

# HEALTHY LIVING



## 1. COMPLETE: What is the health?

The health is a state of general \_\_\_\_\_ in relation to our \_\_\_\_\_, our \_\_\_\_\_ and our \_\_\_\_\_.

Healthy living is a way of living \_\_\_\_\_ as possible.

## 2. Match

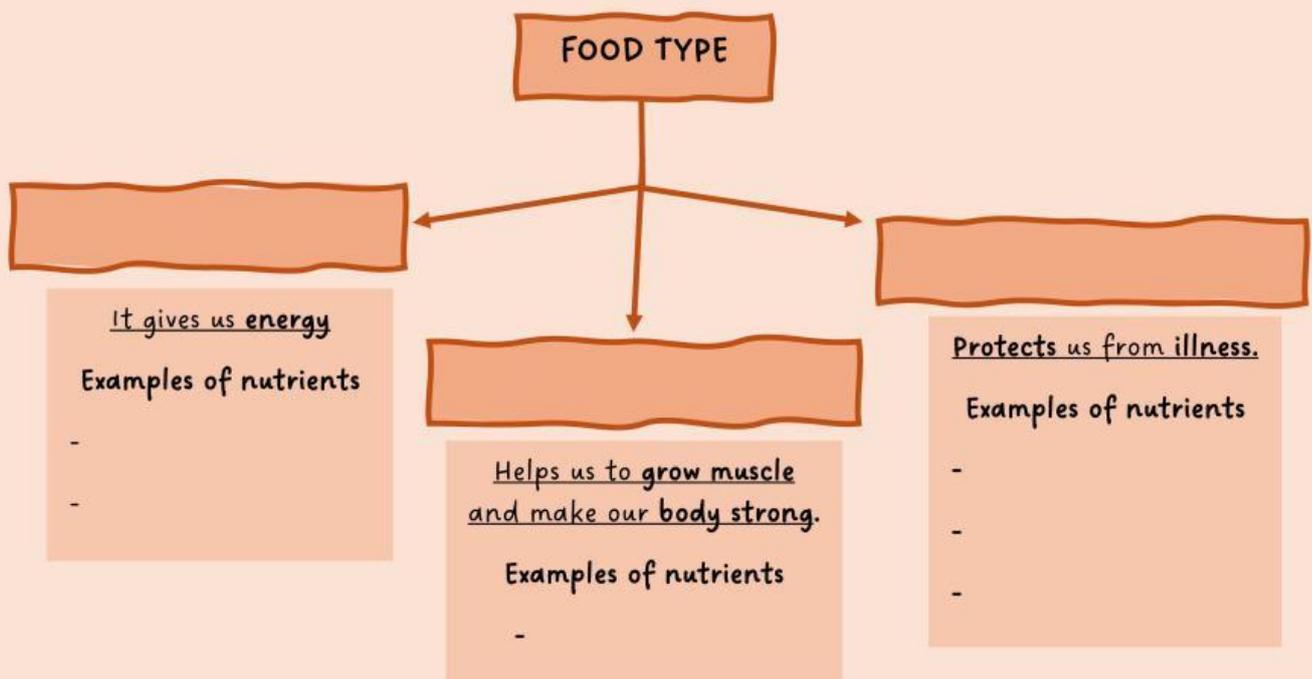
Physical ●

Mental ●

Social ●

- Being active
- Relationships (family, school, friends, jobs, etc)
- Emotions
- Eating well
- Good hygiene
- Thoughts
- Sleep

## 3. Complete



4. Drag the correct answer into each box.

Being active - eating well - resting - thoughts - emotions - Good hygiene habits - relationships  
- money - social circle - read books and magazines - be in contact with nature - jobs

