

# TIPS TO STAY Healthy



## EAT A VARIETY OF FOODS

If you eat different foods - including fruits and veggies -



## DRINK WATER & MILK

You need to drink about 8 glasses of water



## LISTEN TO YOUR BODY

Are you still hungry or are you already full?



## LIMIT SCREEN TIME

Try to spend not more than 2 hours a day watching TV or playing video



## BE ACTIVE

Go and explore!

# MENTAL HEALTH IMPROVEMENT



Eat Well



Share your Feeling



Be creative



Relax



Good Sleep



Excercise



Talk to Friends



Manage Your Stress

1. Look and answer:

A) What are five physical health tips mentioned?

B) Which tip do you think is the most important? Why?

2. Complete with "should" or "shouldn't"

1. You \_\_\_\_\_ eat too much junk food.
2. You \_\_\_\_\_ talk to someone when you feel stressed.
3. You \_\_\_\_\_ sleep less than 5 hours.
4. You \_\_\_\_\_ do exercise at least three times a week.
5. You \_\_\_\_\_ stay hydrated during the day.

3. You should write a short email or message (3-5 lines) in English giving them recommendations on how to improve their habits and take care of their body. Use phrases like:

\*You should... \* Don't forget to... \* It's important to... \* Eat more...