

worksheet

PERSONAL HEALTH

- TO STAY HEALTHY WE MUST FOLLOW GOOD HABITS.
- FIRSTLY IN A DAY 8 HOURS SLEEPING IS NECESSARY SINCE WE MUST REST OUR BODIES AFTER WORK WHICH WE DO ON DAYS.
- WE MUST EAT HEALTHY FOOD. WE SHOULD INCLUDE VEGETABLES, FRUIT, BREAD AND OTHER FOOD. SWEET TOOTH HAVE CAUSE WHICH CAN MAKE US ILL.
- WE MUST WEAR CLEAN CLOTHES EVERYDAY.
- WE MUST TAKE A BATH DAILY.
- WE MUST BRUSH OUR TEETH TWICE EVERYDAY.
- WE MUST CUT OUR HAIR REGULARLY.
- WE MUST DO EXERCISE TO STRENGTHEN US AND HEALTHY.

SAFETY RULES

- WE SHOULD NOT USE IN THE LEFT OF A MOTORBIKE.
- WE SHOULD ALWAYS WEAR OUR SEAT BELT.
- WE SHOULD STAY AWAY FROM THE ROAD AT THE TIME OF CONSTRUCTION.
- WE SHOULD NOT PLAY ON THE ROAD.
- WE SHOULD NOT PLAY WITH THE BALL, STONES AND OTHER HEAVY OBJECTS.