Write your School Code, Class and Class No. in the boxes below.

School Code  Class  3  Class No.

Write one capital letter in this box.
Your school is planning a ‘Healthy Living Week’. You and two classmates are going to prepare a notice board about ‘Staying Healthy’. Discuss what you will put on the display board.

In your discussion, you may include:
- eating healthy food
- more vegetables
- less fried food
- regular mealtimes
- exercise
- sports
- enough sleep
- keeping clean/good hygiene

You may begin by saying:

We have to tell our schoolmates how to live a healthy life. What can we put on the display board?