

Healthy habits



Eat healthy foods



Drink plenty of water



Limit television
and computer use



Be active for at least
one hour a day



Clean your teeth
at least twice a day



Be kind to
yourself and others



Get plenty of sleep



Wash your hands



Find time to relax



Eat 'junk' food and
sweets only occasionally



Have a bath or
shower every day



Work and play safely

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SHOULD/DEBERIA

SHOULDN'T/NO DEBE

LISTEN AND COMPLETE THE SENTENCES. PUT SHOULD OR SHOULDN'T/ ESCUCHA Y COMPLETA LAS ORACIONES. PONER DEBE O NO DEBE PONER.



You _____ eat healthy foods
Deberías comer alimentos saludables



You _____ drinks plenty of water
Deberías beber mucha agua



You _____ watch too much tv
No deberías ver demasiada televisión



you _____ do exercise every day
Deberías hacer ejercicio todos los días



You _____ clean your teeth after every meal
Deberías lavarte los dientes después de cada comida



You _____ sleep eight hours every day
Deberías dormir ocho horas todos los días.



You _____ eat junk food and sweets
No debes comer comida chatarra ni dulces.



you _____ take a shower every day
Deberías ducharte todos los días