

HEALTHY LIVING



1. COMPLETE: What is the health?

The health is a state of general
and our .

in relation to our , our

Healthy living is a way of living

as possible.

2. Match

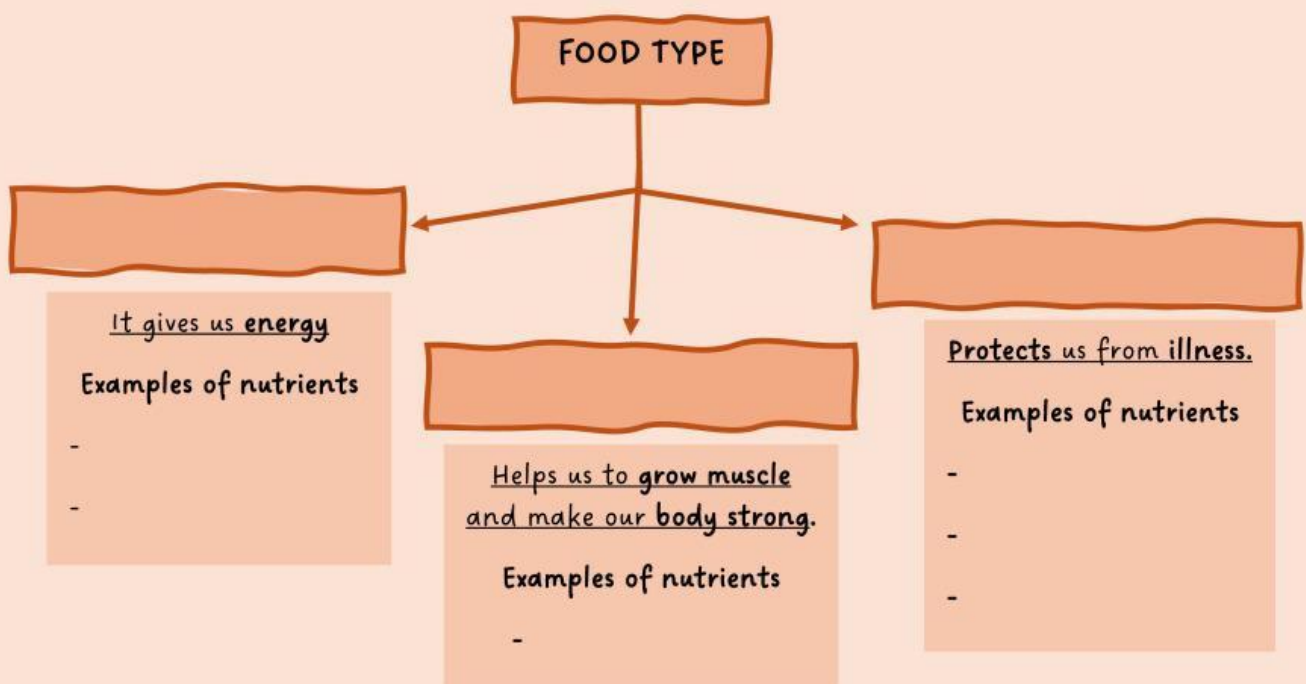
Physical ●

Mental ●

Social ●

- Being active
- Relationships (family, school, friends, jobs, etc)
- Emotions
- Eating well
- Good hygiene
- Thoughts
- Sleep

3. Complete



4. Drag the correct answer into each box.

Being active - eating well - resting - thoughts - emotions - Good hygiene habits - relationships
- money - social circle - read books and magazines - be in contact with nature - jobs

