

Read the leaflet and complete the tables below.

| Good Habits | Benefit |
|-------------------------|---------|
| Having a good breakfast | |
| Eating carbohydrate | |
| Exercise | |
| Supply of iron | |
| Drinking water | |
| Good night sleep | |

Steady supply of energy

Brain works better

Improves your memory
Supplies oxygen

Help your body to carry
oxygen

Brain updates itself
Help you remember

Hydrates your body