

Healthy Lifestyles



In English next week we will be focusing on how to lead a healthy lifestyle. We would like you to prepare a 2-minute presentation on how to have a healthy lifestyle. This could be an online presentation, a poster or a practiced speech.

Areas we would like you to think about for your presentation include:

- Food
- Cleanliness (including teeth)
- Exercise
- Rest

You will have the opportunity to share your work during our spoken language lesson on Wednesday.