

HEALTH CHECK:

Choose a check (✓) on the line if the sentence tells about a way of preventing a disease. Put a cross (X) if it does not.

- _____ 1. Refrain from teasing animals.
- _____ 2. Use a jacket during the cold season.
- _____ 3. Cover your nose and mouth when sneezing.
- _____ 4. Avoid playing under the rain.
- _____ 5. Eat healthy meals.
- _____ 6. Eat candies and chocolates even if you have sore throat.
- _____ 7. Drink lots of water and fruit juices when you have a cold.
- _____ 8. Change the water in the flower vase regularly.
- _____ 9. Always sleep under a mosquito net.
- _____ 10. Eat foods that are rich in Vitamin C.