



NAME:



GRADE: SECTION:

Miss: Ruth Gómez Camacho

Healthy Lifestyle

LET'S OBSERVE!

1. Look at the pictures. Write **H** for a healthy lifestyle choice and **U** for unhealthy lifestyle

Example



I play online games all day.

1.



I never exercise.

2.



I go running twice a week.

3.



I don't play sports.

4.



I usually go biking.

5.



I go walking three times a week.

2. Now, classify the lifestyle habits into two categories



Healthy
lifestyle



Unhealthy
lifestyle

I play online games all day.
