Complete **COMPLETE the infograpich according to the pictures**

LET'S LISTEN AND READ

Look at the **WHO** recommendations to stay healthy during the pandemic.

- Stay active. Do exercise at home
- Limit sugar diet
- Do some stretching exercises
- Drink enough water. Drink 8 glasses of water every day.
- Eat moderate amounts of fats and oils
- Try exercise classes online
- Walk up and down the stairs
- Take healthy walks

LIVEWORKSHEETS