

THIRTEEN HEALTHY HABITS



Create
Healthy Habits
By
Following
4 Simple
Steps



Take notes while listening and then answer the following questions:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
7. Why having hobby is good for our health?
8. How can we protect our bodies from the sun?
9. What kinds of snacks should we avoid?
10. How much water does our body contain?(%)
11. What are good points about drinking tea?
- 12.
13. Why is it important to make a plan?