



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...

LIVEWORKSHEETS