



with Timon and Pumbaa:  
**SAFETY SMART**  
Healthy & Fit!

Name: \_\_\_\_\_

## TIMON AND PUMBAA'S HEALTH AND FITNESS TIPS

Timon and Pumbaa learned a lot about how to be healthy and fit. Fill in the blanks using the words in the box. Use each word only once.

foods	teeth	soap
hour	sleep	cover



1. \_\_\_\_\_ your mouth and nose when you sneeze.
2. Wash hands with warm water and \_\_\_\_\_.
3. Eat a variety of \_\_\_\_\_.
4. Do one \_\_\_\_\_ of physical activity each day.
5. Get enough \_\_\_\_\_.
6. Brush and floss your \_\_\_\_\_.