



TRUE OR FALSE:

A HEALTHY LIFESTYLE:

1. Brush your teeth once a day _____
2. Eat vegetables every day _____
3. Drink water only when you are thirsty _____
4. Do exercise _____
5. Sleep well every day _____
6. Watch TV every day _____
7. Drink cola _____

WRITE "H" FOR **HEALTHY** AND "U" FOR **UNHEALTHY**:



brush your teeth



do exercise



eat fat



drink water



play



eat well



sleep well



smoke



wash



drink cola