

How much do you know about being healthy?

Read each fact and tick if it's true, or cross if it's FALSE.

1

Swimming is a fun way to get some exercise.



TRUE



FALSE

2

You should brush your teeth twice a day.



TRUE



FALSE

3

You should try to eat at least five sweets and lollipops every day.



TRUE



FALSE



4

Walking somewhere is better for you than going in the car.



TRUE



FALSE

5

Sitting watching TV is a great way to keep fit.

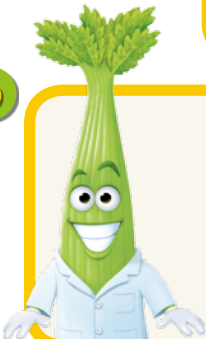


TRUE



FALSE

6



Sweet sugary drinks are bad for your teeth.



TRUE



FALSE

7

Trampolining is a fun way to stay healthy.



TRUE



FALSE

8

It's good for you to eat chips every day.



TRUE



FALSE

ANSWERS: 1) True; 2) True; 3) False; 4) True; 5) False; 6) True; 7) True; 8) False.