

UNIT 2: HOW ARE YOU FEELING?

IDENTIFY IF IT IS HEALTHY OR UNHEALTHY HABIT.

1. Eating late at night.
2. Visiting your doctor from time to time, even if there is nothing wrong with you.
3. Not Drinking Enough Water.
4. Not Getting Enough Exercise
5. Use a tissue when you sneeze or blow you nose.
6. Eating food that are rich with nutrients.
7. Brush your teeth after meals.
8. Skipping breakfast.
9. Wash your hands before meals and after using the toilet.
10. Eating junk food everyday.

CHOOSE THE BEST ANSWER BELOW THAT MATCHES EACH IMAGE.

carbohydrates

fruits and vegetables

dairy

proteins

fats

