



Name: \_\_\_\_\_

Class: \_\_\_\_\_

### 1. Drag and drop.



Play the guitar

Swim

Play football

Watch TV

Play basketball

Ride a bike

Play tennis

Play the piano



## 2. Read and choose "Healthy" or "Unhealthy".



### HEALTHY OR UNHEALTHY?

Healthy

Unhealthy

- |    |                                  |                          |                          |
|----|----------------------------------|--------------------------|--------------------------|
| 1  | I brush my teeth every day.----- | <input type="checkbox"/> | <input type="checkbox"/> |
| 2  | I play video games often.-----   | <input type="checkbox"/> | <input type="checkbox"/> |
| 3  | I don't drink water.-----        | <input type="checkbox"/> | <input type="checkbox"/> |
| 4  | I walk my dog.-----              | <input type="checkbox"/> | <input type="checkbox"/> |
| 5  | I go to bed early.-----          | <input type="checkbox"/> | <input type="checkbox"/> |
| 6  | I eat junk food.-----            | <input type="checkbox"/> | <input type="checkbox"/> |
| 7  | I ride my bike.-----             | <input type="checkbox"/> | <input type="checkbox"/> |
| 8  | I eat a lot of cookies.-----     | <input type="checkbox"/> | <input type="checkbox"/> |
| 9  | I don't sleep well.-----         | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | I wash my hands well.-----       | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 | I stay up late.-----             | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 | I play golf.-----                | <input type="checkbox"/> | <input type="checkbox"/> |
| 13 | I practice yoga.-----            | <input type="checkbox"/> | <input type="checkbox"/> |
| 14 | I don't eat sugar.-----          | <input type="checkbox"/> | <input type="checkbox"/> |

### 3. Look and write.



I'm Tony. I'm 7 years old. I have healthy habits. I eat vegetables and fruit every day. I drink lots of water. I play football and ride my bike. I also go to the park and run with my friends.

How about you? What do you do to stay healthy?