

Name: _____ Group: _____

HEALTHY HABITS

1º) Match the picture with the correct healthy habit:



- WEAR YOUR SCHOOLBAG ON BOTH SHOULDERS



- WASH YOUR HANDS BEFORE EATING



- HAVE A SHOWER



- DO NOT CARRY A HEAVY SCHOOLBAG



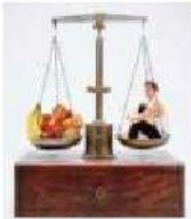
- SIT CORRECTLY / SIT PROPERLY



- BRUSH YOUR TEETH



- **DO PHYSICAL EXERCISE EVERYDAY**
(Play Individual sports)



- **GO TO THE DOCTOR WHEN YOU FEEL BAD**



- **HAVE BREAKFAST EVERYDAY**



- **EAT A BALANCED DIET**
(Eat fruit and vegetables everyday)



- **SLEEP WELL**



- **DO PHYSICAL EXERCISE EVERYDAY**
(Play Team sports)