

What do you remember or forget to do? Tick ✓. Then write.

			
I remember to ...	✓		
I forget to ...			

			
I remember to ...			
I forget to ...			

- 1 I remember to drink water. _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

Read and complete.

- ☐ I try to stay healthy! I drink a lot of
- ☐ ¹ water and I try to eat lots of
- ☐ fruit and ² _____. And I remember
- ☐ to wash my ³ _____ before I eat.
- ☐ My teeth are healthy because I remember
- ☐ to go to the ⁴ _____. It is
- ☐ important to do ⁵ _____, too. I play
- ☐ ⁶ _____ with my friends. Sometimes,
- ☐ I don't go to bed ⁷ _____, so I feel
- ☐ tired in the morning.

