



BTC Formation School Inc.
Grand Terrace Subdivision,
Casili, Consolacion, Cebu



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CHECKPOINT

Activity 1

Choose (✓) if the sentence shows a healthy habit and (x) if not.

- _____ 1. Brush your teeth after meals.
- _____ 2. Eat plenty of fruits and vegetables.
- _____ 3. Play rough games with friends.
- _____ 4. Drink 8-10 glasses of water every day.
- _____ 5. Wash hands well before and after eating.
- _____ 6. Sleep late at night.
- _____ 7. Exercise to stretch your muscles.
- _____ 8. Have enough rest and sleep at least 10 hours a day.
- _____ 9. Eat a lot of French fries, chocolates, and chips.
- _____ 10. Take a bath once a week.
- _____ 11. Brush or comb your hair neatly.
- _____ 12. Always wear clean clothes.
- _____ 13. Trim your nails.
- _____ 14. Drink soda in a bottle or can.
- _____ 15. Eat a balanced meal.