

Grade 6

Writing Unit (7)

Healthy habits help us in many ways. They keep our bodies strong and our minds focused.

Plan and write a paragraph explaining **your daily healthy habits** and **why they are important for staying healthy**.

Topic sentence :

Healthy habits are important.

Supporting details:

- I wake up early every day.
- I eat healthy food.
- I drink much water.
- I exercise every day.

Concluding sentence:

These habits keep me fit and healthy.

Healthy Habits

Healthy habits are important. I wake up early every day. I eat healthy food. I drink much water. I exercise every day. These habits keep me fit and healthy.