

1 CHOOSE.



2 DRAG AND DROP.



★ They include vegetables and fruit which contain minerals, vitamins and fiber.



★ These foods have a lot of carbohydrates and they are rich in fats.



★ They include meat, fish, pulses and dairy products.



3 CLICK ONLY IN THE CORRECT ANSWERS.

- ☐ Wash your hands before and after eating. ☒
- ☐ Have a weekly shower. ☒
- ☐ Brush your teeth once a day. ☒
- ☐ Don't touch your eyes or mouth with dirty hands. ☒
- ☐ Wash your hands often. ☒
- ☐ Change your clothes every month. ☒