



Sarasas Witaed Ekkachai School – Online Class

Name: _____ No. _____ Gr. _____

A. Choose **yes** if it is correct and **no** if it is wrong.

- _____ 1. We brush our teeth twice a week.
- _____ 2. Sleep is an example of rest.
- _____ 3. We need to eat right food and no water.
- _____ 4. We need to exercise regularly.
- _____ 5. We don't wash our hands after using toilet.

B. Fill in the blank.

enough

sleep

health

day

before

- 6. We need to have enough rest and _____.
- 7. Wash our hands _____ eating.
- 8. We need to shower at least twice a _____.
- 9. We need to drink _____ water.
- 10. Well- being comes from good _____.