

HEALTH AND ILLNESS



WHAT'S HEALTHY? Click the healthy habits.

Eat only fruit

Sleep 8 to 10 hours

Take a shower once a week

Have a balanced diet

Play videogames

Drink water

Don't sleep

1 hour of exercise

Eat lots of candy

Brush your teeth

Watch TV

Wash your hands

GOOD HYGIENE. Match.

You should wash your hands...

...every day.

You should take a shower...

... after every meal.

You should brush your teeth...

...before every meal.

TRUE OR FALSE? Click.

If you feel sick, you should go to the doctor.

TRUE **FALSE**

You should brush your teeth before every meal.

TRUE **FALSE**

You should do 2 hours of exercise every day.

TRUE **FALSE**

You should drink a lot of water.

TRUE **FALSE**

A balanced diet includes only fruit and vegetables.

TRUE **FALSE**

You should wash your hands before meals and when they're dirty.

TRUE **FALSE**

HEALTHY HABITS. Make pairs.



Have a good hygiene

Have good sleep and rest

Do exercise

Have a balanced diet