

HEALTHY/ UNHEALTHY LIFE

1. Write the name of the food. Put the words under the correct heading: **HEALTHY/UNHEALTHY**

				HEALTHY FOOD	UNHEALTHY FOOD
1.	2.	3.	4.		
					
5.	6.	7.	8.		
					
9.	10.	11.	12.		
					
13.	14.	15.	16.		
					
17.	18.	19.	20.		

2. 1. Say what habits are healthy (H) or Unhealthy (U). Write H/U after the sentences.
2. Put the number of the sentence in the heart.

HEALTHY / UNHEALTHY HABITS

- CUT DOWN ON SALT
- BRUSH YOUR TEETH
- GO JOGGING
- SLEEP 12 HOURS A DAY ...
- GIVE UP SMOKING
- WALK
- HAVE FIZZY DRINKS
- DO YOGA
- WORK LONG HOURS
- EAT JUNK FOOD
- EXERCISE
- SUNBATHE AT MIDDAY

