

worksheet

PERSONAL HEALTH

- TO STAY HEALTHY WE MUST FOLLOW GOOD HABITS.
- FIRSTLY IN A WELL-VENTILATED ROOM WE SHOULD WASH OUR HANDS WITH SOAP AND WATER.
- WE MUST EAT HEALTHY FOOD. WE SHOULD DRINK CLEAN WATER REGULARLY AND GET ENOUGH SLEEP. CLEAN WATER AND SLEEP CAN MAKE US FIT.
- 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 OUR BODY AND HEALTH.

SAFETY RULES

- WE SHOULD NOT USE ELECTRIC APPLIANCES AT NIGHT.
- WE SHOULD ALWAYS WEAR SEAT BELTS IN CARS.
- WE SHOULD STAY AWAY FROM THE ROAD AT THE CROSSING POINT.
- WE SHOULD NOT PLAY ON THE ROAD.
- WE SHOULD NOT PLAY WITH FIRE, KNIVES AND OTHER SHARP OBJECTS.