

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.