

Good and bad habits for our health

Label the habits. Then classify them into healthy (H) or unhealthy (U) ones.

eating healthy food / eating junk food / check up / brushing teeth /
drinking coke / swimming / cycling / staying up late / smoking /
having a shower / washing hands / stretching / eating vegetables and
fruits / relaxing / jogging / doing press-ups / working long hours /
walking / drinking a lot of water / being a couch potato

U 			
			
			
			
			