Healthy and unhealthy behaviours worksheet

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| Behaviour | | What happens to me when I do this? |
| Eating healthy foods | ::::::Downloads:8435197364_ebdcf49ff9_q.jpg |  |
| Exercising | ::::::Downloads:3688639735_0b83307c82_q.jpg |  |
| Getting good sleep | ::::::Downloads:7676645672_1a5a13ec48_q.jpg |  |
| Drinking water | Macintosh HD:Users:ICT4Learning:Downloads:3281014190_6fa1d91af9_o.jpg |  |
| Be with family and friends | ::::::Downloads:4108139260_22ed2da524_q.jpg |  |
| Behaviour | | Consequences |
| Smoking cigarettes | 237055775_baa84ef9a8_q.jpg |  |
| Drinking alcohol | alcohol.jpg |  |
| Eating too much sugar | crop.jpg |  |
| Watching a lot of TV | Macintosh HD:Users:ICT4Learning:Downloads:iStock_000018998849XXXLarge.jpg |  |
| Eating fatty food | Macintosh HD:Users:serenakuhl:Downloads:4516316564_f9a98bd0f3_b.jpg |  |
| Not exercising | Macintosh HD:Users:ICT4Learning:Downloads:iStock_000001438563Large.jpg |  |