

worksheet

PERSONAL HEALTH

- TO STAY HEALTHY WE MUST FOLLOW GOOD HABITS.
- POSITIVE IN A WAY A PERSON SHOULD ORDER HIS SHOULD NOT EAT FOOD WHICH IS NOT GOOD FOR HIM.
- WE MUST EAT HEALTHY FOOD. WE SHOULD DRINK CLEAN WATER REGULARLY AND AFTER FOOD. DRINKING WATER CAN KEEP 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 REMAIN FIT AND HEALTHY.

SAFETY RULES

- WE SHOULD NOT USE TOBACCO & ALCOHOL.
- WE SHOULD ALWAYS WEAR SEAT BELT.
- WE SHOULD STAY AWAY FROM THE ROAD AT THE TIME OF CHASING/PLAY.
- WE SHOULD NOT PLAY ON THE ROAD.
- WE SHOULD NOT PLAY WITH TOYS, KNIVES AND OTHER DANGEROUS OBJECTS.