

# Healthy and Wise

Name :

Class :

State the ways to be healthy, wealthy, and wise.  
Based on English Year 6 Textbook page 65.

Early to bed

Avoid  
sugary drink

Sleep late

Keep fit

Eat well

Breath  
fresh air

Exercise

Avoid  
fast food

Eat fast  
food

Early to rise

Quit bad  
habits

Ways to be  
healthy,  
wealthy, and  
wise.