

Name..... Class..... No.

Directions: Look at the picture and answer the question.

- healthy food
- enough sleep

- good hygiene
- daily exercise









You should get
enough exercise

You should get enough
sleep, or you will be
unhappy

You should eat good
food to be healthy

1. Eat good food every day, to keep doctors a way

2. Exercise can make you strong, It make you bright
but don't exercise too long.

3. Early to bed, early to rise. Make a man healthy,
Wealthy and wise.
