Chapter 7: Health principles. ***Instruction:*** (connect the grey dots to the orange/ green dots).

10 Principles of the National Health and Sanitation

1. Keep your body and personal belongings clean.
2. Brush your teeth correctly every day to keep them clean and healthy.
3. Wash your hands before eating and after using the toilet.
4. Eat freshly cooked and hygienic food. Avoid colourful and excessively flavoured food.
5. Refrain from smoking, drinking alcoholic drinks, taking drugs and gambling.
6. Maintain close relationship with family.
7. Prevent accidents.
8. Exercise regularly and have your health checked annually.
9. Be happy.
10. Contribute to society.












LIVEWORKSHEETS