



These are some of the things we need to do to have a healthy life. Look at the list of words in the table and add them in the correct tables.

YES: THINGS WE SHOULD DO NO: THINGS WE SHOULDN'T DO

brushing our teeth	fighting with others	sit all day and play video games	telling our parents when we are sad or angry	eating vegetables and fruits
sleeping for 9 - 11 hours	eating junk food and not drinking water	watching TV all night	playing sports	picking our nose

1. Eating a balanced diet

YES	NO

2. Keeping out body clean

YES	NO

3. Doing exercise

YES	NO

4. Getting enough rest and sleep

YES	NO

5. Taking care of our feelings

YES	NO