

FRIENDSHIP NEWSLETTER

For Thai English Students

Taking Care of Your Health!

In our busy lives, it is easy to forget to take good care of our bodies. The following seven rules for good health will help us remember simple things that will help us to remain healthy. It looks like the typist had some trouble getting the letters in the right order, and needs your help!

(A few underlined words are already correct.)

1. Tae nutritious sofod dan lurrage sleam.

2. Teg plenty of reesecix.

3. Teg hgeuon spele.

4. Veah gurelar keccpuhs whit oyur doorct nad wolfol his/her cedaiv.

5. Sue disecemin swiley and doracincg to cotdor's titrsuinocn.

6. Rindk slot of teraw.

7. Don't kesom dan esu toerh sudrg.



How are you doing at taking care of your health?

What things do you need to change to take better care of yourself?