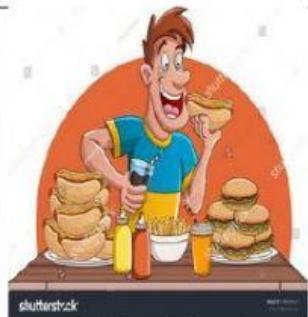


# Healthy habits

Take a look (mira) at the pictures below (debajo),  
Write (escribe) "**healthy habit**" or "**unhealthy habit**" below each one (debajo de cada una).



Drink water



Eat junk food



Practice a sport



Play or chat at night



Eat fruits and vegetables



Sleep well (8 hours atleast)



Watch televisión



Drink soda

READ AND DECIDE IF THESE STATEMENTS REPRESENTS "HEALTHY" or "UNHEALTHY" HABIT.

1. Smoking cigarettes \_\_\_\_\_
2. Drinking alcohol \_\_\_\_\_
3. Consume dairy \_\_\_\_\_
4. Have a sedentary life \_\_\_\_\_
5. Drink plenty of coffee \_\_\_\_\_
6. Dancing and listening to music \_\_\_\_\_
7. Go to the dentist once a year \_\_\_\_\_
8. Eat junk food \_\_\_\_\_
9. Wash your hands \_\_\_\_\_
10. Use your mobile phone a lot! \_\_\_\_\_