

# Habits



Drink water

Sleep late

Play sports

Do exercise

Eat junk food

Eat healthy food

Smoke

Drink sodas

Wash my hands

Watch a lot of TV

Sleep well



# Drag and drop

HEALTHY !

UNHEALTHY !



sleep  
late



drink  
water



smoke



eat junk  
food



play  
sports



do  
exercise

## Choose True or False

Eating fruit is healthy

Drinking sodas is healthy

Sleeping eight hours is unhealthy

Playing soccer is unhealthy

Brushing your teeth is healthy

Eating junk food is healthy

Playing a lot of videogames is unhealthy

Drinking water is unhealthy