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Mga Gawaing Pangkalusugan

Panuto: Isulat ang **Tama** kung ang mga sumusunod na pangungusap ay nakabubuti sa kalusugan at **Mali** kung hindi.

_____ 1. Naghihilamos ako at nagsusuot ng malinis na damit bago matulog.

_____ 2. Naliligo ako sa tubig ulan at baha.

_____ 3. Naghuhugas ako ng mga kamay pagkatapos gumamit ng palikuran.

_____ 4. Naglalaro ako ng cellphone o tablet bago matulog.

_____ 5. Kumakain ako ng maraming kendi a tsokolate.

_____ 6. Nag-eehersisyo ako tuwing umaga.

_____ 7. Hilig ko ang pag-inom ng softdrinks.

_____ 8. Umiinom ako ng walong basong tubig araw-araw.

_____ 9. Kumakain ako ng prutas at gulay.

_____ 10. Iniiwasan ko ang pagpupuyat tuwing gabi.

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