

# HEALTHY HABITS (1)

1. Match.



2. Choose fruit or vegetable.



3. Write YES or NO.

- a) Never wash your hands. \_\_\_\_
- b) Sleep one hour a day. \_\_\_\_
- c) Watch TV one hour a day. \_\_\_\_
- d) Brush your teeth after you eat. \_\_\_\_
- e) Do exercise. \_\_\_\_
- f) Eat five portions of fruit and vegetables every day. \_\_\_\_