

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

2. BRUSH YOUR TEETH

3. GO JOGGING

4. SLEEP 12 HOURS A DAY ...

5. GIVE UP SMOKING

6. WALK

7. HAVE FIZZY DRINKS










8. DO YOGA

9. WORK LONG HOURS

10. EAT JUNK FOOD

11. EXERCISE

12. SUNBATHE AT MIDDAY

(.....)  A	(.....)  B	(.....)  C	(.....)  D
(.....)  E	(.....)  F	(.....)  G	(.....)  H
(.....)  I	(.....)  J	(.....)  K	(.....)  L