

Unit 5: DIET, DIGESTION AND EXCRETION - Interactive worksheet

HEALTHY HABITS

By TeacherMonica

Read and choose the good habits.

Sleep 10 hours every night.

Stretch and warm your muscles.

Eat fruit and vegetables.

Eat a lot of fats.

Eat a sandwich after touching a dog.

Play videogames for hours.

Use a school bag with wheels.

Do exercise in the fresh air.

Sit up straight.

Watch tv a lot.

Go to bed late.

Read before you go to bed.



PICTURE DICTIONARY:

graze watch tv have a shower brush your teeth

flip-flops cut sneeze cough play video games

