

HOW TO STAY HEALTHY?

Name:_____

Class:_____

Having a healthy body and mind is important to us. If we take good care of our health, we are able to live a longer life and there will be less chances of getting health problems. Here are some ways we can practice daily in order to stay healthy.

We must:

- exercise three times a week so that our body will be fit and relaxed.
- drink eight glasses of water daily. If we drink a lot our body will stay hydrated all the time.
- eat healthy food such as fruits and vegetables every day. Our skin will be glowing and get enough vitamins.
- drink lots of milk. If you do, it can make your bones and teeth strong.
- go to bed early. If we have enough rest, we can wake up early the next day.
- keep ourselves clean and tidy all the time so that we can be free from bacteria and germs.





We must not:



- eat too much unhealthy food. If we do, we will get sick.
- drink too much fizzy drinks because it can cause diabetic.
- go to bed late. If our body did not get enough rest, we will feel restless and tired.
- smoke because smoking can cause cancer and makes us look older.
- keep ourselves dirty and messy. If we are dirty, germs and bacteria will take over our body and cause us to fall ill.





If we follow these steps carefully, we will be able to stay fit and healthy. Being healthy is important because you will be happy and can do lots of great activities.



Sub heading A	Introduction	
Closure	Content B	Sub heading B
Content A	Title	

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B. Read the two information given and match it according to the suitable components (parts). Write the information shared with you for other empty components.

MIND MAP OF
HOW
TO
STAY HEALTHY?

Share about:

The outcome of what will happen to our body if we follow the steps.

Share about:

Different ways to stay healthy.

Introduction-

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Content A-

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Content B-

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Content Closure-

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