

HEALTHY COMES FIRST!



1. WHEN CAN YOU EAT THIS TYPE OF FOOD?



FRUIT



CAKE



DONUTS



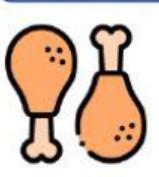
RICE



CHEESE



EGG



CHICKEN



BREAD



FISH



CHOCOLATE

2. COMPLETE THE SENTENCES WITH THE FOLLOWINGS WORDS.

TEN SPORTS BEFORE HANDS TEETH

- We must sleep around _____ hours a day.
- Before eating we must wash our _____ and after eating we must clean our _____.
- We must practise _____ regularly.

3. WRITE THE CORRECT ANSWER..



1. SUGAR, FRESH MILK, PIECES OF FRUIT, BANANA FLAVOUR AND LACTIC FERMENTS.
2. MARCH 29, 2021
3. COLD (1 TO 8°C)

4. WHAT FOODS CAN WE EAT?



EVERYDAY

3 TO 5 TIMES A WEEK

VERY LITTLE

5. NAME THE FOLLOWINGS HEALTHY HABITS.

