

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 TOADS HAVE AROMA 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 USE TOYS ON THE ROADS.
- WE SHOULD ALWAYS WEAR SEAT BELT SAFELY.
- WE SHOULD STAY AWAY FROM THE ROAD AT THE TIME OF CONSTRUCTION.
- WE SHOULD NOT PLAY ON THE ROADS.
- WE SHOULD NOT PLAY WITH TOYS, STICKS AND OTHER DANGEROUS OBJECTS.