

TIPS TO STAY Healthy



EAT A VARIETY OF FOODS

If you eat different foods - including fruits and veggies -



DRINK WATER & MILK

You need to drink about 8 glasses of water



LISTEN TO YOUR BODY

Are you still hungry or are you already full?



LIMIT SCREEN TIME

Try to spend not more than 2 hours a day watching TV or playing video



BE ACTIVE

Go and explore!

MENTAL HEALTH IMPROVEMENT



Eat Well



Share your Feeling



Be creative



Relax



Good Sleep



Talk to Friends



Exercise



Manage Your Stress

1. Look and answer:

A) What are five physical health tips mentioned?

B) Which tip do you think is the most important? Why?

2. Complete with "should" or "shouldn't"

1. You _____ eat too much junk food.
2. You _____ talk to someone when you feel stressed.
3. You _____ sleep less than 5 hours.
4. You _____ do exercise at least three times a week.
5. You _____ stay hydrated during the day.

3. You should write a short email or message (3-5 lines) in English giving them recommendations on how to improve their habits and take care of their body. Use phrases like:

*You should... * Don't forget to... * It's important to... *Eat more...