

# Healthy habits

Take a look (mira) at the pictures **below** (debajo),  
Write (escribe) "**healthy habit**" or "**unhealthy habit**" **below each one** (debajo de cadauna).

|                                                                                                                                  |                                                                                                                                     |                                                                                                                          |                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
|  <p>Drink water</p> <p>_____</p>                |  <p>Eat junk food</p> <p>_____</p>                 |  <p>Practice a sport</p> <p>_____</p>  |  <p>Play or chat at night</p> <p>_____</p> |
|  <p>Eat fruits and vegetables</p> <p>_____</p> |  <p>Sleep well (8 hours atleast)</p> <p>_____</p> |  <p>Watch televisión</p> <p>_____</p> |  <p>Drink soda</p> <p>_____</p>           |

**READ AND DECIDE IF THESE STATEMENTS REPRESENTS "HEALTHY" or " UNHEALTHY" HABIT.**

1. Smoking cigarettes \_\_\_\_\_
2. Drinking alcohol \_\_\_\_\_
3. Consume dairy \_\_\_\_\_
4. Have a sedentary life \_\_\_\_\_
5. Drink plenty of coffee \_\_\_\_\_
6. Dancing and listening to music \_\_\_\_\_
7. Go to the dentist once a year \_\_\_\_\_
8. Eat junk food \_\_\_\_\_
9. Wash your hands \_\_\_\_\_
10. Use your mobile phone a lot! \_\_\_\_\_