

# Healthy Habits



Number the pictures with the correct word.



Word bank

1. Play
2. Do exercise
3. Drink water
4. Sleep well
5. Eat well
6. Wash



Fill in the gaps.

1. D\_ ex\_r\_i\_e

2. W\_s\_

3. D\_i\_k W\_t\_r

4. E\_t \_el\_

5. \_l\_y

6. \_le\_p W\_l\_

WRITE: **Good** or **bad**

a. medicines ☐

d. viruses ☐

g. tobacco ☐

b. alcohol ☐

e. exercise ☐

h. diseases ☐

c. sleep ☐

f. brushing your teeth ☐

i. antibiotics ☐

- ② Can you think of two more things that are good for you?  
And two more that are bad?

good	bad
_____	_____
_____	_____

Match the sentences halves.

a. You can prevent illness if ...

... you break a bone.

b. You might take painkillers if ...

... you have a headache.

c. You need first aid if ....

... you have a healthy diet.

d. You have an X-ray if ...

... someone else has an accident.

e. You call the emergency services if ...

... you are bleeding.

Write two healthy and two unhealthy habits.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_