ACTIVITY 1: WARM UP + LEAD-IN: Categorizing game

Eat fruits and vegetables
Eat late in the evening
Eat too much sodium
Get regular exercise
Avoid tobacco and drugs
Get enough good sleep
Stay up late
Drink enough water
Have a balanced diet
Have excessive screen time
Overuse painkillers and sedatives
Eat fast food

SHOULD DO	SHOULD NOT DO

LIVEWORKSHEETS