

MATCH HEALTHY HABITS AND PICTURES.



Do physical
activities

Have a shower

Maintain a
good posture

Sleep 10
hours

Eat healthy
food

Wash your
hands

Brush your
teeth

CHOOSE "HEALTHY" OR "UNHEALTHY".

1. Sleep 6 hours

Healthy

Unhealthy

2. Brush your teeth

Healthy

Unhealthy

3. Eat lots of sweets

Healthy

Unhealthy

4. Have a shower

Healthy

Unhealthy