



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

day

health

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 \_\_\_\_\_.