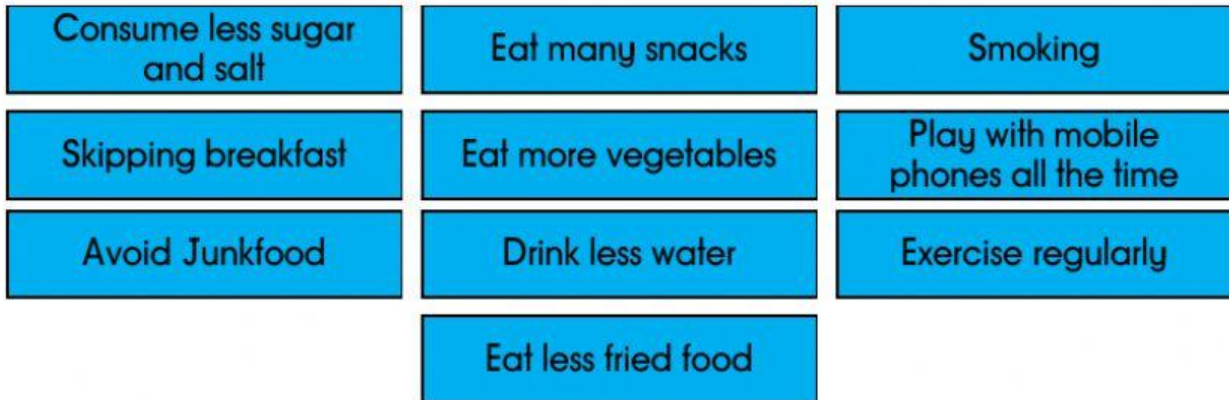


English Language Year 6 : Unit 7 : Healthy and Wise

Exercise 1 : What is considered a healthy lifestyle? What is an unhealthy lifestyle?
Complete the tree map below.



Lifestyles

Healthy

Unhealthy





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

