English Language Year 6 : Unit 7 : Healthy and Wise

Exercise I : What is considered a healthy lifestyle? What is an unhealthy lifestyle? Complete the tree map below.

Consume less sugar and salt	Eat many snacks	Smoking
Skipping breakfast	Eat more vegetables	Play with mobile phones all the time
Avoid Junkfood	Drink less water	Exercise regularly
	Eat less fried food	





LIVEWORKSHEETS

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Exercise 2 : Choose and drag the correct facts about junk food.

Lot of fat	Increased weight	No preservatives
Good for body	High in calories	Nutritious
Less sugar	Contain preservatives	High in sodium
Avoid heart disease	Low nutritional value	Lead to diabetes

	Junk foods	
		



LIVEWORKSHEETS