HEALTHY HABITS AND LIFESTYLE

Name: _____ **Date:** _____

Complete the five activities using the different interactive exercises.

1. Multiple Choice – Choose the correct answer.

1. What should you drink every day?

   a) Cola

   b) Water

   c) Energy drinks

2. Which food is healthy?

   a) Fruit

   b) Candy

   c) Chips

2. True or False – Write T (True) or F (False).

3. Sleeping 8–10 hours is important for teenagers. (___)
4. Exercising regularly is bad for your health. (___)

3. Fill in the Blanks – Complete the sentences.

5. You should brush your _____ twice a day.
6. Eating vegetables helps you stay _____.

4. Matching – Match the healthy habits with their benefits.

Healthy habits	Benefits
1. Exercise	a. Keeps your teeth clean
2. Brush your teeth	b. Makes your body strong
3. Drink water	c. Keeps your body hydrated

LIVEWORKSHEETS

5. **Drag each option into the correct category.**

Eat fruits and vegetables Eat too much junk food Sleep very late

Exercise Regularly Sleep well Drink too many sugary drinks

HEALTHY HABITS	UNHEALTHY HABITS

LIVEWORKSHEETS