

Healthy Choices

What are ways you can stay healthy? Check all that apply.

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True or False:

1. If I am sad or have negative feelings for more than two weeks, I should talk to someone I trust.

True False

2. I can eat lots of candy and drink lots of soda to stay healthy.

True False

3. Exercise and activity is important to my health.

True False

4. Eating hamburgers all the time is good for me.

True False

5. I should drink 8-12 cups of water every day.

True False