HEALTHY HABITS

1. Match the text with the picture

SPEND TIME ON THE COMPUTER

EAT HEALTHY FOOD

DO EXERCISE

DRINK WATER

SLEEP 8 HOURS

EAT JUNK FOOD

2. Choose Healthy and Unhealthy habits:

- Spend time on the computer **Healthy / Unhealthy**
- Eat healthy food **Healthy / Unhealthy**
- Do exercise **Healthy / Unhealthy**
- Drink water **Healthy / Unhealthy**
- Sleep 8 hours **Healthy / Unhealthy**
- Eat junk food **Healthy / Unhealthy**