



Name: _____

Class: _____

1. Drag and drop.



Play the guitar

Swim

Play football

Watch TV

Play basketball

Ride a bike

Play tennis

Play the piano



2. Read and choose "Healthy" or "Unhealthy".



HEALTHY OR
UNHEALTHY?

Healthy

Unhealthy

- | | | | |
|----|----------------------------------|--------------------------|--------------------------|
| 1 | I brush my teeth every day.----- | ☐ | ☐ |
| 2 | I play video games often.----- | ☐ | ☐ |
| 3 | I don't drink water.----- | ☐ | ☐ |
| 4 | I walk my dog.----- | ☐ | ☐ |
| 5 | I go to bed early.----- | ☐ | ☐ |
| 6 | I eat junk food.----- | ☐ | ☐ |
| 7 | I ride my bike.----- | ☐ | ☐ |
| 8 | I eat a lot of cookies.----- | ☐ | ☐ |
| 9 | I don't sleep well.----- | ☐ | ☐ |
| 10 | I wash my hands well.----- | ☐ | ☐ |
| 11 | I stay up late.----- | ☐ | ☐ |
| 12 | I play golf.----- | ☐ | ☐ |
| 13 | I practice yoga.----- | ☐ | ☐ |
| 14 | I don't eat sugar.----- | ☐ | ☐ |

3. Look and write.



I'm Tony. I'm 7 years old. I have healthy habits. I eat vegetables and fruit every day. I drink lots of water. I play football and ride my bike. I also go to the park and run with my friends.

How about you? What do you do to stay healthy?