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

LIVEWORKSHEETS