

# HEALTHY COMES FIRST!



1. WHEN CAN YOU EAT THIS TYPE OF FOOD?



FRUIT



CAKE



DONUTS



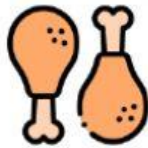
RICE



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 .







