

HEALTHY HABITS. (hábitos saludables)

Listen and number. (Escucha y numera)



Eat fruit and vegetables ☐

Walk ☐

Sleep 8 hours ☐

Do exercise ☐

Play outside ☐

Drink water ☐

What about your healthy habits? Write Yes or No
(Qué hay con tus hábitos saludables? Escribe Si o No)

Walk to school _____

Drink water _____

Sleep 8 hours at night _____

Play outside _____

Do exercise _____

Eat fruit and vegetables _____