

## worksheet

### PERSONAL HEALTH

- TO STAY HEALTHY WE MUST FOLLOW GOOD HABITS.
- FORTUNE IS IN A TRIP & HEALTH IS IN A BED. WE SHOULD GO TO BED EARLY & GET UP EARLY.
- WE MUST EAT HEALTHY FOOD. WE SHOULD WASH OUR HANDS WELL BEFORE AND AFTER FOOD. DRIFTY TEACHER HAVE GROWN 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 NAILS REGULARLY.
- WE MUST DO EXERCISE TO STRENGTHEN US AND HEALTHY.

### SAFETY RULES

- WE SHOULD NOT GO TO THE CITY OF A MONSTER.
- WE SHOULD ALWAYS WEAR OUR SEAT BELT.
- WE SHOULD STAY IN THE SHAD AT THE BEACH & CHANGING ROOMS.
- WE SHOULD NOT PLAY ON THE ROAD.
- WE SHOULD NOT PLAY WITH TOYS, KNIVES AND OTHER SHARP OBJECTS.