

HEALTH AND ILLNESS



WHAT'S HEALTHY? Click the healthy habits.

Eat only fruit	Sleep 8 to 10 hours	Take a shower once a week	Have a balanced diet
Play videogames	Drink water	Don't sleep	1 hour of exercise
Eat lots of candy	Brush your teeth	Watch TV	Wash your hands

GOOD HYGIENE. Match.

- | | | |
|--------------------------------|-----------------------|-----------------------|
| You should wash your hands... | ☐ | ...every day. |
| You should take a shower... | ☐ | ... after every meal. |
| You should brush your teeth... | ☐ | ...before every meal. |

TRUE OR FALSE? Click.

- | | | |
|---|-------------|--------------|
| If you feel sick, you should go to the doctor. | TRUE | FALSE |
| You should brush your teeth before every meal. | TRUE | FALSE |
| You should do 2 hours of exercise every day. | TRUE | FALSE |
| You should drink a lot of water. | TRUE | FALSE |
| A balanced diet includes only fruit and vegetables. | TRUE | FALSE |
| You should wash your hands before meals and when they're dirty. | TRUE | FALSE |

HEALTHY HABITS. Make pairs.



Have a good hygiene

Have good sleep and rest

Do exercise

Have a balanced diet