

A healthy lifestyle



Let's read

Read about each of these good and bad habits. If you think it is a good habit, add a tick (✓), and if you think it is a bad habit, add a cross (✗).

Habits	Good	Bad
The teacher helps the learners to read.	✓	✗
I eat healthy food.		
I throw rubbish out of the car or taxi window.		
I wash my hair regularly.		
I eat a lot of sweets.		
I keep my nails and ears clean.		
I brush my teeth once a month.		
I pick rubbish up and throw it in a rubbish bin.		
I wash my hands after going to the toilet.		
When I cough or sneeze, I hold my hand in front of my mouth.		
I exercise regularly.		
I wash my hands before eating.		
I lie around in front of the TV for hours.		
I sit with adults who smoke.		