

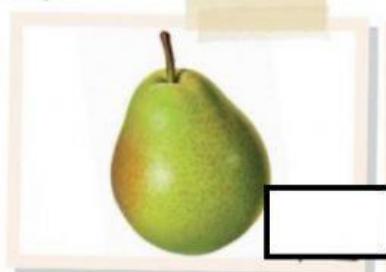
HEALTHY HABITS (3)

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

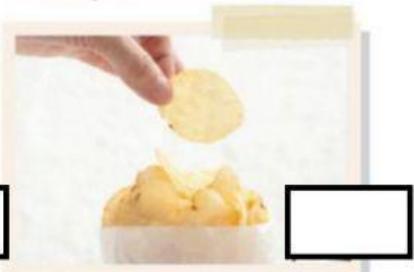
a donut



b pear



c crisps



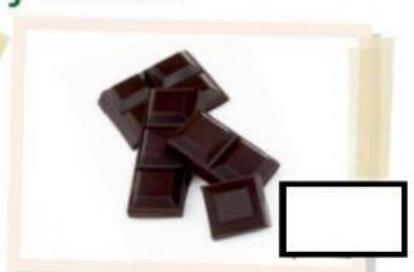
d cola



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

