



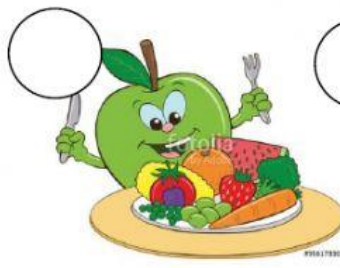
# Healthy Habits



Number the pictures with the correct word.

Word bank

1. Play
2. Do exercise
3. Drink water
4. Sleep well
5. Eat well
6. Wash



Fill in the gaps.

1. D \_ e x \_ r \_ i \_ e

2. W \_ s \_

3. D \_ i \_ k W \_ t \_ r

4. E \_ t \_ e \_ l \_

5. \_ l \_ y

6. \_ l e \_ p W \_ l \_

WRITE: **Good** or **bad**

a. medicines ☐

d. viruses ☐

g. tobacco ☐

b. alcohol ☐

e. exercise ☐

h. diseases ☐

c. sleep ☐

f. brushing your teeth ☐

i. antibiotics ☐

- ② Can you think of two more things that are good for you?  
And two more that are bad?

| good  | bad   |
|-------|-------|
| _____ | _____ |
| _____ | _____ |

Match the sentences halves.

a. You can prevent illness if ... ●

b. You might take painkillers if ... ●

c. You need first aid if .... ●

d. You have an X-ray if ... ●

e. You call the emergency services if ... ●

● ... you break a bone.

● ... you have a headache.

● ... you have a healthy diet.

● ... someone else has an accident.

● ... you are bleeding.

Write two healthy and two unhealthy habits.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_