

# HEALTHY HABITS (3)

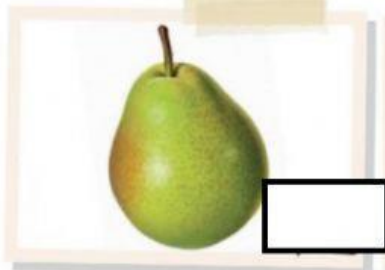
1. Are these snacks healthy? Write YES or NO.

a donut



NO

b pear



c crisps



d cola



e yoghurt



f chocolate



2. Choose the correct option.

- a) Eat **three** / **four** / **five** times a day.
- b) Eat five portions of **fruit and vegetables** / **dairy** / **fats** a day.
- c) I brush my **teeth** / **eyes** after meals.
- d) I have a shower every **week** / **day**.
- e) I wash my **hands** / **hair** before meals.

3. Look, read and match.

carbohydrates

fruit and vegetables

dairy

proteins

fats

