

HEALTHY/ UNHEALTHY LIFE

1. Write the name of the food. Put the words under the correct heading: **HEALTHY/UNHEALTHY**

|  |  |  |  | HEALTHY FOOD | UNHEALTHY FOOD |
|---|---|---|--|---------------------|-----------------------|
| 1. | 2. | 3. | 4. | | |
|  |  |  |  | | |
| 5. | 6. | 7. | 8. | | |
|  |  |  |  | | |
| 9. | 10. | 11. | 12. | | |
|  |  |  |  | | |
| 13. | 14. | 15. | 16. | | |
|  |  |  |  | | |
| 17. | 18. | 19. | 20. | | |

2. 1. Say what habits are healthy (H) or Unhealthy (U). Write H/U after the sentences.
2. Put the number of the sentence in the heart.

HEALTHY / UNHEALTHY HABITS

- CUT DOWN ON SALT
- BRUSH YOUR TEETH
- GO JOGGING
- SLEEP 12 HOURS A DAY ...
- GIVE UP SMOKING
- WALK
- HAVE FIZZY DRINKS
- DO YOGA
- WORK LONG HOURS
- EAT JUNK FOOD
- EXERCISE
- SUNBATHE AT MIDDAY

