

Causes and Effects of Healthy Habits

Translate the words below to Malay

Causes = _____

Effects = _____

1. Which of the following goes into cause and which goes into effect?

e.g.

Cause	Effect
Eating healthy foods like fruits and vegetables	Our body gets vitamins, minerals and fibers which are needed for healthy immune system and growth

Keeps our mental health in check
and allows us to feel connected

Smoking cigarettes

Heart problems

Eating lots of sugary foods and
drinks like coca cola, cakes & cookies

Our body stays hydrated

Helps to pump blood around our body
and keeps our muscles and heart active

Getting at least 8 hours of sleep

Drag and drop the boxes above into the correct space below.

Cause	Effect
Spending time with friends and socializing	
	Body repairs itself and we feel refreshed in the morning
	Lung cancer & breathing problems
Regular exercise	
Drinking at least 2L of water	
	Diabetes and tooth decay
Eating fatty foods like crisps, fried chicken and fries	

Now add four of your own ideas. You can work with a friend, in groups or consult Google for help!

Cause	Effect