Name.....No.....Class.....

Worksheet

Smoke. Eat well. Eat candy. Walk more. Get up early.
Think positive. Go to bed late. Do meditation. Drink more water.
Drink more soda. Get enough sleep. Exercise every day.
Brush teeth after meal. Sleep eight hours a day.
Eat pizza and chocolate. . Eat more junk food. Relax.
Keep emotional balance. Eat more fruits and vegetables. Drink alcohol.

Healthy habits	Unhealthy habits

LIVEWORKSHEETS