1. Listen and repeat.

HEALTHY UNHEALTHY

1 Find the 'healthy' words.

```
h i g s w i m a
s l e e p b s t
u a r i d e p w
j u m k a r l a
f e a t n s a l
h h o s c r y k
j s t l e u a i
c l a m b n h i
d r i n k r o p
```

Tick or cross the boxes. Is it healthy?

4. Write your sentences.

Healthy — Running is healthy.

UNHEALTHY — Sitting on the sofa all day is unhealthy.

5. Watch a video.

LIVEWORKSHEETS