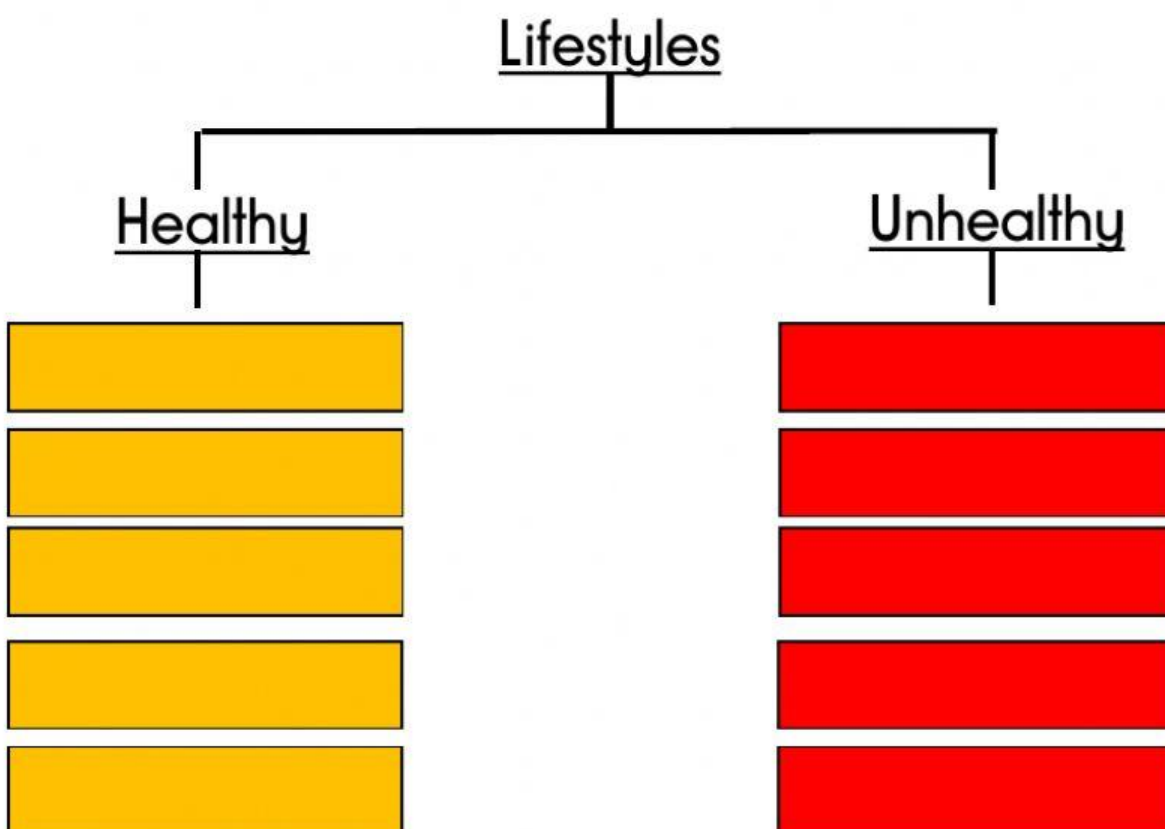


English Language Year 6 : Unit 7 : Healthy and Wise

Exercise I : What is considered a healthy lifestyle? What is an unhealthy lifestyle?
Complete the tree map below.



Consume less sugar and salt	Eat many snacks	Smoking
Skipping breakfast	Eat more vegetables	Play with mobile phones all the time
Avoid Junkfood	Drink less water	Exercise regularly
	Eat less fried food	





Lot of fat

Increased weight

No preservatives

Good for body

High in calories

Nutritious

Less sugar

Contain
preservatives

High in sodium

Avoid heart disease

Low nutritional value

Lead to diabetes

Junk foods

