

## Causes and Effects of Healthy Habits

Translate the words below to Malay

Causes = \_\_\_\_\_

Effects = \_\_\_\_\_

1. Which of the following goes into cause and which goes into effect?

e.g.

| Cause                                           | Effect                                                                                            |
|-------------------------------------------------|---------------------------------------------------------------------------------------------------|
| Eating healthy foods like fruits and vegetables | Our body gets vitamins, minerals and fibers which are needed for healthy immune system and growth |

Keeps our mental health in check  
and allows us to feel connected

Smoking cigarettes

Heart problems

Eating lots of sugary foods and  
drinks like coca cola, cakes & cookies

Our body stays hydrated

Helps to pump blood around our body  
and keeps our muscles and heart active

Getting at least 8 hours of sleep

Drag and drop the boxes above into the correct space below.

| Cause                                                   | Effect                                                   |
|---------------------------------------------------------|----------------------------------------------------------|
| Spending time with friends and socializing              |                                                          |
|                                                         | Body repairs itself and we feel refreshed in the morning |
|                                                         | Lung cancer & breathing problems                         |
| Regular exercise                                        |                                                          |
| Drinking at least 2L of water                           |                                                          |
|                                                         | Diabetes and tooth decay                                 |
| Eating fatty foods like crisps, fried chicken and fries |                                                          |

Now add four of your own ideas. You can work with a friend, in groups or consult Google for help!

| Cause | Effect |
|-------|--------|
|       |        |
|       |        |
|       |        |