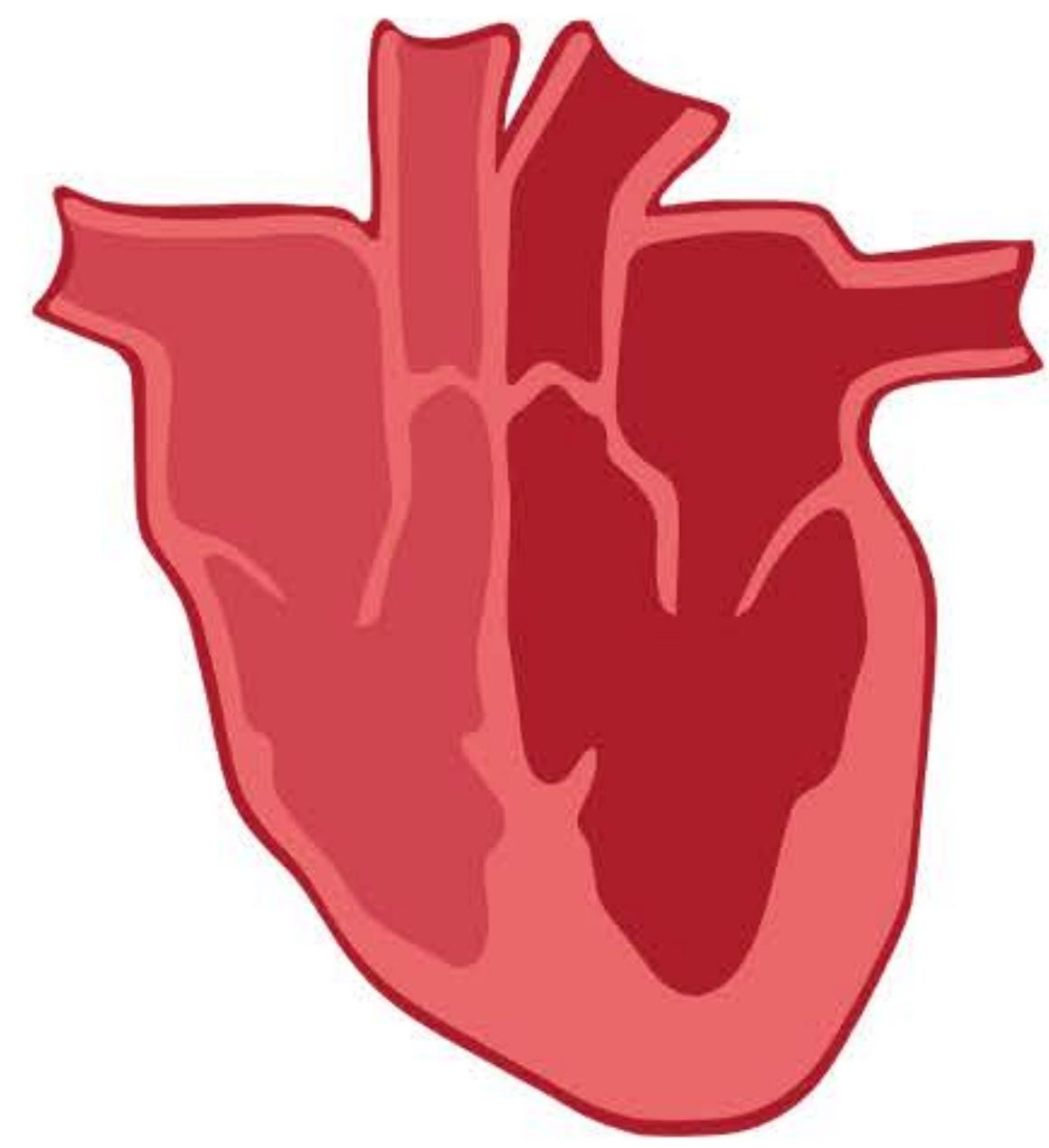


# Healthy lifestyle



**Cut out the cards** and sort them into two groups.

**Group 1** Things we need for a healthy lifestyle.

**Group 2** Things we don't need for a healthy lifestyle.

Choose one from each group and explain what effect it can have on your health.



Sleep



Cigarettes



Computer games



Fruit and vegetables



Sugary treats



Hygiene



Exercise



Illegal drugs



Water

