

Unit 3 – Common illnesses

A healthy lifestyle

1 Choose 'Healthy' or 'Unhealthy'.

- a) Watch TV all weekend. 
- b) Sleep 9 hours. 
- c) 5 hours of screen time. 
- d) Wash your hands. 
- e) Swim. 
- f) Sleep after using the computer. 
- g) Exercise. 

2 Match the sentences to the pictures.

You should limit screen time to 2 hours a day



If someone is choking, hit them firmly on the back



It's important to give babies vaccinations to prevent serious illnesses

