

Important things to be healthy.

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WHAT habits are part of a healthy life?

1. Drink water every day
2. Eat fruit and vegetables
3. Smoke twice a day
4. Sleep less than seven hours a day.
5. Skip breakfast
6. Take long sunbaths
7. Go for a walk three time a week
8. Eat junk food



Look to the pictures to complete the sentences.

every day



Twice a week



every day



regularly



all the time



Once a week