

HEALTHY HABITS

1. Match the text with the picture



SPEND TIME ON
THE COMPUTER

EAT HEALTHY
FOOD

DO EXERCISE

DRINK WATER

SLEEP 8
HOURS

EAT JUNK FOOD

2. Choose Healthy and Unhealthy habits:

- Spend time on the computer Healthy / Unhealthy
- Eat healthy food Healthy / Unhealthy
- Do exercise Healthy / Unhealthy
- Drink water Healthy / Unhealthy
- Sleep 8 hours Healthy / Unhealthy
- Eat junk food Healthy / Unhealthy