

HEALTHY COMES FIRST!



1. WHEN CAN YOU EAT THIS TYPE OF FOOD?.



FRUIT



CAKE



DONUTS



RICE



CHEESE



EGG



CHICKEN



BREAD



FISH



CHOCOLATE

2. COMPLETE THE SENTENCES WITH THE FOLLOWINGS WORDS.

TEN SPORTS BEFORE HANDS TEETH

- We must sleep around hours a day.
- Before eating we must wash our and after eating we must clean our .
- We must practise regularly.

3. WRITE THE CORRECT ANSWER..



1. SUGAR, FRESH MILK, PIECES OF FRUIT, BANANA FLAVOUR AND LACTIC FERMENTS.

2. MARCH 29, 2021

3. COLD (1 TO 8°C)

4. WHAT FOODS CAN WE EAT? .



EVERYDAY

3 TO 5 TIMES A WEEK

VERY LITTLE

5. NAME THE FOLLOWINGS HEALTHY HABITS .

