

My name is: _____

WORKSHEET

Date: FFs3		Teacher's feedbacks
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Task 1: Read and answer the questions about yourself.

1. What drinks do you think are healthy? What drinks do you think are unhealthy?

2. What foods do you think are healthy? What foods do you think are unhealthy?

3. What should you do to have good health?

4. Is it important to have good health? Why should we have good health?

5. What shouldn't you do to have good health?

6. Why should you eat fruits and vegetables?

7. Do you think diet is important?

8. Do you think that exercising can make you feel happier?

9. How often do you do exercises?

10. What healthy habits do you have?

11. What saturated fat food should you avoid?

12. Do you think that drinking alcohol can lead to problems later in your life? Why/Why not?
