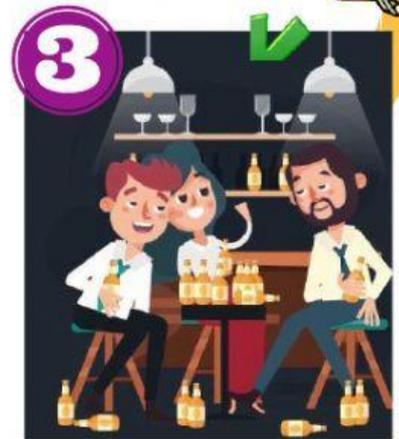


# ACTIVITY 1

Watch the video. Using the pictures below decide which habits are **good** or **bad** for our health.

## HEALTHY OR UNHEALTHY?



# ACTIVITY 2

## SHOULD OR SHOULDN'T?

My friend Hilda wants to change her daily habits.

She wants my advice. Let's help her !!



I love to eat fast food and drink sodas!



You eat more fruits and vegetables!

You limit your salt intake.

You consume unhealthy fats, like butter or margarine.

You drink too much soda!  
You consume a lot of water.



I use my mobile phone all day!

You use the mobile phone for long periods of time.

You walk more.



I spend a lot of time in bed.

You practise sports.

You go out with friends more often.

