

## worksheet

### PERSONAL HEALTH

- TO STAY HEALTHY WE MUST FOLLOW GOOD HABITS.
- FIRSTLY IN A TRIP A PERSON SHOULD ALWAYS BRING HIS OWN FIRST AID KIT AND TAKE CARE OF HIS WOUNDS WHEN WE GET OUTSIDE.
- WE MUST EAT HEALTHY FOOD. WE SHOULD ALWAYS USE SEASONED OILS, SPICES AND OTHER FOOD. SOME TEAMS HAVE SOME MEDICINE TO TAKE IN CASE.
- 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 OUR BODY AND HEALTH.

### SAFETY RULES

- WE SHOULD NOT GO TO THE CITY OR A MONUMENT.
- WE SHOULD ALWAYS WEAR OUR SEAT BELT.
- WE SHOULD STAY IN THE SHIP AT THE TIME OF EMERGENCY.
- WE SHOULD NOT PLAY ON THE ROADS.
- WE SHOULD NOT PLAY WITH TOYS, KNIVES AND OTHER DANGEROUS OBJECTS.