

Complete

COMPLETE the infographic according to the pictures

LET'S LISTEN AND READ

Look at the **WHO** recommendations to stay healthy during the pandemic.

Stay active. Do exercise at home

Limit sugar diet

Do some stretching exercises

Drink enough water. Drink 8 glasses of water every day.

Eat moderate amounts of fats and oils

Try exercise classes online

Walk up and down the stairs

Take healthy walks

A

Staying physically active



3. Dance to music.



B

Eating healthy



4. Eat a variety of food.



5. Eat fruits and vegetables.