

HEALTHY- UNHEALTHY HABITS

<https://www.liveworksheets.com/yv1188296qb>

ACT 1: MATCH THE PICTURES TO THE PHRASES.

ACT 2: WRITE H (healthy) U (unhealthy) NEXT TO THE PHRASES

1. REDUCE SALT	7. HAVE FIZZY DRINKS
2. BRUSH YOUR TEETH	8. DO YOGA
3. GO JOGGING	9. WORK LONG HOURS
4. SLEEP 12 HOURS A DAY ...	10. EAT JUNK FOOD
5. GIVE UP SMOKING	11. EXERCISE
6. WALK	12. SUNBATHE AT MIDDAY

