



PRE/POST TEST



1. LIST 4 WAYS WE CAN LOOK AFTER OUR HEALTH:

2. LIST 2 POSITIVE IMPACTS BEING ACTIVE HAS:

3. WRITE TWO BENEFITS DRINKING WATER HAS:

4. LIST TWO WAYS TO KEEP OURSELVES CLEAN



5. LIST ONE REASON WHY SLEEP IS IMPORTANT:

TRUE OR FALSE

6. YOU SHOULD AIM TO GET 9-11 HOURS SLEEP A NIGHT.

