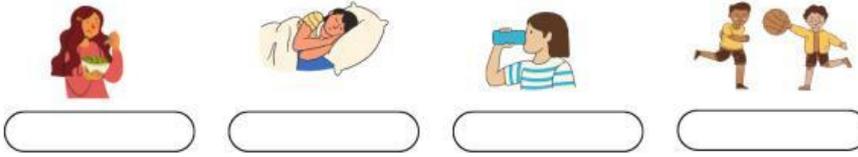


# Healthy habits

1. MATCH THE HEALTHY HABIT WITH THE CORRECT IMAGE:



- SLEEP WELL
- EAT HEALTHY FOOD
- DRINK WATER
- DO SPORT EVERY DAY

2. WHAT HAPPENS TO OUR BODY IF WE EAT HEALTHY VS. UNHEALTHY FOOD?

## Healthy diet

VS.

## Unhealthy diet

