

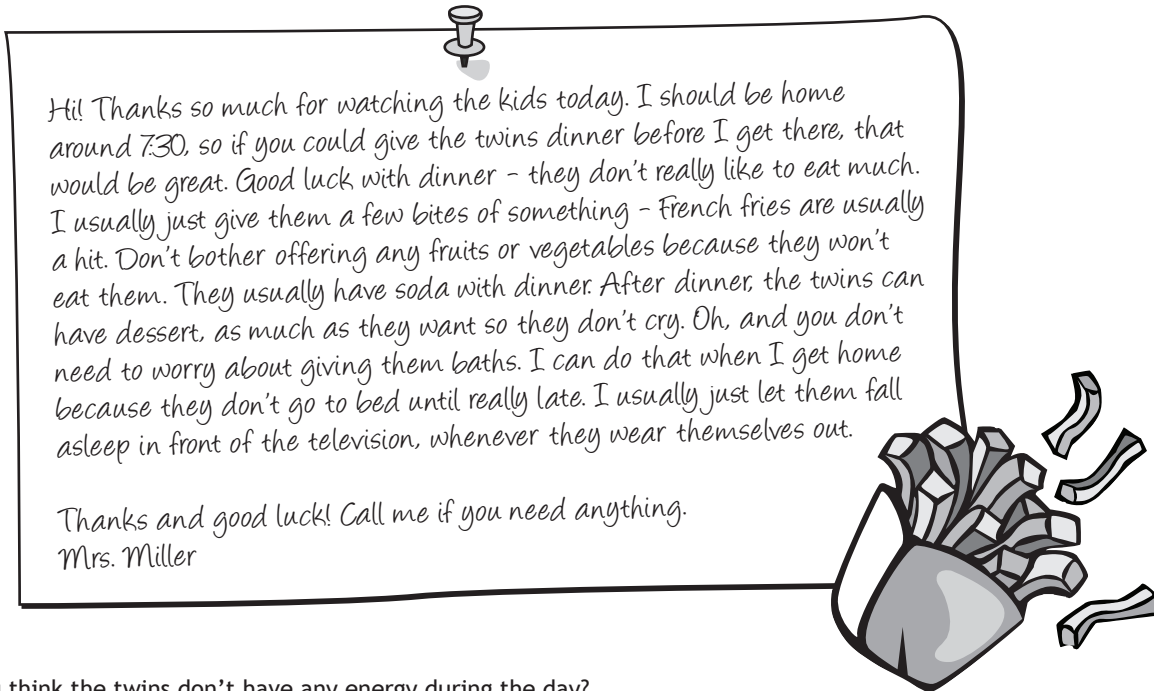


Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Energy Times Two!

Instructions: Read the articles on KidsHealth to learn about good eating and sleeping habits. Then use the spaces below to suggest some changes that will give the twins more energy!



Why do you think the twins don't have any energy during the day?

\_\_\_\_\_

\_\_\_\_\_

List three ways you could improve their eating habits:

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

List three ways you could improve their sleeping habits:

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_