

## Am I healthy?



I get up at \_\_\_\_\_.

I have \_\_\_\_\_, \_\_\_\_\_ and  
\_\_\_\_\_ for breakfast.

After Breakfast I \_\_\_\_\_.

I have lunch at \_\_\_\_\_.

I usually have \_\_\_\_\_ and \_\_\_\_\_ for  
lunch.

After lunch I \_\_\_\_\_.

I have dinner at \_\_\_\_\_.

I usually have \_\_\_\_\_, \_\_\_\_\_ and  
\_\_\_\_\_ for dinner.

After dinner I \_\_\_\_\_.

I go to sleep at \_\_\_\_\_.

# Am I healthy?



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**Put these in the correct box**

Orange Carrot Smoking Yoga Walking

Tomato Apple Watching a lot of TV Tennis

Basketball Pear Fast Food Potato Dancing  
Football

Fruit	Vegetables	Sport
Exercise	Unhealthy	