Is it healthy?

1. What are they doing? Write under each picture.
2. Write “It’s healthy” or “It’s not healthy.”

_The first one is done for you._
What do you do for your health?

Read the list. Check (✔) what is true for you.

1. ☐ I exercise 30 minutes every day.

2. ☐ I drink 6 to 8 glasses of water every day.

3. ☐ I don’t smoke.

4. ☐ I don’t eat a lot of sugar.

5. ☐ I don’t eat a lot of fried food.

6. ☐ I have a regular doctor (or health care provider).

7. ☐ I don’t drink too much alcohol.

8. ☐ I eat fruits.

What’s Your Health Goal?

Read the stories. Circle the healthy things. Then write a health goal for each person.

Example:
Ben is 19 years old. He eats a lot of candy every day. He walks every day. He smokes cigarettes.

Ben’s goal: I will stop smoking. I will eat less candy.

1. Lisa is 42 years old. She doesn’t eat vegetables. She drinks a lot of soda. She eats fruit.

Lisa’s goal:

2. Rani is 55 years old. He eats healthy food. He doesn’t exercise. He never gets check-ups.

Rani’s goal:

3. Wen is a 52 years old. She never gets a mammogram. She doesn’t smoke. She drinks three beers every day. She eats a lot of vegetables.

Wen’s goal:

4. Eric goes to the gym. He runs three times a week. He doesn’t have a regular health care provider. He drinks a lot of soda.

Eric’s goal:

Now write about you. Write two health goals:

I will ____________________________.

I will ____________________________.