

Day: \_\_\_\_\_

Date: \_\_\_\_\_

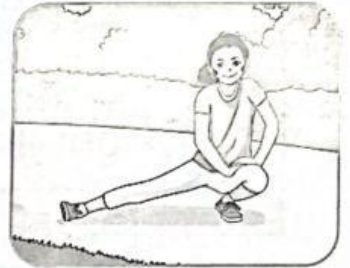
# Unit 4

# Health is Wealth



**Listen, number, and match.**

I sleep early every night.



I exercise regularly.



I drink enough water.



I eat fruits and vegetables.



I eat less sweet, salty, and oily food.

