

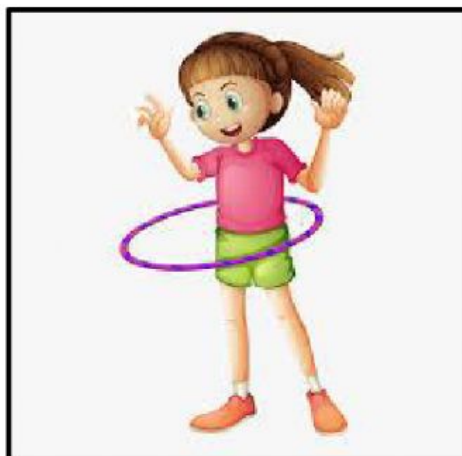
Good Habits



**We should
sleep for
minimum
8 hours
per day**

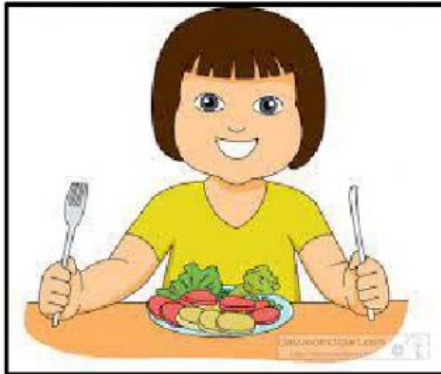


**We should
drink 6-8
glasses of
water per
day**



**We should
exercise
regularly**

Good Habits



**We should
eat green
vegetables
and
healthy
home-made
foods**

A. Fill in the blanks

- 1. _____ gives us good rest.**
- 2. We should _____ regularly.**
- 3. We should drink _____ glasses of water every day.**
- 4. We should eat _____ foods only to make our body strong.**

B. Write T for true and F for false

- 1. We should always eat tasty fast foods.**
- 2. Sleep and taking rest is very important to stay healthy.**
- 3. Regular exercise is not healthy practice.**
- 4. Water keeps our body fit and healthy.**