

Steps To Keep Ourselves Healthy

1. True or False.

A. We should eat a balanced diet.

B. We must brush our teeth four time's day.

C. We should less sleep.

D. Do not take stress.

2. Fill in the blanks.

A. We should drink plenty of _____.

B. We must wash our _____ with soap before and after eating food.

C. We should eat _____ food.

D. Exercise _____.

E. Do not _____ breakfast.

3. Answer the following questions:-

A. How do you stay healthy?

B. For how many hours should your sleep?

C. Do fruits and vegetables are essential part of a healthy diet?

D. What is balanced diet?
