

## worksheet

### PERSONAL HEALTH

- TO STAY HEALTHY WE MUST FOLLOW GOOD HABITS.
- POSITIVE IN A WAY A PERSON SHOULD ENGAGE IN SPORTS WE MUST  
KEEP OUR BONES STRONG WHEN WE GET OLDER.
- WE MUST EAT HEALTHY FOOD. WE SHOULD DRINK CLEAN WATER  
WELL BEFORE AND AFTER FOOD. DRINKY TEASER HAVE SOME  
SUGAR 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 AWAY FROM THE ROAD AT THE TIME OF CONSTRUCTION.
- WE SHOULD NOT PLAY ON THE ROAD.
- WE SHOULD NOT PLAY WITH TOYS, KNIVES AND OTHER SHARP  
OBJECTS.