

Hello! My name is Sam. Let's start the day!



Brush
teeth

Go to the
kitchen

What must
I do?



It's healthy!



It's not healthy!





Porridge

Burger
and fries

What must
I have for
breakfast?




Yes, it's healthy!





It's not healthy!





What must
I do?

Walk

Listen to
music



It's healthy!

It's not healthy!



Play
basketball

Sit

What must
I do?





It's not healthy!



It's very healthy!





Salad

Many
sweets

What must
I have for
dinner?



Yes, it's healthy!



It's not healthy!

What time
must I go to
bed?

10 o'clock

12 o'clock



Yes, it's healthy!



No, it's not healthy!



Thank you!