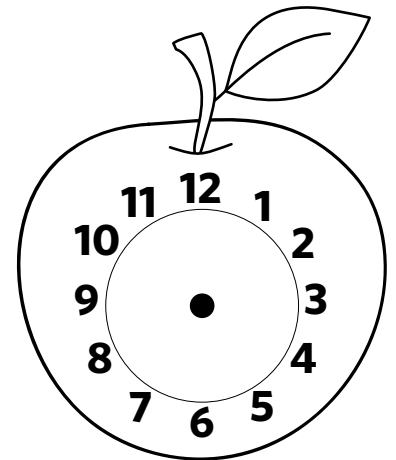
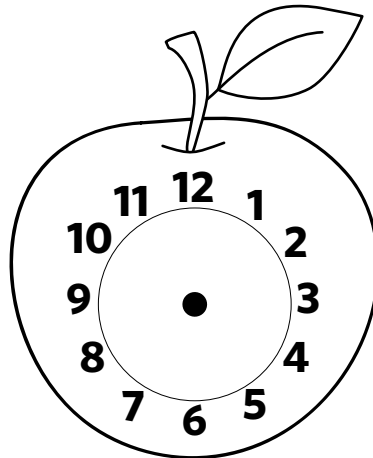


I eat breakfast at 7 o'clock.

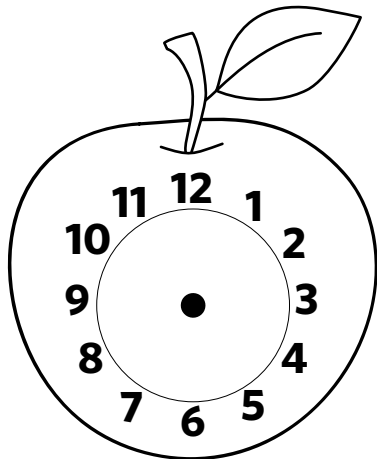


I go to school at ___ o'clock

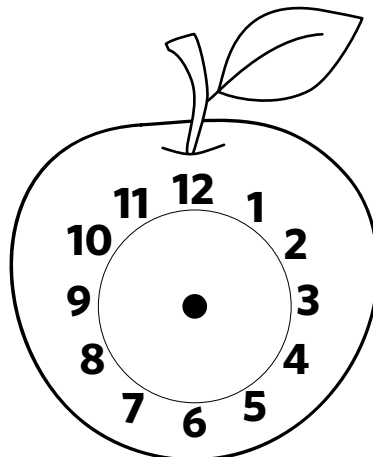
I eat lunch at ___ o'clock



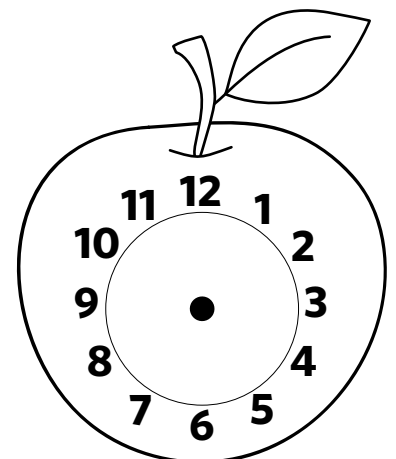
I eat a snack at ___ o'clock.



I play outside at ___ o'clock.



I eat supper at ___ o'clock



I go to bed at ___ o'clock.