

## HEALTHY AND UNHEALTHY ACTIVITIES QUIZ

1. Match the object with its name using the tags:

Tasty

exercise

Irritate

Take naps

Eat fat and sugar in moderation

Drink plenty of liquids

Don't eat junk food

Take a bath

Chewing gum

Unable to focus

Eat healthy food

Be kind with others

Wash your hands

Limit time with electronics

Find time to relax

Be active

































2. 1. Say what habits are healthy (H) or Unhealthy (U). Write H/U after the sentences.

2. Put the number of the sentence in the heart.

HEALTHY / UNHEALTHY  
HABITS

1. CUT DOWN ON SALT .....



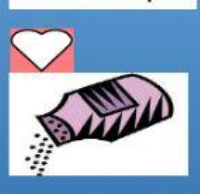
2. BRUSH YOUR TEETH .....



3. GO JOGGING .....



4. SLEEP 12 HOURS A DAY ...



5. GIVE UP SMOKING .....



6. WALK .....



7. HAVE FIZZY DRINKS .....



8. DO YOGA .....



9. WORK LONG HOURS .....



10. EAT JUNK FOOD .....



11. EXERCISE .....



12. SUNBATHE AT MIDDAY ...