1 CHOOSE.





2 DRAG AND DROP.





They include vegetables and fruit which contain minerals, vitamins and fiber.

These foods have a lot of carbohydrates and they are rich in fats.

They include meat, fish, pulses and dairy products.

3 CLICK ONLY IN THE CORRECT ANSWERS.

- Wash your hands before and after eating.
- Have a weekly shower.
- Brush your teeth once a day.
- Don't touch your eyes or mouth with dirty hands.
- Wash your hands often.
- Change your clothes every month.

LIVEWORKSHEETS