

# HEALTHY HABITS. (hábitos saludables)

Listen and number. (Escucha y numera)



Eat fruit and vegetables

Do exercise

Walk

Play outside

Sleep 8 hours

Drink water

What about your healthy habits? Write Yes or No  
(Qué hay con tus hábitos saludables? Escribe Si o No)

Walk to school \_\_\_\_\_

Drink water \_\_\_\_\_

Sleep 8 hours at night \_\_\_\_\_

Play outside \_\_\_\_\_

Do exercise \_\_\_\_\_

Eat fruit and vegetables \_\_\_\_\_