

Day: \_\_\_\_\_

Date: \_\_\_\_\_

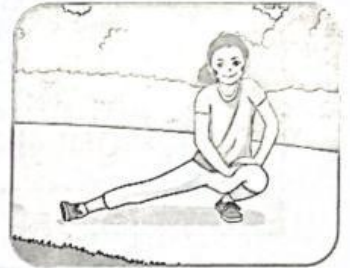
# Unit 4

## Health is Wealth



**Listen, number, and match.**

☐ I sleep early every night.



☐ I exercise regularly.



☐ I drink enough water.



☐ I eat fruits and vegetables.



☐ I eat less sweet, salty, and oily food.



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