

Name: _____

Date: _____

HEALTH PROMOTION 2

B N Y D S S L B D R I N K C L E A N W A T E R P
F V T G I E K W R E D U C E S U G A R A F N L O
H H T F U L B D E O R Q L E X E R C I S E A A A
T F W H U B Z F D U E A K S E B I W K T Z G U Y
F F I X D A G I U U W G N I K O M S O N A T N L
L S C P V T N V C M O X C F N J O C B O E G D M
N J X P T E I E E X H M F R K V N X L V G B R M
M J J D K G T F S H S M J Y E F D X N N M G Y T
T S T S Y E A R A V O I D P O L L U T E D A I R
S L E E P V E U L U Y I S E K F L K X B O M K A
T L G K O E Y I T U X H M N K G C C V O R V N D
Q M U E Y R H T P C M B O G Z B L L C V E L W X
R K V T Q O T S V J E L V E J M K M G N R P Z E
F L S E Y M L A V I G C H Y I M Y C P S M J Y R
R M E E P A A D K A D L E K M R Q M U V I X R J
F H I F P A E A O N N Q Y M C W B Z Z J Q N P L
Q P R F S P H Y T L P B G X Q T E Z F W O D F Q
I P F O C L E A N T E E T H J V V C E B U V B J
J N S C L H X D V L O V E A N D P E A C E Z A K
B S S S R K G N Z S R C Q J W V W J E R K Q I C
B G E S H P E R S O N A L H Y G I E N E J V P M
Y U L E Q P D J K M M Y J C W R R G J H N H S N
I W D L B T X K P B R Q J P E C Y J F O F U P Y
Q A Y L K Z G N I T S E R J M U Z W F V Z Y P A

avoid polluted air
personal hygiene
healthy eating
clean teeth
no smoking
resting

drink clean water
more vegetables
reduce sugar
less coffee
exercise
shower

five fruits a day
love and peace
reduce salt
less fries
laundry
sleep